



THE BEYOND WOMAN'S
GUIDE TO START
LIVING IN
2019 & BEYOND



THEBEYONDWOMAN
Empowering One Woman At A Time



I want to preface this short guide by saying that I believe many of us are misled to think that other people can actually direct us to live optimally.

Here is the serious truth of the matter: no one can.

If there was a real magic potion or prescription or failsafe guide, we would have discovered it a long time ago. Many would be rich today and most of us would be living in contentment and self-fulfilled to the 100th power. Alas that is not the case, and so we still find ourselves struggling and searching for more. Many of us chase an idyllic illusion, believing that said illusion can truly become a reality if we are brave enough, if we are resilient enough, if we are open enough... is this what is called a paradoxical situation?

What a lot of us keep forgetting is that we are all unique individuals and what works for Oprah may not work for all of us. We look to others to have ideas and to be motivated by the fact that if they can, then, so can we; especially those who have overcome difficulties. One important thing to acknowledge is that we were all created equally, although some are early bloomers while others of us simply are not. Rest assured, we all have the opportunity to also be our best and one of the keys to begin living our best is to not look at someone else's story hoping that ours will be the same. Instead we should begin to write our own story that will allow us to live our own best.

One of the most pertinent questions we should ask ourselves while looking at others is...am I willing to work as hard or twice as hard as the person I am looking at to achieve my goals or desires? THAT MAKES A HUGE DIFFERENCE!

TheBeyondWoman believes that there are certain foundational decisions or actions that we as women can take to begin living our best. So we have created this guide that will hopefully help you start 2019 on a great note. We must not sit back wishing and hoping, but rather we must make the effort required to move us in the direction of our dreams.

In the same breath, many of us struggle with the necessary personality traits needed to propel us onto the path of self-actualisation, which, when you think about it, are the traits we all need in order to start living our best. We are here to help. Take time to read and absorb each of the pointers in this guide and do not feel overwhelmed; think baby steps and you will get through and begin 2019 not only on a high note, but also on a determined note, knowing and understanding that a few simple changes – physically as well as mentally can truly get you to where you need to be.

The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs.

Vance Havner
Are you ready? Let's go.

- Create your mission statement and commit to allowing it to guide you



A mission statement is not something you write overnight... But fundamentally, your mission statement becomes your constitution, the solid expression of your vision and values. It becomes the criterion by which you measure everything else in your life.

Stephen Covey

Do you have a mission statement for your life? If yes, good for you! If not, why not? We will spend majority of our time here because this is where it all starts. Note however that as you grow, your mission statement can and will change so be prepared to change/review as needed.

Businesses use mission statements as a guide for us (the individual) to understand its purpose and direction and what we can expect from them.

We are big on women directing our own lives by creating a concise personal mission statement to guide us, whether we are in business for ourselves or otherwise. It will be a constant reminder to us of who we are and what we stand for and what we want to do with our lives and also how we want others to see us.

It is that statement that we can use to re-direct us when things get out of alignment. All it takes is a one line!

See some great examples below:

DENISE MORRISON, CEO OF CAMPBELL SOUP COMPANY

“To serve as a leader, live a balanced life, and apply ethical principles to make a significant difference.”

OPRAH WINFREY, FOUNDER OF THE OPRAH WINFREY NETWORK

“To be a teacher. And to be known for inspiring my students to be more than they thought they could be.”

AMANDA STEINBERG, FOUNDER OF DAILYWORTH.COM

“To use my gifts of intelligence, charisma, and serial optimism to cultivate the self-worth and net-worth of women around the world.”

What is yours?

Action Step:

Take 5 minutes and think about the kind of impact you want to create and how you want others to perceive you. Then begin to write what comes to mind. Start with words that describe your personality. Try and make it as concise as possible with just enough punch. Let it speak to you as a person.

Use this guide:

1. What do you value most – core values (love, bonding, self-esteem)
 2. What would you like to impact e.g.- your family, environment, (impact women)
 3. What do you want to achieve, what is the end result or impact you want to create. (Rise to a higher level to facilitate others rising)
- Put all three together and see if it speaks to you. Importantly, do not labour over it; just be as authentic as possible.

See an example of ours below.

TheBeyondWoman believes that through love and genuine bonding we can impact millions of women to individually rise to a higher level of themselves and become self-actualised. Once we achieve this then collectively the world will become a better place for all.

We would love to read the personal mission statement you have developed. If you would like to share it, please send to info@thebeyondwoman.com. You may see yours being featured on one of our platforms to inspire someone else.

- **Choose to be laser focused**

As you keep your mind and heart focused in the right direction, approaching each day with faith and gratitude, I believe you will be empowered to live life to the fullest and enjoy the abundant life He has promised you!

Victoria Osteen

With the many distractions and things to do, it is often hard for one to keep their focus. As women we believe that we are experts at multi-tasking, but I want to encourage us all to change this perception that we have of ourselves. Experience tells us that when we multi-task often times we actually get less done and/or each thing getting done takes longer. I encourage each one of us to become laser focused on the things that matter. Understand when something adds no value, we need to get rid of it in order to make our time available for the other things that will take us to where we need to go.

Action Step:

Assess your environment – As you carry on your daily activities become acutely aware of everything that impacts your day (family, friends, and work. The phone calls, social media). Identify what is truly adding value, necessary for functioning and make a decision to rid yourself of the rest. It is as easy as that. It may not be easy but it is certainly necessary.

- **Be willing to take risks**

If you take no risks, you will suffer no defeats. But if you take no risks, you win no victories.

Richard M. Nixon

I believe as women we are wired to be cautious and that serves its purpose, however there comes a time when we need to just throw caution to the wind and take some risks!

There are times when we cannot allow fear and the unknown to keep us riveted in one position, as this may cause us to miss out on great opportunities/experiences. In order to grow some risk must be taken, and in order to become better versions of ourselves truly “living”, then we have to do what it takes. Take the risk!

Action Step:

What is that one thing that you want to do that you have been “if-ing and but-ing” about? Here is our suggestion to overcome that.

- ◆ Clearly define what it is you want
- ◆ Assess the pros and cons of taking (or not) the risk of going after what you want .Be sure the cons are not just ‘paper tigers’. If the pros are equal to or outweigh the cons- go for it!
- ◆ Create the plan and work it.

By creating a plan that entails the idea, possible ways of executing and finishing with the end result, you can see clearer and feel more comfortable to venture out. Create the plan! Take the risk! Whatever the outcome, you will grow.

- **Be willing to become what you least think you can be**

You don't have to stay where you are; you can make a change.

Melissa Peterman

Research has shown that many women suffer from low self-value and esteem. The only way to break-free from this is to surprise ourselves and turn what might be one of our weaknesses into one of our strengths. Are you afraid to speak in public? Force yourself to do just that.

Whatever it is that you conceive your mind will achieve.

This came back to me forcefully when my daughter recently received a brand new bicycle that I thought was way too big and heavy for her. I did not voice my concern to her however, and after a few go's at it with her older brother, frustration got the better of her, and she announced that riding a bicycle was too "pressuring" and that she felt too much was being expected of her.

I did not say anything immediately, but gave her a few minutes then told her it may help if she protected herself by putting on jeans and a pullover to mitigate the inevitable bruises she may get from falling, then encouraged her to try again. I actually said to her "by the end of the day you will be riding this bicycle". My word must have helped her change her mind-set because shortly thereafter she was riding happily, evidenced by her priceless smile.

All of that was said to demonstrate that when we get rid of thinking ourselves inferior or unable to do anything, WE CAN CHANGE. We can change low self-esteem and self-value by changing our thoughts and believing them. It is truly as simple as that.

Action step

Identify what causes you to think less of yourself and develop self-affirmations that you will repeat and believe. It cannot be simply repetition but more so a strong belief in who you truly are. Repeat, Repeat, Repeat. Additionally do the thing you are most afraid of doing. Mine was standing and speaking before a crowd, I began to seek out opportunities to do just that. I am not fearful anymore.

What is yours?

- **Believe that you are the greatest thing since sliced bread**

Some people say that I have an attitude- Maybe I do. But I think that you have to. You have to believe in yourself when no one else does- that makes you a winner right there.

Venus Williams

Think about this, if you do not believe in your abilities and worth, who will? Who will take a chance on you or want to be a part of your circle if it is evident that you doubt yourself and your worth. You have to think yourself the greatest thing to have hit the planet, not in a pretentious way but in a confident way. You are made in your Father's image and that makes you great.

Being true to who you are is the best thing you can do for yourself as it will allow others to believe in themselves also. Developing confidence comes from understanding that you are unlike anyone else with something great to gift the world what better way to do that but to understand your greatness and be just that.

Action Step:

- ◆ Practice complimenting yourself and believing it – Affirm you first.
- ◆ Find your strengths and build on those while fixing the weaknesses.
- ◆ Carve out time daily to meditate on this truth – that you are made in God's image and that makes you great.

- **Learn to be grateful & content while striving for best**
Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Melody Beattie

So much can be said on the power of Gratitude and I have loved the above quote after reading it a few years ago because of its comprehensive nature. It changed my perspective on life. Success doesn't happen overnight, so understand that gratefulness in the "now" is important to teaching you the gratefulness and humility you should have when success arrives. Practising gratitude amidst little makes that little be(come) enough.

Action Step:

Identify 10 things you are grateful for and keep them riveted in your mind. When you encounter someone or a situation, think gratitude and feel the difference it makes to your general well-being. See the difference in how life is viewed by you as you make a conscious effort to live in gratitude.

- **Break away/ make room for you**

I think women are natural caretakers. They take care of everybody. They take care of their husbands and their kids and their dogs, and don't spend a lot of time just getting back and taking time out.

Reese Witherspoon

As women we easily get lost in all that we have to do. In my experience most women innately put others first, however we cannot truly live by always putting others first and then always attending to our needs last. It is important that we take time regularly to rejuvenate our total beings. I once watched an episode of Super Soul Sunday where Oprah asked Iyanla if it is selfish to put yourself first as a woman. Iyanla's reply was "No, it is 'self-full!'". I believe that in order to take care of others we first have to take care of ourselves. Another example that brings this across clearly is that when in an aeroplane you are told in case of an emergency put on your gear first, then help someone else. We simply cannot always be taking care of others while running ourselves into disarray. It is therefore imperative to break away occasionally and make room for ourselves. Then we can say we are moving towards correct living.

Action Step:

Plan a sabbatical; it can be a day or a couple of days away from your usual environment. I will leave that up to you. Just as long as it is time away to connect with your inner spirit. Make this a routine plan – once a month, quarterly, semi-annually, annually.

• Stop Thinking and ACT

The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.

Amelia Earhart

Nothing happens by just thinking about it. I use the following acronym to encourage action:

Allow – open yourself to vast possibilities that already exist

Courageous – be brave when nothing seems to be happening/persevere.

Thoughts – keep these focused on the goal at hand.

We have to ACT, that is the only way to make things happen, so if the task ahead seems insurmountable, make a plan then execute using baby steps.

This section seems to need to be connected to “laser focus” or “take risk” or needs some specific examples to show why it is different enough to need to stand alone.

Action Step:

Create your plan or blueprint of your thought/vision/dream. The plan does not have to be dramatic or anything that is going to cause you to lose sleep or bring in the expert unless you are trying to execute a business and that is not our focus here. Here we are trying to get you to live better – personally. Your plan should however entail the story of what you plan to do and how you plan to do it. Once that is done it makes all that you hope for doable. ACT keeps us on our path to right living.

- **Socialize**

No use competing when collaboration and support facilitates the growth that we all yearn for as women.

TheBeyondWoman

TheBeyondWoman is intent on dismantling the stigma that we as women criticise and compete more often than collaborate; we want women in general to understand that we achieve more through collaboration and that we can make a bigger impact when we come together. We therefore encourage women to band with girlfriends; not to throw pity parties (say no to those) but just to regularly unwind and strengthen our social bonds.

I absolutely loved the movie *Waiting to Exhale* not because of the drama but because of how the women got together. I think there is just something magical when we come together to give support to each other or just to celebrate each other. I have come to realise that girlfriends are everything and real girlfriends will be there to tide you over as in the case of Robin, Gloria, Savannah, and Bernadine (*Waiting to Exhale*) as they helped each other manoeuvre the paths that each of their lives took.

Action Step:

Rekindle old friendships ... find common ground with peers at work ... join professional and philanthropic groups etc Find a group of women that give genuine support and unwind often.

- **Become a giver**

I have found that among its other benefits, giving liberates the soul of the giver.

Maya Angelou

An awesome part of life is the ability to make decisions that impact our lives and the lives of others. Giving is one of such way of making sure that our life one of substance. Winston Churchill said it best “We make a living by what we get. We make a life by what we give.” Giving is not good only for the receiver but also for the giver. Giving is not just about money or material things, but can be a smile, a hug, some of your time, a kind word. There is so much joy in knowing that you can make someone else’s life better through giving - think about that, believe that, then become that (a giver).

Action Step:

As you go about life, look for simple ways to make a difference by giving. Give a tip to the pump attendant, give up your seat to someone who needs it if you travel on a bus. Give a compliment to a friend or co-worker. There are so many easy ways to become a giver, and this is one of the most rewarding changes you can make in your life.

- **Put yourself in the beyond (this lifetime).**

My legacy doesn't matter. It isn't important that I be remembered. It's important that when I stand before the Lord, he says, 'Well done, good and faithful servant.' I want to finish strong.

James Dobson

Maybe you are like James Dobson and leaving a tangible legacy behind does not matter. But if it does now would be a good time to stop and think – ‘what would I like to be remembered for most’. The answer you get will determine your actions in the present.

Irrespective of what you consider important all of us I am sure wants to finish our lives strong, we want to impact others, we want to make a positive contribution and difference to this world after all that is a part of who we were created to be. If we think futuristic in this regard then our actions in the present will undoubtedly reflect our desires. This in itself will pave the way to start living a meaningful life in 2019.

Action Step

Get quiet and begin to think of your life as it is. Project yourself into the future and write down what you would like to be remembered for. As always, write down the first couple of things that pop into your brain, they are usually the most authentic. Do not make a show of it. Then begin to live in that manner.

- **Get connected with the creator**

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls.

Mother Teresa

Last but certainly not least - nothing is more important than to be in tune with our creator – God. We are everything with Him and nothing without Him. I love the part of scripture found in Acts 17:28 which says “For in him we live and move and have our being... we are his offspring.” Everything we do begin and ends with Him and that my BeyondWomen should be our stance.

Action Steps

Develop a plan that allows you to mentally receive some spiritual content for a couple of minutes each day. I suggest mornings because it often helps set the tone of the day, but the timing is up to what works best you. This does not just have to be scripture reading – the content format could include listening to a religious podcast while driving to work or listening to gospel tracks.

Conclusion:

Life is made up of amazing choices that can take us in many directions. Sometimes they will be good choices and sometimes they will not be. The beauty about it is either way is a win depending on how you choose to view the outcome. Life is also trial and error until we get as close as possible to our ideal and what makes our heart filled with peace and a realisation that we are no longer existing but living.

I encourage everyone who has read this book to use the tips as a guide line, modify any one of them to suit your life, and ignore the ones that do not apply. At the end of the day, the choices and actions that we need to take are all within us. We will end by restating that there are some fundamental principles that once adopted will change how you approach daily living for the better, and we are glad that we could help to move you in that direction.

I love this quote from Germany Kent:

See yourself getting stronger, and living a fulfilling, happier & healthier life.”

Additional quotes to Inspire:

❖ *I've learned that fear limits you and your vision. It serves as blinders to what may be just a few steps down the road for you. The journey is valuable, but believing in your talents, your abilities, and your self-worth can empower you to walk down an even brighter path. Transforming fear into freedom - how great is that?*

Soledad O'Brien

❖ *Because you are women, people will force their thinking on you, their boundaries on you. They will tell you how to dress, how to behave, who you can meet and where you can go. Don't live in the shadows of people's judgement. Make your own choices in the light of your own wisdom.*

Amitabh Bachchan

❖ *STRONG WOMAN "You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it"*

Maya Angelou.

❖ *Just believe in yourself. Even if you don't, pretend that you do and, at some point, you will. –*

Venus Williams

❖ *"I don't think of myself as a poor deprived ghetto girl who made good. I think of myself as somebody who, from an early age, knew I was responsible for myself, and I had to make good."*

Oprah

We each need to develop our own rhythm based on our situation. Get quiet, get focused and allow the things that complete you to come through to you. Decide that no matter what, you will be true to who you are, because that is the only way to really live optimally.

Ponder on this last quote taken from the book *Tuck Everlasting* by — Natalie Babbitt

“The way I see it,” Miles went on, “it's no good hiding yourself away, like Pa and lots of other people. And it's no good just thinking of your own pleasure, either. People got to do something useful if they're going to take up space in the world.”

Please share your thoughts and comments with us at info@thebeyondwoman.com. You just may be featured on one of our platforms to inspire someone else. All the best for 2019 as together we continue/start living optimal lives!

TheBeyondWoman Team

To learn more about
TheBeyondWoman you can visit
our website at
www.thebeyondwoman.com
or
connect with us on social media
by clicking links below:

