

TABLE OF CONTENTS



DEDICATION	5
ACKNOWLEDGMENT	7
TABLE OF CONTENTS	9
INTRODUCTION	13
SECTION ONE:	
Here You Are...Ready to Play to Win!	23
CHAPTER ONE: <i>Getting Started</i>	25
Why Do You Settle for Less?	26
CHAPTER TWO: <i>Take Charge of Your Life</i>	31
CHAPTER THREE: <i>Who Are You and What Do You Want?</i>	35
What is Really Going on With You?	37
What is the Purpose or Meaning of Your Life?	38
Life-Purpose Statement	41
Life-Purpose Exercise	42
CHAPTER FOUR: <i>Recognize and Unlock Your Personal Power</i>	51
You are Tougher Than You Think	52
What Are You Entitled To in Life?	55
You Can Do It..Yes You Can	57
CHAPTER FIVE: <i>Overcoming Procrastination</i>	61
No More Self-Sabotage	61
Eight Reasons Why You Need to Stop Procrastinating	64
How to Cure Procrastination Exercise	67
SECTION TWO:	
Hooray...You Have Qualified for This Journey!	73
CHAPTER SIX: <i>Unleash the Unstoppable Woman</i>	75
Who is an Unstoppable Woman?	76

Overcome Obstacles...You've Got It in You	77
Ten Qualities of an Unstoppable Woman	80
SECTION THREE:	
On Your Mark . . .	83
CHAPTER SEVEN: <i>Believe in Yourself</i>	85
Five Reasons to Believe in Yourself	86
How to Get an Instant Dose of Self-Belief	88
CHAPTER EIGHT: <i>The Three Ingredients of Self-belief</i>	91
Ingredient Number One: Self-Confidence	93
Four Simple Ways to Develop Your Self-Confidence	94
Ingredient Number Two: Self-Esteem	96
Seven Simple Ways to Boost Your Self-Esteem	100
Ingredient Number Three: Assertiveness	103
Tips on How to Become More Assertive	107
SECTION FOUR:	
Get Set . . .	111
CHAPTER NINE: <i>Prepare for Your Success!</i>	113
How to Prepare for Success	114
Your Vision for Success	116
Component One: Your Future Self	117
Future Self Visualization Exercise	118
Component Two: Your Blueprint for Success	122
Eight Benefits of a Personal Blueprint for Success	124
How to Create Your Blueprint for Success	127
CHAPTER TEN: <i>Goals as Your Vehicle to Success</i>	133
Healthy and Unhealthy Goals	135
Healthy Goal Checklist	136
What Are SMART Goals?	137
Can You Clearly Explain Your Goals, Ideas, or Vision?	139
Three Tips to Help You Articulate Your Goals, Idea or Vision	141

SECTION FIVE:

GO!	145
CHAPTER ELEVEN: <i>Blaze Your Way to Success</i>	147
Step One: The Point of No Return	150
Point-of-No-Return Checklist	151
Step Two: “Inactivity Paralysis”	152
Three Steps to Overcoming “Inactivity Paralysis”	155
Step Three: Set Your Goals in Motion	157
Seven Simple Tips to Help You Set Your Goals in Motion	158

SECTION SIX:

Keep the Flame a-Burnin’	163
CHAPTER TWELVE: Fan the Flames of Passion	165
Five Ways to Rekindle Your Passion	166
Seven Reasons to Stick With It and Never Give Up	169
CROSSING THE FINISH LINE	175

SECTION SEVEN:

Motivational Quotations Galore!	179
CONGRATULATIONS!	251
About the Author	253
Getting in Touch	255