

Introduction



One cannot consent to creep when one has an impulse to soar.
—*Helen Keller*

Imagine this scenario:
You wake up in the morning...

Geez! You feel weak!

Your heart sinks at the thought of facing the day. You are alive but feel like you don't exist—you feel numb. It's almost as if you're looking at someone else's life through a lens. You seriously wish this wasn't your life—but it is. You are merely gliding through it like a robot. You can already feel that it's going to be "one of those" days!

You look in the mirror and quickly turn away because you don't like what you see. You can't believe that the person staring back at you is actually you. You wish certain things were different about your appearance, but quickly figure out that some things just don't change—they are what make you who you are.

You have tried to act on your goals and dreams but now you think they aren't worth it. You have lost faith in them and consid-

ering how you are feeling right now, you don't even want to think about how unachievable they seem! As if to add insult to injury, others are advancing, but oh...not you! Doors are closing in your face and you don't know what to do. You convince yourself that it doesn't matter anyway, because even if you knew what to do, you wouldn't have the energy to do anything about it.

You struggle to stay positive and decide you need the help of a higher power. So, you mumble a short prayer, asking God to give you the strength to live through the day!

You know that you can do more with your life but right now, you feel beaten down and definitely not like a million dollars!

Now imagine this...

You wake up in the morning...you feel powerful inside! You feel enthusiastic about your life because you have faith and hope in your dreams. Your life is shaping out exactly as you planned. You smile from ear to ear because life is so good!

You look in the mirror and love what you see. You are not perfect—no one is; but you still love yourself anyway. You take care of your, emotional, physical and spiritual needs. You have a healthy lifestyle and always strive to look your best. You surround yourself with people who support, respect and hold your opinion in high regard. You have chosen to feel good about your life and are ensuring that you do!

You are making your life happen and calling the shots on what needs to happen or not happen. You feel confident in your ability to succeed. You know what you need to do and are able to get the results you want. Your self-belief is at an all time high and you truly feel like a million dollars!

Life has never been better...

You thank God for another beautiful day!

Quick ponder point:

Dear unstoppable woman...how do you feel today?

In my coaching business, I come across women whose *feelings* hinder them from living the lives they want. Deep down, they have no confidence in their ability to succeed and have a poor self-perception—low self-esteem. They simply don't believe in themselves!

However, after working with them to identify the true source of their lack of self-belief and helping them overcome and develop new empowering attitudes; their feelings of gloom and doom turn into proclamations like; "I feel good about myself," "I feel optimistic about my future," "I can achieve my goals," "I can create the life I want," "I am significant," "I am somebody!"

Granted, life is not perfect. Just like feelings, it has its ups and downs. Some days you feel great and on others you don't. Some days you know exactly what to do and on others, it's a struggle to even think straight. Some days you feel capable of accomplishing goals on your own and on others you wish that someone would help you accomplish them!

Unfortunately, even on those days when you don't feel great, the responsibility of making choices and decisions that lift up your spirit—still remain with you! Even when you aren't responsible for the things that have brought you down, you still remain responsible for getting back up and creating the future you desire!

When you are down in the dumps, this may seem difficult at first, but it can be done if you keep believing in yourself—even when you don't feel like it. You must so despise your present condition that you are willing to reach out for a better future. This means that you must begin to focus on things that affect your feelings positively and allow you to become the woman you want to become. When you readjust your focus, you can change your feelings.

The chapters of this book are designed to help you focus on specific aspects in your life that if acted upon, will help you start feeling good about yourself immediately. When you readjust your focus on what matters to you and begin to incorporate what brings happiness into your life and eliminate what doesn't—you will well be on your way to feeling good about yourself daily!

Though the message in this book applies to both men and women—this book speaks from my heart and is written specifically for the spirit of every mother's daughter. It's for every woman who wants to boost her self-worth, do better for herself, become unstoppable and achieve her desires. It's written because I want you to start feeling like a million dollars—everyday! It's as simple as that!

Today is a new day!

You have this book in your hand because it's your turn to wake up every morning feeling alive, powerful and energetic!

It's your turn to start overcoming and winning!

Are you ready?

If you are, I invite you to read this book with an open heart and to take from it the messages that were meant just for you.

This could well be the beginning of the most important journey of your life, and all I ask is that you give yourself a chance to experience it and to succeed.

Dear unstoppable woman,

You deserve to feel good about yourself, everyday, 24-7!

To your happiness!

Caroline Jalango