

## *Chapter Seven*

### *Your Best You!*

#### *Enlightened \*Empowered \*Extraordinary*

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**“A Woman Can Be Two Things: Who and What She Wants”**

***Coco Chanel***

**“Success is liking yourself, liking what you do and liking how you do it.”**

***Maya Angelou***

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*Donna was the epitome of the modern woman. She was in total control of her career, never afraid to take risks to ask for the raises and promotions she wanted. She even convinced her company to let her telecommute two days a week so that she could go back to school and seek her Ph.D.*

*She had been investing in real estate, owning two homes, one in Chicago and one in Nassau, the Bahamas as well as several rental properties. Donna began investing in the stock market before any of her friends even knew the difference between it and the corner store on the corner where they bought their groceries. She joined a running club and began training for marathons four years ago and has run in at least one every year since.*

*Donna had one fatal flaw, however. She constantly became involved with men who took more from her than they brought with them. She emptied out her savings account to the tune of \$10,000 to pay for rehab and surgeries for one of her boyfriends who had no health insurance and a cocaine habit to boot. Because of his drug habit, he rarely kept a job. The saving grace of this unhealthy relationship was that his binges would take him away for months at a time. He would just disappear, usually*

*slinking back to an ex-girlfriend or to his mother, who lived in another state. It was during one of these absences that Donna finally woke up and threw out all of his furniture and belongings, changed the locks and moved on.*

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I know you're asking how could such a successful and obviously intelligent, attractive, woman accept this kind of drama in her life. Aside from the fact that she believed she *needed* to have this man's companionship, she honestly thought she could help him to overcome his problems.

She had convinced herself that if she deserted him he would be lost and probably would not survive, when actually she was the one who was lost. Even though she was financially astute and had acquired a certain amount of material wealth, the two of them were pretty equally matched on their needs level, concerning their self-esteem. It was only until Donna decided to honor herself that she came to realize she deserved better.

### **Embrace the Magic & Brilliance Within You**

Women have been given a special gift – a Divine power proceeding directly from God...to have control over our bodies, our minds and our environments to be fruitful and to multiply. Now being fruitful is not about having a lot of babies. It's about being **creative**, being **productive**, and possessing the qualities or **power to produce** in abundance, and of **being resourceful** (capable of devising ways and means of accomplishing whatever we set out to accomplish).

As women we go through many metamorphoses in our lifetimes, each one with more intensity than the one before and each one designed for our self-actualization, personal development and self-empowerment.

Each one of us was put on this earth for a reason, and as a woman, you are a miraculous and unique creation with something special to offer.

This is a time when women, and our unique qualities, play a much more visible role in shaping our world than in the past – and it begins with an acute desire to be Your Best You and becoming enlightened about who you are and what you want.

## **How to Be Boldly Authentic**

It's been said that the richest place on earth is the cemetery. It's filled with the wealth of potential people have taken to the grave with them.

Being the best at what you do without settling for mediocrity is the easiest way to create a bold and authentic self and maximize your impact to your world. It's a sad fact that many women will never discover who she really is. She will not make the worthy decision to maximize every element of her life by completely using her gifts, talents, abilities and capabilities, and step away from the ordinary to the extraordinary.

To be **boldly authentic**, it is essential that each of us ask ourselves the following questions:

- **Have I become all I am capable of?**
- **Have I identified my life purpose?**
- **Have I stretched myself to the maximum?**
- **Have I done the best I can do?**
- **Have I used my gifts, talents and abilities to their greatest extent?**

And ask yourself this too – **is there something missing in my life?** Could it be an unrealized dream or an un-recognized purpose?

Being able to answer these questions will allow you to fulfill your God-given destiny, seize your purpose for life, develop and cultivate your skills, expanding your knowledge and maximize your impact on your community and the world.

There is great wealth buried within you, allow yourself to develop the art of being a real woman and live and love life to the maximum!

## **The Truth About Personal Power**

Many women seem to be afraid of their own personal power and fail to realize that *they* are the love they seek and *they* are the companionship they desire. You are the only one who can do what you are looking for someone else to do.

It's through good love relationships that we learn the truth about ourselves. We attract the experiences, people, circumstances and situations into our lives that help us grow, evolve and move forward.

What is Power? First, I'll tell you what it isn't. It is never control over anyone. People who have the need to lord it over others, only confirms their insecurity. For women to get power, we must create it for ourselves. We can't buy it, borrow it, or steal it and the men who have it will not give it to us. Why should they? Power is fun. It's addictive.

**TRUTH #1** Personal power – it's not aggressive, arrogant, manipulative or dictatorial power, but an inner power that comes from knowing you have all the resources you need to handle whatever happens in your life.

**TRUTH #2** Personal power comes from within and depends upon you approving of you. Real power is your deepest sense of inner peace, your solace in knowing who you are and what you deserve.

**TRUTH #3** When you know your power, you attract people into your life that bring more than they take, in terms of your emotional well being, your self-development and your personal growth.

Most women have a very poor understanding of the process that enables them to use and assert their power. When she learns to draw her power from the inside, it helps to alleviate the instability in her life caused by drawing false power from the outside such as what she sees and hears and what she goes through in her relationships, her finances and in her lifestyle.

We women often give our power away to just to protect ourselves from loneliness, instead of using our power to recognize our deep-seated feelings and desires and to yield ourselves towards using the female components we're blessed with.. **Intuition, influence, femininity and compassion.**

Women must come to understand that they lose their personal power when they fail to take responsibility for themselves and put all their hopes and dreams into someone else. As long as a part of herself continues to believe that prince charming will come along and rescue her from mediocrity while she exchanges personal accountability and growth for being protected and provided for, she will not maximize their potential for living her best life.

Giving up her personal power causes a woman to enter into *uncommitted relationships*. In other words, her hunger for intimacy, companionship and a little romance causes some women to exchange their bodies, self esteem, self-actualization and self-confidence for unsatisfying and lukewarm relationships “in the name of love”.

*Hungry* women take whatever and whoever comes along. They are starved for approval, security, intimacy and safeness from wherever they think they can get it. In short, they settle. Why do

we do that? Because we often have a frail sense of self worth and a poor understanding of our value.

**It becomes more meaningful to please others than to please ourselves.**

We all know women who spend money ferociously trying to keep up with the current clothing trends *and* the Jones'es. Since they are more concerned with whether they are popular or whether others want to be with them, they are not discerning with their time or their treasure. Often, all any man has to do is show up and he can have whatever he wants, whenever he wants it. This of course bankrupts her self-respect, intimacy and dignity and she's left feeling barren and alone...and of course, still hungry.

There are **10 characteristics of Extraordinary PERSONAL POWER:**

- 1) **Love and warmth** - all communication is either a loving response, or a cry for help.
- 2) **Appreciation and Gratitude** – when you wake up daily with a feeling of gratitude, you begin to attract to you things to make you continue to have this feeling.
- 3) **Curiosity** - If you want to cure boredom be curious. If you're curious, nothing is a chore.
- 4) **Excitement and passion** – passion is what drives your dreams.
- 5) **Determination** – makes your dreams come to pass.
- 6) **Flexibility** - the ability to change your approach when necessary.
- 7) **Confidence** - knowing who you are and *whose* you are.
- 8) **Cheerfulness** - you can choose to look at the glass as being half empty or half full... it's your choice.
- 9) **Vitality** - this can only add to your sex appeal.
- 10) **Contribution** – when you feel you are making a contribution to your world and/or to others, you are indeed powerful.

**Everything we women have** - our talents, gifts, expertise, experience and education (self-taught or formal), was put in us to fulfill the Divine vision for us in this earth. Taping into this source within you is where your true power lies.

## **Create Your Power Image**

The way you carry yourself, the clothes you wear, the face you show to the world when you step outside your comfort zones and onto the stage of life – all contribute to the impact you have on others. The way you live, the places you go, the company you keep, are all part of your public witness and acknowledgment to everyone that *you alone own your power*. It is important to realize that this power is internal. It begins in your mind. It is then channeled through your body language, your voice and your words.

If you are looking to be a success in life and love, the way in which other people see you has never been more important. Consider this, your **outward appearance** is judged by more people than will ever see your home, your family or even your car.

It's the only totally portable illustration of your own sensibilities and taste. By overlooking the importance of your image and style, you run the risk of communicating insecurity, awkwardness, or low self-esteem.

A lack of understanding about your own personal style causes you to demonstrate your flaws and hide the good things about you. You can emphasize the positive aspects of your personality through your dress, and at the same time, feel more self-confidence and inner assurance. Why not put your talents and values on the outside and display them for those you come in contact with daily.

The message that your appearance communicates to those around you not only specifies where you are now, but also the direction in which you are headed:

- **In which direction are you moving? Do you fear success and stiffen your intention to avoid success with mousy, shabby clothing?**
- **Are you setting boundaries that are too safe in your world and putting obstacles in your path?**
- **Or, are you ready to seek new experiences, accept new responsibilities, enjoy new pleasures, and reach new heights? If so, your clothing should speak to that.**

By accentuating the positive aspects of yourself through your appearance you can inspire confidence in your abilities and your wisdom and you can make people happy and excited to be in your presence.

Many women make mistakes about their life's priorities in their image that is both damaging and needless. Generally speaking, when a woman does not dress up to her potential, it's not necessarily due to a lack of class, but often to a misguided sense of who she is and what she wants to tell the world.

In fact, a crystal-clear personal style can spark your own inner confidence and can help to embellish your natural beauty, strength and success. Instead of keeping your private self a secret, *or* showing your flaws, you can put your talents and values on the outside and exhibit them where they will do the most good. Why not set yourself apart and be a different kind of woman?

## **SEIZE YOUR SEASON**

*“There is a time for everything, a season for every activity under heaven.”*  
Ecclesiastes 3:1 (NLT)

Where are you in the stages of your life? You've got to figure out which season you are in so you will know how to move forward. There is nothing worse than doing the wrong thing in the wrong

season. It's sort of like being in the wrong place at the wrong time. You may not yet be mentally or emotionally ready for a long-term relationship. Then again, you may be overdue for a serious commitment.

God may put five or six things in your heart (subconscious mind) that He wants you to do, each one for a different season in your life. If you are in a young season of your life where you have not developed an intimate relationship with God, and you do not recognize His voice, now is the time to begin developing in that area. Then when you reach a more mature and discerning season of your life – you will have developed the wisdom and the vision to move to the level where God wants you to be.

There is a well-known sport shoe company that uses the slogan – “Just Do It!” The very best thing you can do for the whole world is to make the most of yourself. Meaning, to make the absolute most of your gifts, your talents, your experience, your wisdom, your expertise, your personality and your time. And of course, just as an aside here, you want to be paid for the things you have made the most of.

The most powerful force in life is the force of Vision. Your vision determines your destiny. When you can see what is possible and believe that it can happen, you become capable of doing the impossible. In your early season, you may be struggling with job and life satisfaction issues. In a later season, you will have developed the courage to “step out” into your own business and elevating your satisfaction with life.

When God wants to birth something great in your life, it will usually be when you are in a season of your life that you may perceive as loneliness. I've found that these are the times when God wants me to be alone. Why? So He can reveal His presence, His purpose, His plan and His power. Isolation will induce complete dependence on your inner Spirit, which provides direction and instruction to you.

Many of us make the mistake, during these times of isolation to search for substitutes for the emptiness and loneliness we feel. This is when a lot of women get into trouble. They will throw away all semblance of pride and relentlessly pursue the wrong man at the wrong time for the wrong reasons or they may begin to make bone-headed decisions about their careers that are usually led by their emotions.

Once you recognize the presence of God operating in your life, it's at this point that you will encounter one of life's most difficult challenges – that of telling yourself the truth! You'll need to learn how to look at yourself truthfully, acknowledging and accepting what you see. When you do this, you may find that some aspects of you require attention. Some need a small amount of work, others may even need intensive care.

Maintaining a HIGH level of self-esteem is your greatest priority. How you feel about you is the foundation of how you experience the world. Your level of self-esteem influences every choice you make and how you view the world and your place in it. Acknowledge your doubts and fears, your weaknesses and your bad habits, then allow your Spirit to guide you. Discover what and who is in your life that you don't like and what diverts you away from your purpose.

**You must know the real truth about you, that you are uniquely gifted, exquisite as you are and designed to achieve whatever you want out of life.**

#### **ABOUT THE AUTHOR:**

**Elayne Marchbanks is an Empowerment Coach, Fashion Specialist, Reinvention Strategist and Author of YOU ARE THE ONE YOU'RE LOOKING FOR: Relationship Tools, Reinvention Strategies and Becoming Your Best You!**

**You can purchase the book here: <http://www.amazon.com/You-Are-One-Youre-Looking/dp/1449565824>, or here: <http://www.createspace.com/3406369>. If you'd like inspiration and encouragement to embrace your brilliance, build an dynamic and genuine personal style, and to create the lifestyle you dream of, join Elayne at her '[Enlightened Woman](#)' web site.**