

## GRLKND, THE READABLE CURRICULUM

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If under any circumstance you need to speak to a mental health professional, or if you or someone you know is in crisis, please use the contacts below:

### **Crisis Lines: (Australia)**

For feeling anxious/ depressed: Beyond Blue (1300 22 4636)

For Youth aged 5-25 counselling: Kids Helpline (1800 551 800)

For personal or peer crisis: Lifeline (13 11 14)

For anyone contemplating suicide: Suicide Call Service (1300 659 467)

Emergency: Call 000

### **Crisis Lines: (USA)**

For feeling anxious/ depressed: Crisis Text Line USA: Text HELLO to 741741

For anyone contemplating suicide: National Suicide Prevention (1-800-273-8255)

Emergency: Call 911

**PREFACE By Milly Bannister:**

#GROWINGUPONLINE

To keep up with the Kardashians is an exhausting task; a relentless human desire for whatever perfection looks like that year. I find myself questioning whether we are the victims of modern media or have just totally swiped right from 'being' mode to 'having mode'?

Yes, growing up online is tough. Yes, we are conditioned by every experience around us to live online. But how does that affect our self-worth? Social media, in particular, provides us with a many-windowed splendour of 24/7 backlit perfection, painting us absolutely green with this thing called lifestyle envy. The thing is, most of us fall short of the luxury lifestyles and levels of personal success depicted in the lives of the envied, social media famous, let alone the Kardashians, who present only a perfected portion of their lives, bodies, personalities, everything.

It's true that the capitalistic nature of photo-sharing platforms does more to alienate people than to bring us together. Social media even makes our peers' lives look attractive and beguiling, but almost attainable. If Kim Kardashian has something, that's one thing, but if your best mate does, it's almost in reach, or feels like it should be.

Social media allows users to voyeuristically peer into the window displays of celebrities, fledgelings and peers, allowing the envy of such filtered, contrived flawlessness to encourage a 'scale up' phenomenon, to the point where individuals can no longer sustain it. It creates a feeling of not only envy but hopelessness and lack of self-worth. We never post the days when we're feeling low or things are going wrong, because they simply don't warrant a post, and if we do, it's done in a way that makes others think that nothing normally goes wrong in our lives. Add into that reality TV; we really do think we know how others live and usually, our own existences don't measure up. It crushes us.

So, how can we un-crush ourselves? How can we live side-by-side such a prominent part of modern life? Well, in an ideal world, our own selves would come with an instruction manual. We would be given a clear set of do's and don'ts to deftly

troubleshoot every challenging situation that can ever possibly come up. Unfortunately, as much as I'd love for the world to be as straightforward as Ikea furniture, life doesn't come with directions. But you know what? It's all good. We aren't born with an Allen-key in hand and we aren't expected to know everything. In fact, we aren't expected to know anything. However, knowledge is a gift and as much as we arm ourselves with awareness, the better off we will be. So let me tell you a little about why this book is important for you.

Enter GRLKND,

## **WE ARE GRLKND**

I'm sorry to remind you of the fact that you and I are living in a world where everything is designed to prey on our doubts and insecurities. We buy mascara because we have been made to believe that we look less-feminine without it. We spend too much money on clothes that cool people wear because we want others to form a particular perception of us before we've even opened our mouths. We do anything to fit with the trends that make us feel more seen. Believe me, I'm right there with you, and it's not all bad, but let me just say this: my biggest achievement to date is learning to say "I'm enough as I am," in a world that tells us we're not. I credit this lesson for every other success in my life. Without this core realization, I cannot live.

It doesn't matter who you are, what you look like or what you want to achieve in life, the vital step before any sort of goal-setting, self-growth and success is learning to accept and love yourself as you are. If we live and serve from an empty place, we can only offer emptiness. Think about how much life we miss out on when we refuse to accept ourselves as enough. This is how GRLKND happened.

As a journalism graduate with a public presence, I was approached by countless young women asking for the answer... The answer to "how do I live a happy life" or "how do I become successful" or "when will things turn around for me?" I began helping these girls one-on-one because I was so proud of them for reaching out and acknowledging their emptiness, but I wanted to offer something more powerful on a bigger scale, that impacted women globally. I figured, if myself, those around me, as well as strangers on the internet feel like this, chances are, there are a lot more people out there I can help.

So began a very long research process including surveys and focus groups, to design the most desired, appropriate and practical experience. I reached out to female industry leaders for their contributions outside my knowledge from a degree in Media (and personal experience as a young woman).

Today, the undeniable love and kindness, having been at the core of the mission all along, is brought to life through the GRLKND community and social movement, which celebrates and inspires kindness, confidence and self-love.

Of course, there are days where even the best of the best fall over and cry, momentarily forgetting their worth, self-love and acceptance. It's impossible for us to be fearless, confident, strong and motivated every day. But with this deep, core realization that we are enough as we are, framing every choice we make in life, we truly can live a life of passion and purpose, the 'life of our dreams', if you will. And so, here lies the collaborative effort of some of the influential women in the world, combining forces to bring you the passion for life you deserve.

## ***(SELF) LOVE IS ALL YOU NEED***

Congrats girlfriend! We're about to start from the basics, and strip the old wallpaper down in order to re-paint fresh. We're about to connect YOU with YOU and finally learn why all those exciting things make you, YOU. I'm very excited to be on this journey with you, as I truly believe that as humans, we need structure and guidance for true, transformational self-development. I know I struggle to maintain the discipline it takes to journey this road alone. I once tried to learn how to meditate in my bedroom, from reading articles on Google and I gave up after three days because I didn't have any accountability. I didn't have anyone suggesting to me, how to go through that process, why I should do it, how long it would take and I had no one asking 'did you meditate today?' I lost focus because I was so unclear on my why and how. This journey that we are about to go through, we will go through together, which means I will be there for you, in ways nobody may have been there for you before. I will kick your butt when you need it but also help save it when you are struggling to save yourself. I will tell you things that sometimes you might not want to hear, but you need to hear. I will hold a mirror up to you in the best way possible, to encourage the growth that you came here for.

Before we begin, I want you to take a moment and reflect on why you're here. That question is really important, WHY. What do you hope to get out of this book? What is your core motivator: the inner dialogue that guides you. Maybe you're miserable and unstable because you're extremely insecure and you're asking yourself, is this really how life is supposed to be? Maybe you know you're in a bad place but you can't find the strength or motivation to go chase a life you love. Maybe you want to achieve all these dreams you have but you just don't know where to start. I'm willing to bet, however, that your core motivator is bigger than all of these things. I'm willing to bet that you just want freedom and happiness in the form of self-love and confidence. Confidence to do whatever your heart desires, to not feel sick in the stomach when you scroll social media or approach a group of people, or look in the mirror. To be able to wake up and smile when you see yourself, and stare a little longer because you feel BEAUTIFUL and grateful to be YOU. Looking back, I wish I had learned these strategies earlier on in life, but like I said, I didn't have accountability for change. I didn't really have anyone to turn to that 'got me and my struggles' without judgement.

## **Connecting YOU with YOU (How to learn about you, turning within)**

In a world designed to distract you, it's often really hard to connect with yourself. But you're probably tired of ignoring your inner thoughts and piling them up in the back of your mind like dirty clothes. You're exhausted and you don't really know why. Well, it's time for you to come home to yourself. It's time to turn within and love who you find. As soon as I started tuning in to my consciousness and really taking the time to listen, I felt truly loved and cared for. It's like the only opinion of me that mattered was my own. The only love and approval I truly needed was my own. I started being kind to myself not as a wellness boost or to manipulate my emotions, but because I knew I deserved that kindness, just like my loved ones do. So let's ignore self esteem for a minute and focus just on self-worth. What's the difference? Well unlike self-esteem, our heightened feelings of self-worth do not rely on any external factors, because only YOU decide YOUR self worth. Once we train to gain rock hard self worth, that's when we can work on that rock hard self esteem.

How do we start being kind to ourselves? Well, we win back our own hearts through self-compassion and kindness, in 3 steps.

### **Change our Self Talk & Listening Strategies**

School always taught us to be nice to others, but we never really learned how to be nice to ourselves. Why did we get scolded only when we said something negative to a peer, but not to ourselves? Perhaps, if when we were little girls, we were taught to be kind to ourselves before others, bullying wouldn't exist! I truly believe that being completely happy and kind within ourselves makes it very hard for us to even want to be unkind to others.

So, the first and most important step in gaining self compassion for rock hard self-worth is changing our self-talk and listening strategies. When I say 'talking to myself' I don't mean that I'm that creepy old woman at the back of the bus, muttering quietly to herself about what she's going to feed her cats tonight, I mean the internal conversations we have in our minds. We have to not only be aware of the language we use, but the tone of delivery and then make sure we are listening to the replies. Sometimes, when life happens, it's easier just to beat ourselves up and crush ourselves into a hot mess, but this is not going to help you and it's not going to change anything. Imagine how a therapist or a caring loved one would speak to you. Just as they would, we need to

Speak to ourselves with kindness and warmth, remove judgement and focus on the issue at hand. Instead of saying “You should have gotten up earlier today, you’re always so lazy and unproductive,” you say, “It probably is a good idea to wake up earlier tomorrow than I did today so I have more time to get more things done. It’s important to me to be productive, so tomorrow I will do better, but I will make the most of today, to do as much as I can.” Your reticular activation system, (don’t worry I’m not going to get clinical on you) is like your internal Google search bar and whatever you search for, your brain is going to spend time looking for answers. So instead of asking ‘why am I such a failure and an idiot’ after failing an exam, in which your brain will go ahead and start looking for reasons why you’re incapable of success, start asking yourself, ‘how can I do better next time, what are my strengths in this area?’

These self conversations are so important for understanding why you’re feeling the way you do. If thinking it out in your head doesn’t work, then you can write it down, but there’s no point in skipping over these feelings or thoughts, because they will come back to bite you in the bum when you can’t hold them in anymore.

If you’re still confused about how to speak to yourself, take a good hard look at those around you who are compassionate towards you, and ask yourself questions that they would ask you. How am I feeling? What do I need? What makes me feel better? How do I care for myself already? Even if you’re doing fine, it’s still great to check in with yourself and get to know her. What makes you tick, what triggers you, what makes you happy and what makes you sad? Don’t be afraid to turn inwards, because that is where your happiness truly lies. You can dive deep into yourself and embrace every piece of lightness and darkness. Carve out time for self-appreciation and genuinely thank yourself for everything you are capable of doing in this lifetime.

## **Fight or Flight Tactics**

At the root of every love story, including the relationship we have with ourselves, there are times that will bring both sun and storms, testing our deepest intentions on how we love ourselves. Sometimes we stand tall with pride and confidence and then life throws something our way and we all of a sudden question our goodness and competence. Suddenly, we remember all our faults and we abandon ourselves. Think of the woman in your life that you look up to, whether it's your Mum, an Auntie, a celebrity. If you knew life was about to throw something their way, would you question their goodness or competence? No, probably not. You would say, you know what, that might be hard for her to take on, but she's got this, she's strong and kind and brave and she can do this. So why is it we question ourselves but not others? Why do we abandon ourselves right there on the spot when things get hard or scary? Well, it's called fight or flight and it's built into our DNA and the only way we can conquer these threat-based reactions when things go wrong, is through self-compassion. It's easy to let fight mode take over and become self-critical, or abandon yourself completely when you feel like you're up poop creek without a paddle, but we must start turning within and adjusting our self-talk in order to remember our strengths and finest qualities. We list them, (in our head or on paper) we utilise them and we fully back ourselves in any situation. We are capable of getting through this, just like Michelle Obama or classic Aunt Rosalyn is.

## **The Thought Factory**

So according to the whole neuroscience industry, we have around 60-80,000 thoughts per day. That's A LOT of thoughts, and our thoughts are actually the soil from which our words and actions sprout daily. They are invisible, but they are incredibly powerful, But what gives birth to the habits we develop are the thoughts which we allow to develop, persist and take root in our souls every single minute of every single day. You need to feed your soil with positivity, whether that's in the form of reading, positive self-talk, listening to positive people or podcasts or quality learning. Many scientists have actually performed experiments on plants and crystallised water, exposing them to words of love and hate, finding remarkable results. The samples exposed to positive words, emotions and music grew healthier and more beautiful and the samples exposed to negative emotions, music and words, did not form as well and displayed signs of struggle. You can Google many experiments like this, but if we think about the fact that our bodies and minds are living organisms and we are made up of 70% water, how are we being affected by what enters our consciousness? If your mind is a garden, would you let

weeds grow in it and destroy the flowers? Would you let someone tread all over your soft soil and leave footprints? Would you let someone poison the ground so nothing can grow? Absolutely not! This is why we must protect our soil and constantly churn it to keep it healthy in order for beautiful flowers to grow. Who and what will you let through the gate to sit in your garden and plant life? Guard this space as your most protected property, be careful, choose wisely because it's okay to close the gate when you need to.

## **2. Secure your Own Oxygen Mask First (how to be kind to yourself, self care list)**

Who do you love most in this world? Think about that for a moment. Maybe its your mum or your best friend or your dog? If you were asked to make them feel special and loved for a day, what would you do for them? I'm sure you could think of some lovely things to do for them, that you know that love and will appreciate and make them feel special. This is called caring for someone, knowing that makes them feel good and making them do it. Wouldn't it be nice if you cared for yourself from time to time? Or maybe like, daily? Self-care is the number one health strategy for us women, because without it, we don't carve out time each day to take care of ourselves and do the things we need to do in order to be the healthiest version of ourselves. Self care ranges from drinking a gallon of water when you wake up and taking that multi-vitamin you need, all the way to taking a day to yourself to rest and recuperate. Whatever flips your pancake, it doesn't matter, the important thing is knowing what that is. We are going to come up with a self-care list, that will be a menu of things that you can pick from whenever you need to take care of you. Self care can prevent and overload burnout, it can reduce the negative effects of stress and can help you refocus. It's true, overload and stress can serve a purpose, like getting that assignment in on time, but after a while, it just breaks down your mind and body, and we don't want that. When I get stuck writing an article, or editing photos, or working out a tricky problem, I take a break, whatever that may include on that particular day. Taking a break is the epitome of self care and as many studies show, helps you perform better in the long run. So what should be on our self-care menu?

Well it shouldn't be a reward-based chart like the one your Mum used to slap on the fridge so you'd do your chores, no, it's a list of items that make you feel good, and are part of your daily process. We need to create a menu of items that takes care of our whole self, so we can choose which part of us needs attention. They can be things that

require little to no costs, things that focus on our body, mind and spirit, or maybe things that require little time. To create your list, ask yourself these questions: How does my body or my mind like to be cared for? How can I best care for my spirit? What can I do to care for myself that's free, and what are some things I might want to save up for? What can I do for myself that takes no time at all and what is something that I can invest serious time in? It doesn't matter what's on your list. Your list will look different to mine. For example, I will not put 'going for a run' on my self-care menu because I'm just not super into that and I don't find it as emotionally fulfilling as say singing at the top of my lungs in the car alone. I also love to sit in a bath and watch Netflix, I love to go for a walk with my dogs, or ride a bike and feel the wind rush by really fast, jump in the ocean, sit peacefully and breathe, read a self-help book and make myself favourite foods. Self care isn't a one size fits all and it's not just for Sundays, it should be integrated into your daily routine, in one way or another, and be a way to fill yourself up with love, both when you need a little TLC, but also when you're feeling like the Queen you are. Make sure you use the examples and questions on the worksheet to help guide you and develop your menu.

### **3. Mindfulness Magic**

So, you may have heard the words meditation and mindfulness thrown around a lot but what does it actually mean? Before educating myself at a meditation studio in NYC, called MNDFL, I used to think meditation meant sitting in a concrete temple wearing a sheet as clothing whilst sitting with my legs twisted over the top of one another, eyes closed, mumbling to myself in a deep voice. I honestly had no idea what it meant to meditate let alone how and why it's one of the most significant things we can do for our own success in life. I knew it was good enough for people like Oprah, Ellen, Angelina Jolie, Steve Jobs, then surely it must be a worthwhile practice. So, I did some research and then experienced a guided meditation at MNDFL in NYC and it truly opened my eyes to the practice of meditation and what it means to be mindful. Now, I do it every single day. So firstly, let me introduce GRLKND's very own meditation expert, Ellie Burrows, who is actually the CEO of the MNDFL meditation studios, and a certified personal development coach. I have the honour of passing some of her advice onto you, so you can understand the incredible value of meditation and what mindfulness can bring to your mental health and overall wellbeing. We brush our teeth for dental hygiene don't we? So why wouldn't we meditate for mental hygiene?

## 1. What is mindfulness and how is it different from and similar to meditation?

Well, Ellie explained that mindfulness is the act of purposely bringing your full attention to the present moment and whatever is occurring in it. So for example, if you're sitting across from your friend and he or she is talking to you, then in that moment you are engaging in the act of listening. If you're being mindful in that moment, you are totally and completely placing your attention on your friend and listening to him or her to the best of your ability. What does that mean? You are not thinking about your to-do list, the next thing on your calendar, interrupting with a piece of advice or checking your phone. Instead, you are fully showing up for him or her by way of simply listening in that moment. Meditation on the other hand, would be the practice of carving out the time in your day to practice breathing consciously in that meditative state, whether it's for 10 minutes, 20 minutes, an hour. And no, you don't need to be wrapped in a sheet inside a temple, you can sit comfortably in a quiet space in your normal clothes, it's really that simple, there's no tricks, just focus. You could even use an app like Headspace to guide you through your practices. Mindfulness can also be a style of meditation, in which you bring your mind, (your attention) to your breath during the meditative state. Ellie suggests, that if you want to become more mindful in your everyday lifestyle, it's easier to practice the mindfulness meditation first, to understand the intentions of mindfulness and what it takes to become mindful in that moment.

## 2. How does one practice mindfulness?

As Ellie suggested, meditation is a great place to become mindful, which essentially means to show up more fully in the present moment. If we can sit and be mindful of something as simple as the breath, then we can bring that practice away from our dedicated meditation time to the more dynamic activities that are a part of everyday life, like speaking with friends, working,

relaxing. Simply put, meditation helps us to become more mindful. Interestingly, mindfulness can actually take the shape of whatever activity we're engaging in in the present moment. For example, you can mindfully eat, which is the act of bringing your full attention to the process of eating your food. But, it would be incorrect to say "eating is my meditation." If you're mindfully eating, it doesn't mean you are meditating. That would be like saying "dancing is my sleeping" which is quite silly. Sure, they both use the physical body, but they are not suitable substitutes for one another. And just so we're extra clear, when it comes to mindfulness meditation, that has a very specific shape: the practice of bringing your full attention to your breath.

3. Even as seasoned professionals, our mind has the ability to wander while we meditate, but according to our meditation expert, this is totally normal. Meditation is a dynamic process that utilizes the brain so it's natural that thoughts will come up! The mind involuntarily thinks, like the heart involuntarily beats. Ellie suggests that, when you drift off into thought, gently and without judgment, (that's important) remind yourself to come back to the breath. There is a reason this is called a "practice."

4. So how can mindfulness help our day to day functionality and overall mindset?

Well, the reason meditation has become so incredibly popular, is because science is now proving what some spiritual traditions have been saying for thousands of years. It's no longer a monk in robes on the other side of the world telling you that mindfulness and meditation are good for you. Instead, it's The New York Times, academic papers, your doctor, boss, neighbors or friends. We're all looking for ways to destress, relax, and disconnect. Our lives can be quite chaotic and as Ellie says, mindfulness can help anchor us into the present moment. Perhaps you're agitated because you're running late and stuck in traffic, hastily eating your lunch at your desk in order to make a deadline while simultaneously trying to coordinate

date night with your partner, or walking by someone sleeping on the street and feel a tightness in your chest. Mindfulness allows us to become aware of and notice the sensations we are experiencing in any given moment. If we are able to become aware of *how* we are showing up in any given moment, we can learn a lot about ourselves.

Maybe we can even surrender to the traffic, take 15 minutes to eat our lunch by a window free from distraction, or allow that feeling of sadness to wash over us when we see another human being suffering. It's not a bad thing to feel all these things, you're human, but practicing mindfulness meditation can really help manage our strong emotions. Consistent meditation practice also lends itself to showing up with a more open heart in general and helps us manage our reactions to different things that might trigger us, like when we practice self-love and worth, if we go through a breakup, if we start comparing ourselves to others, if we are going through stress. Mindfulness reminds us of what it truly means to be alive, in a single moment of pause, so we can begin again, reset, as the best version of ourselves we can be.

#### **4. R.E.S.P.E.C.T: Find Out What It Means to YOU**

Growing up as young girls, everyone repeatedly told us to respect others. We learnt alllll about respect and how to show people respect and kindness in a whole bunch of different ways, making it seem like this was the one golden rule to live by. But nobody actually taught us how to respect ourselves, and why we should learn to respect ourselves before we learn how to respect others. Because of this, we may have become a little too caught up in trying to please everyone started putting ourselves last. It's as if we were told self-worth and value and importance was wrong. Let's clear something up, respect does not mean you're egotistical or overconfident. Self respect is about amassing a deep sense of self-worth and self-love to show that you are indeed worthy of receiving love and kindness and then in turn, giving love and kindness to others.

Unfortunately, the problem for most of us, including myself, is that we allow external factors to determine our self-worth and therefore, our level of self-respect. We let the

amount of likes and positive comments we get on that Instagram photo from our beach trip define our level of value. Or maybe we measure it by the clothes we wear or what handbag we sport, or what makeup brands are in our beauty case. Well, let me tell you, there are many women in this world who sport every kind of high-value piece of everything all over their bodies and are famous on Instagram for it, yet still have very little self-respect for themselves. Why? Well because self-respect comes from within. It literally CANNOT be measured by anything else except our own mind. It is a choice, and once you flip that switch, there is no going back. Your life will transform in ways you could never have imagined. Never again will you let others treat you with disrespect and most importantly, let yourself treat you with disrespect. There is absolutely no reason you should not have a huge amount of self-respect. You are a good person. You are beautiful and you should be overflowing with self-respect. So, let's learn how we can achieve this.

What does self-respect actually mean? Self respect means holding yourself to your own high standards and behaving with honour and dignity. You're a smart young woman, you always know, deep-down, what the right thing to do is, and self-respect means doing the right thing, even when it feels easier and more fun not to. For example, giving in to peer pressure in a social situation, where maybe someone is asking you to do something you know isn't good for you, but you do it anyway because you don't respect yourself enough to say no. I know it's hard, I went through those situations many times and it was harder to say no than it was to say yes, so I lost the respect I had for myself and gave in to peer pressure, at the cost of my health.. When I was 15 years old, I would drink alcohol with my friends at social gatherings, despite knowing I had a clinical intolerance to it. I would experience extreme illness in the form of a flushed face, throat and nose congestion, dizziness, migraines and unbearably itchy skin. My friends thought it was funny. For about four whole years I pushed through the physical pain, so that I could fit in during social situations and impress my friends and impress the boys. I put myself through so much torment, just so I didn't have to say no and be ridiculed. The final straw came in the form of being evacuated from a friend's birthday event at a bar, after having multiple shots of tequila poured down my throat by my 'friends'. "Do it for Mia! It's her birthday! Milly's gotta drink tonight because it's Mia's birthday, go go go." It was a novelty to them. I was shivering during a hot, Summer night, I couldn't see or hear anything, I couldn't walk on my own and I was so close to being hospitalised. That was the final straw. I had to start saying no, because I knew that I deserved more than the things I was letting happen to my body. It was tough, saying no at the risk of being ridiculed, but I stood firm and it got easier. Another three years later, I moved to

one of the largest drinking communities in the world and I haven't had a cup of alcohol since.

Now, I'm not saying that you have to say no to alcohol specifically (if you're of age), but I'm sure something came up in your mind when I was sharing that experience, that may be similar. There's moments in your day to day life, when you know deep down, you should stand up for yourself and say no, but you don't. And that's okay. That's why you're here, with me. I know there's pain, heartache and a story as to why you've lost that self-respect or perhaps, never really gained it, but it's time to stop using that as a reason to live without it, because that's not really living at all. It's time to keep pushing for that undeniable, unbreakable respect you owe yourself, because you deserve it. Once you figure out what RESPECT tastes like, you will ALWAYS choose it over attention.

We're going to learn a 7-item checklist to ask yourself every time you make a decision, to ensure you always choose self-respect over anything else:

**R**ight: Is what I'm doing truly the right thing to do for ME at this moment?

**E**motions: Are my emotions under control? Am I choosing respect over attention?

**S**elf-Worth: Turning within and remembering why you deserve self-respect

**P**ut your Needs First: Am I putting my health, my time, my mental state first?

**E**nd it: Am I firmly saying no to tolerating abuse, being a doormat, and things I know aren't right?

**C**ompany: Is who I am surrounding myself with going to make me a better person?

**T**ruth: Do I have integrity in this moment, am I 100% me? Or am I losing myself?

If any of these checklist items generate a 'no' or an uneasy feeling in your core, then you know you're not doing the right thing for you and not fully offering yourself the self-respect you deserve! Sometimes, others may cause your checklist to break down,

and you'll know. You'll know that they're not offering you the self-respect you deserve, and that's when you peacefully exit the situation and say "I don't feel respected by you at this time, please excuse me." Sometimes it feels a little bit embarrassing and uncomfortable to choose self respect, or choose the right thing, but you know what? There are worse things to be known for than having solid integrity, and doing the right thing and following through on your morals and beliefs. Self-respect sets the tone for how you treat yourself, how others treat you and how life treats you! The more you practice it, the better you'll get at it, I promise.

## BE KIND TO YA MIND: SOCIAL SUSTAINABILITY

### 1. Major Mental Health Key

The term mental health is thrown around a lot, which is a really good thing, but can sometimes be confusing and clinical and a little bit off-putting. As young women, we may think that this term doesn't apply to us, that we're invincible, but we're not, we're human, and the term mental health is definitely something we need to understand. If you've got a brain, you've got a level of mental health, just like if you've got a body, you've got a level of bodily health. Be grateful, your mind is an incredibly powerful thing. To help us understand how it all works, I am so excited to introduce you to our official GRLKND psychologist, spiritually intuitive healer, Dr Danielle Dowling who has some riveting brain secrets and a whole lot of other incredible information for our journey through GRLKND.

Okay so, I get it, you might be thinking 'man this is gonna be a really boring clinical lesson on mental health', but it's not, it's actually a cheat code on how to truly live into your highest and best self. Without understanding what's going on in your mind machine, how are you supposed to live your best life? It'd be like driving a car blindfolded. Simply put, our mental health refers to our cognitive, behavioral and emotional wellbeing. It is literally how we think, feel and behave. It can affect our ability to enjoy daily life, relationships, and even physical health.

If you're reading this right now, I can guarantee, just like all of us, you have dreams, desires and goals. We're all chasing fulfilment of at least one of these, right? But now, more than ever, the pressures of this exponential technological age effortlessly consumes more and more of our life energy. It fades our attention span and increasingly puts our mental health at risk of swaying out of balance. As if that wasn't enough, our professional, social and personal demands have absolutely skyrocketed, but we don't *have* to fall down and be a victim. This is not an excuse to give up because things are hard, because it's actually an environment in which many many people are succeeding, and you can be one of them. With the right personal daily practice, specifically designed to help release the pressure on our psyches we can better handle huge waves of stress

and prosperity, without shutting down or risking our experience of daily fulfillment and happiness.

So how do we assess how 'in shape' our mental health is and stay aware of it? Dr Dowling, whilst acknowledging how challenging it can be to gauge whether someone is developing a mental health problem, can get clues if certain signs appear in a short space of time such as; Sleeping or eating too much or too little; Consistently low energy; Not being able to complete standard tasks, such as getting to work or cooking a meal; Feeling as if nothing matters; Withdrawing from people or activities they would normally enjoy; Using drugs more than normal (including alcohol and nicotine); Thinking of harming one's self or others. So ask yourself, open up with radical honesty and check in. How are you doing? Is anything off balance? If you do find yourself in a negative mental state, Dr D passionately suggests seeking help! Beyond taking care of yourself, putting yourself in positive situations, and monitoring your self-talk, there is no shame in seeking assistance. It's the kindest thing you can do for yourself, putting your ego

aside and acknowledging that you require a little help healing. In terms of what that looks like, what works for one woman may not work for another. For example, Some strategies or treatments are more successful when combined with others and at different stages of our lives. Some of the most common treatments are: **Psychotherapy (talking therapies) medication** and **self-help** which can be best described as lifestyle changes such as sleeping more, eating whole healthy foods and reducing alcohol intake.

In Dr D's words, a lifestyle devotion that she personally swears by is daily meditation and mantra practice. For example even a short three minute a Kundalini yoga practice, which focuses on the female energy coiled at the base of the spine, can release pressure and create greater overall satisfaction, relaxation and centeredness. There are no prerequisites for you to gain the benefits of this yoga, just like most yoga and meditation practises. It is easy enough...literally anyone can practice, almost anywhere, anytime and spark within themselves power and connectedness. Dr D has a fun, beginners oriented practice called Meditation for a Calm Heart.

This soothing breath practice relieves anxiety and promotes calmness and mental clarity.

**Posture:** Sit cross-legged (Easy Pose).. Place the left hand on the center of the chest at the Heart Center. The palm is flat against the chest, and the fingers are parallel to the ground, pointing to the right.

With the right hand touch the tip of the index finger with the tip of the thumb. Raise the right hand up to the right side as if giving a pledge. The palm faces forward, the three fingers point up. The elbow is relaxed near the side with the forearm perpendicular to the ground.

**Eyes:** Closed

**Breath:** Inhale slowly and deeply through both nostrils. Then suspend the breath in and raise the chest. Hold it as long as possible. Then exhale smoothly, gradually, and completely. When the breath is totally out, lock the breath out for as long as possible.

Concentrate on the flow of the breath. Regulate each bit of the breath consciously.

**Time:** 3-11 minutes

**To End:** Inhale and exhale strongly 3 times. Relax.

Hopefully, you find this practice, or something similar helpful for you. Whatever floats your goat, go get em tiger, it's time to start being kind to your mind and look after your machine.

## **2. Quit Comparison, Kill Jealousy (social media literacy, having VS being mode)**

To keep up with the Kardashians is an exhausting task; a human desire for perfection that will never subside. We are the suffering victims of our own relentless comparison, getting trapped in hours of real life, but mostly social media compare-a-thons. We end up so deep in our friend's cousin's wife's hamster's groomer's Instagram page, making ourselves feel worse and worse with every swipe. We know that everyone's world on social media is not their whole world, so why do we still get that sick feeling in our stomach when we see the glowing glory of everyone else?

Because to us, the many-windowed relentlessness of 24/7 backlit perfection that is Instagram, Facebook, Twitter, Snapchat, is something we can't get away from, and it all feels like it's 100% real, because we let it. Because, it's like every single thing we do during our day needs to be insta-worthy otherwise not bother doing it at all. Because, most of us fall short of the luxury lifestyles and levels of personal perfection depicted in the lives of the envied, social media famous, let alone the Kardashians, all of whom present only a perfected portion of their lives. In real life, we fall short of all of these people because we are human. I bet even real-life Kim falls short of online Kim most days. Why? Because social media is edited. It's not always fake, but it's edited, meaning transformed from one version of reality to a version that is no longer 100% authentic. I mean, I edit my photos, I don't post without editing, because I enjoy the creative outlet of making things beautiful. But that doesn't mean I'm lying to you, or it's fake. I really am in NYC eating pizza. So the bigger problem is, social media can even makes our peers' lives look attractive and superior, but almost attainable. If Kim Kardashian has something, that's one thing, but if your best friend does, it's almost in reach, or feels like it should be. And this is where the toxic energy called comparison and envy comes from.

At least in real life, you only know the people you know. But a side effect of the world becoming smaller, online, is that we really do think we know how others live and usually, believe that our own existences don't measure up. It's one thing to read a news story, but seeing perfect photo after photo after photo can very powerfully provoke immediate social comparison, and that can trigger feelings of inferiority, hopelessness and lack of self-worth. You don't envy a news story, you envy Amy looking all tan and

glowy on her trip to Thailand with her stunning boyfriend. Self-promotion triggers more self-promotion, and the world on social media gets further and further from reality. But in actual fact, nothing exists as it appears. Crazy, right?

Think about it, we never post to social media on the days when we're feeling low or things are going wrong, because they simply don't warrant a pretty post, and if we do, it's done in a way that makes others think that nothing normally goes wrong in our lives. We have become conditioned to only share our highlight reels and the picture perfect moments in our lives as a way to show off our assets and experiences and make ourselves feel good. But what if I told you that you don't need to compare yourself to anyone online, or require anyone else's validation for you to be 100% happy? I mean you probably already know this, but it's a lot easier said than done, so let's learn the GRLKND 5-step process designed to help you quit comparison and kill jealousy, because you don't deserve to let these feelings creep in and toxify your glowing consciousness anymore. You don't deserve to feel like you should want to be anyone but you, non-instagram worthy days and all.

### 1. Awareness and triggers

The absolute most important step in ending comparison is becoming aware of when you're doing it, and why. When you're in full-speed comparison mode, say on your 235th visit to Instagram today, scrolling through post after post, form on point, and you get that familiar sick feeling in your stomach, that's how you know it's happening. Maybe it's even the first thing you see on Facebook when you wake up that triggers you, or maybe you don't even have to pick up your phone to remember why you think everyone else is better than you. That's rough. That's no way to live. You're letting your happiness slip past you because of other people. It has nothing to do with your actual inadequacies, and all to do with what you 'think' you don't have, when really, you have it all. So go through a whole day, even a week, and take note of all the times you feel comparison creeping over your shoulder, weighing you down. Write it down in your phone or in a notebook, and write what made you feel that way and why. You can read back over it at the end of the day or the week and understand what is triggering you, and deal with it.

### 2. Stop Yourself

So how do we stop comparison? Well you spend less time scrolling on other

people and more time focusing on you. This sounds obvious, but really, it just takes a little discipline and concentration. Look back on your trigger notes and make a list of things that trigger you and stop doing them so much. For example, I used to spend 2 hours + in the depths of the Instagram explore page per day. It became an infinity pool of gorgeous people, stunning places and somehow, all the things I am not, and all the things I did not have. When I cut out this time I spent on a useless task, and started using Pinterest instead to get blog ideas, I not only saved myself so much time, but cut out all of the visual triggers reminding me that I was not yet where I wanted to be in life, and started to focus on where I was, and my wonderful journey to success. Despite still spending a good amount of time on social media, it started to become easier to recognize when I was being sucked in to the endless envy zone. As soon as I felt that comparison creep in, I took a deep breath and changed tasks. Another great tool to avoid destructive content is to unfollow anyone who doesn't make you feel empowered, informed or inspired. My current favourite accounts are Chontel Duncan, Beck Lomas, Steph Claire Smith, The Real Jade Tunchy and Aggie Lal, Zoe Foster. Continue to ask yourself, is what I'm spending my time consuming making me feel energized, motivated and positive? If not, don't waste your time on it.

### 3. Practice Gratitude

Another trick that goes hand in hand with these initial tasks, is practicing gratitude. You should be practicing gratitude every single day, whether it's using the techniques we learned in the last module, or your own, gratitude is a sure-fire way to counteract feelings of comparison and inadequacy. Even though you may not be exactly where you want to be in life, (heck you're only young, you're on your way), you can still find gratitude in who you are today, what you have today and even the challenges that you are facing today, because without everything you are right now, tomorrow wouldn't be possible. If you're feeling extra inadequate in comparison to others, take out your gratitude journal and spend some quality time in it. Write down all the wonderful things about you, about your life and where you're headed. When we feel worthy, grounded, centered and overflowing with self-love, comparison can't touch you. It's not possible to feel scarcity and abundance at the same time.

### 4. Focus On You

Say you've opened Facebook and you're three years deep in someone's profile,

you barely know, getting lost in someone else's filtered version of their seemingly amazing, successful, incredible lifestyle. They travel the world and possibly even eat fancy food for a job, you're not sure, but they look so happy and lucky and in love. Well before you think, 'whatttt, why am I not her? I wanna be her,' you can stop right there, because you need to ask yourself first, before comparing, if A) you actually want that kind of lifestyle, and B) if so, have you actually made any life choices that get you close to achieving that goal? Look more closely into the reality of her life; what does she actually do for work, how many years has she spent working towards this lifestyle undocumented on socials, how many personal sacrifices has she made to live a remote lifestyle, how many years has it been since she's seen her family, how many hours does she spend on planes and trains and on her laptop? This doesn't mean she's not happy, but when you actually deconstruct her lifestyle, she's not that different from you at all, maybe just a few steps ahead of you, if anything. What you see is often not a true reflection of reality, online. A lot of people's jobs is to make it look like their lives are far better than they are, to sell products. These people are called influencers, and I am technically one of them. I personally used to spend hours drooling over their social profiles with a lingering pain in my stomach, wishing I could be them. Finally one day I had enough and decided that I actually wanted to do that as a career so I started making lifestyle choices that reflected my goals. If you genuinely dream of living in New York, or travelling, or working remote, or starting your own company, start looking into how you can make that happen. It doesn't just have to be a pipe dream. If it's possible for them, it's possible for you too. Focus on yourself and your strengths. Don't waste the time you could be using to fulfil your own dreams on someone else's!

#### 5. Don't knock others down

Lastly, learn to be okay with your own imperfections because somebody else might be looking at those and wishing they had them. I used to hate my nose and its shape until someone complimented me and said they wish they had my nose. I wish I hadn't waited until I was 16 to realize that my imperfections were actually perfect for me. My nose would have looked weird on that girl's face, and her nose would look weird on my face.

So finally, list all of the things that you dislike in comparison to what you think others have. Find a reason for every single one of those things that tells you why you can be more than okay with it, why it makes you you and how you can use it to create your own wonderful, beautiful story. Figure out what fills you up with self-love and

completes your confidence pie. Comparison doesn't exist if you don't let it. It may take years of practice, and the little green monster may always show up when we're feeling weak, but at least have your plan in place to shake it off so you don't have to waste anymore time on it.

### 3. Perfection Doesn't Exist

Give it up girl. Yes you heard me. I'm telling you to give it up. There's not many circumstances where I would tell you to give up on something, but this time, I am advising you, quite passionately, to give up on perfection. Why? Because you're chasing something that literally, does not exist. As one of the basic rules of the universe, Stephen Hawking said, nothing is perfect because perfection simply does not, nor cannot exist. Without imperfection, neither you nor I would exist. We see and hear stories of the perfect girl, friends with everyone, good at everything, so beautiful it hurts your eyes and so well-liked it seems impossible for her to be sad. We see the perfect couple, looking like Barbie and Ken, in love all day every day, happier than a couple of kids at Disneyland. We see the perfect career of a woman who smiles all day and sits in her big fancy power chair in a beautiful glass office, or the perfect family loving and supporting each other til death. But you know what? Until you walk in their shoes for a year, you have no idea how imperfect their lives are. Happy and imperfection can co-exist, all day every day, with the acceptance of imperfection. Sure, that lovable girl with the beautiful hair might look happy, but you don't know her full story, that couple you idolize may have struggled for years to love each other, and that woman in her fancy glass office may not even like her job. Families are the most imperfect perfections of all, bringing a whole lot of disfunction, differences, dilemmas and disasters under one roof, or many. But it doesn't matter, because I don't think we'd have it any other way. The problem is however, that we create these versions of perfection in other people or other things that don't actually exist, so not only do we try and live up to what the girl next to us really is, but we try and live up to what we believe the girl next to us is. What's in your head is fiction, it literally, by the laws of the universe, cannot happen.

Nobody on this planet can live a life of perfection, or they simply cannot exist. Nobody expects you to be perfect, so stop expecting yourself to be. Why live an uncomfortable, exhausting life of chasing something that is impossible, when you can learn to live with and love what you have and who you are?

It is now that I introduce GRLKND's Mentor, Melissa Ambrosini, named by Elle magazine, the self-love guru. Like me, she believes that a life of fullness can only exist by letting go of the word perfection. We will eliminate the words 'perfect' and 'perfection' from our vocabulary. Instead, we strive to always do our best and show up as the best YOU (whatever that looks like). Striving for 'perfection' can sometimes lead to comparison and distract us from staying in our own lane. It's when you stay in your own lane that you feel motivated, because you are being true to you, blazing your own trail on your own path, says Melissa.

How do we free ourselves from the expectations and the pressure of what society sets at the standard of perfection? Or what our peers or family think is perfection?

Well we have to start with what we believe these perceptions of perfection are. You're going to design three versions of yourself; 1) the version of you that your peers/society thinks is perfect, 2) the version of you that you believe is perfect, and 3) the version of you that actually exists, right here, right now.

#### 1) Others Version of

Whose idea of perfection are you trying to fulfil? You mum's or dad's, your best friends, your boss's, your teacher's, your boyfriend or girlfriend's, a magazine's, social media's? Whose version? Maybe all of them? Maybe all of them on top of your own? Girl, how are you still standing? How have you not imploded yet? From this moment onwards, you shouldn't ever again aim to fulfil anyone else's version of perfection, because there is no way you ever will. Those people you're trying to please, they're not you, so they shouldn't be able to mould you into something you're not. Maybe all of these people are actually just trying to project

their own flaws onto you, and maybe they're dealing with their own insecurities they've never overcome. Like if a parent wants you to fulfil your gymnastic career because they were robbed of the chance as a child, or your boyfriend wants you to stay home instead of going out because he's insecure about his relationship with you, or your best friend thinks you should change your hair because it's better than hers. And those pictures on social media and in magazines are called trends and will change in very little time. Stop entertaining others desires because it will never be enough. But you know what will be enough? Being the perfect, imperfect version of you that never stops growing.

## 2) Your Own Version

There is absolutely nothing wrong with wanting more for yourself. I am not trying to tell you should accept mediocrity or that you should accept failure. I am in full support of your ambition, your goals and dreams and your hard work to constantly educate yourself, take care of yourself, improve your daily functions and habits and everything that comes along with life improvement. The word constant is key here, because as humans, we are constantly becoming, and our version of perfection is modified each and every day because of new experiences and learnings. But in saying that, you should be setting possible goals and dreams. The point of this lesson is to understand and accept everything you have while working towards what you want. It doesn't make sense for you to dream of being a seven-foot basketball player if you're 5ft and hate basketball, because you'll end up chasing a life that isn't possible. Instead, we should be painting a picture of the version of YOU that you believe is ideal, without focusing too much on our appearance, because as you grow older, that shallow stuff begins to not matter anymore. The old lady in the nursing home who had a perfect chest and killer eyebrows doesn't have as many cool stories as the woman who chased her dreams and travelled the world.

3. Finally, it's time to accept yourself as you are today, as you will be tomorrow and the next however many days you are gifted after that. We need to change the word 'perfect' to 'full.' We need to understand that feeling full is better than feeling perfect, and the process of becoming 'full' is just as beautiful as the end goal.

Our wonderful GRLKND psychologist, Dr Danielle Dowling's number one tip, hands down, for accepting yourself is to commit yourself to a daily devotional practice of self love and intention reflection. This "devotional practice" can be as short as 3 minutes or as long as you like! When time allows, Danielle will spend 60 minutes or more each day in reflection and positive mind training. After you have fully committed to a daily practice then decide what it is that you want to have a bigger experience of in life. For example, perhaps you want to grow into seeing your heart's needs as equally worthy and important as others. You would like to stop saying yes to others when it simultaneously means saying *no* to you. Or maybe you would like to embrace failure more.

She then suggests a prayer/intention such as the below to practice daily until it is habit:

*"I release any allegiance to a story that I am insignificant and must be excessively selfless in order to be "good enough, important and loveable. I understand this belief is inaccurate and limiting to me.*

*I fully, rightfully and lovingly embrace my innate worthiness and importance. It is not only safe to do so....it is time because then I can be my true, authentic self and it is this authenticity that will create a life of deep satisfaction."*

It is important that to practice this daily so you can create a whole new empowering pattern in your psyche and magnetically call in what you desire most to feel full. Whatever it may be, you deserve it.

#### 4. Rock Hard Self Esteem (dealing with bullying/negativity)

Just like going to the gym to grow bigger muscles, rock-hard self esteem comes from consistent practice. Self-esteem, comes from a true sense of rock-hard self-love. It comes from understanding our worth and the value we provide to the world every single day. Lucky for us, our GRLKND Mentor, Melissa Ambrosini has shared the secrets of her best-selling book, 'Mastering Your Mean Girl' so we can grow that rock hard self esteem and start living our best lives. I'm so excited to be able to share this with you!

Who is your inner mean girl? She is that negative, fear-based voice inside your head saying you can't do something. She is the reason you haven't gone after your dreams. She's the voice that says you're not good enough, pretty enough, smart enough, you will never meet the guy, get out of debt or heal. She is the doubt, the ego, the fear and justifier—everything negative that stops you from living the epic life you've always imagined.

How do we beat her?

1. **Practice awareness** . Become aware of when your Mean Girl pops up and tells you that you're not good enough, thin enough, *whatever* enough. Most of the time, we are so unconscious and not present that we aren't even aware of her internal dialogue, so bringing your awareness to her words is the first step. Initially, write down what she is saying to you. Take a look.

2. **Gently close the door on her.** Once you are aware that she has popped up, you can now choose to gently close the door on her. It's not about fighting her, or waging an inner battle — that'll just cause more pain and suffering. Instead, it's a gentle, grateful act that comes from a place of love. It's a gentle discontinuation of those negative, self-limiting thoughts.

**3. Choose love instead.** Once you have gently closed the door on her, choose to come back to your heart and choose love instead of fear. Breathe and invite love and expansion in through inhalation and exhale the fear. It's so much more fulfilling when you do.

It is in that moment, at the conclusion of our 3-step Mean Girl cleanse, that we remember all the reasons we should come back to our rock-hard self-esteem.

If someone else is being an external mean girl? Well according to Melissa, bullying is not something that you need to engage in or subject yourself to. Always remove yourself and don't engage (that's only adding fuel to the fire). And remember that hurt people, hurt people, so try and cultivate some compassion for that person who is clearly hurting inside.

## ***5. Destroying Limitations with Motivation & Positivity***

Do you ever feel like everyone else is achieving their goals in life, while you're struggling to figure out who you are or what you're meant to do? Maybe you have some goals in the back of your head but you can't seem to find the motivation to really catapult these dreams into reality. Don't worry, you are definitely not alone in this. I can think of a million times I've taken a nap instead of dealing with life, and that's okay sometimes, but eventually, we have to wake up and face the music, if we really want to achieve our goals. GRLKND Psychologist Dr Danielle Dowling identifies the first step in taking the leap in the directions of your dreams as pinpointing exactly what obstacles

are holding you back. A couple ways to quickly identify those exact obstacles is to look at what excuses you are making. Excuses are driven by fear, insecurity, or plain ol' laziness! Write down what you need to get accomplished and list the excuses you are making and the reasons why you haven't got it done.

### 1. Identifying the limitations

Go a little deeper than things like 'Mum asked me to hang the clothes out', or 'my friend called and I had to help her get dressed for a date.' If you are choosing these methods of procrastination over and over, then perhaps it's more than just 'not having time'. Dr Dowling suggests that limiting beliefs also create significant obstacles to becoming the best version of ourselves. These beliefs exist on an unconscious level and they are responsible for driving your every thought, word, and action. They are, essentially, what creates your reality. How can you spot these limiting beliefs and excuses? It's more simple than you think! It can be easy to spot a pattern of negative emotions, or excuses because it often permeates your conversations or thoughts. Dr Dowling suggests we start paying attention to our words and being more aware of our daily thoughts. So, you can start by asking yourself what it is you want most in life and why you don't have it. I guarantee a flood of excuses and limiting beliefs will make themselves known! You can also ask good friends and/or family to listen for excuses and limiting beliefs and point them out to you! Awareness is the biggest step in shifting disempowering patterns into empowering ones!

### 2. Defining what it is you want

You don't have to be one of those people who cruise through life not knowing what they want, instead just accepting whatever comes along. You can be one of those people with the power to choose exactly what you want. Be super specific. Clearly define either short-term goals or long-term by describing what that scenario looks like. Whether it's finishing school or university for the semester or the year, having completed all of your long-winded assignments, made some new friends and tried a new activity, or it's moving to another country for your dream job, with a wonderful partner and friends. Whatever is most important to you now and whatever motivates you most, is what you should work on designing right now. It may even be a 30 day goal, 3 month, 6 month and beyond sort of plan. The more clear the better, even if you change your mind later on.

### 3. Determine your Why

Next, it's time to understand your core motivators, your reasons WHY you do what you do, WHY you will work hard. This is possibly one of the most important things to define. This, personally, is why I wake up in the morning and do what I do. For me, my core motivator is creating a life I love, supporting my family and having the financial freedom to travel whenever I want. This is why I work so hard, and can call on my motivation so often. If you know your why, it's so much harder to walk away from completing the steps it takes to get there. There's more to lose, and there's a whole lot more to gain. You should write your core motivators somewhere you can turn back to every day.

### 4. Use accountability

Another way to encourage yourself to stick to your goals is to find the motivation through accountability from others. This can be through your friends, your family and the GRLKND community. Find someone from this pool of people who can be your accountability partner. Your partner can do all sorts of things with you like asking you if you're on track, ask to read your work, remind you of deadlines, and basically just make you feel like you have someone else relying on you to get the work done. If you need something even more savage you could bet money on it or something else important to you. "I'll give you \$100 and if I don't get this done by 5pm tomorrow, you can keep it." Whatever works for you!

- ### 5. Finally, one of the most important steps in remaining on track and finding the motivation to work towards your goals and finish tasks, is to use positivity in a way that keeps you motivated in the moment you're in, but also excited for the moment you achieve those goals. Take some time to close your eyes and acknowledge your positive energy, your self-worth and pride in what you've accomplished up until now. There's no way you can be productive if you're not feeling happy. To think positive, you need to feel positive. Whatever you need to get yourself in a positive mindset, a jog, a candle, some good food, a clean space, you get that for yourself. Next, take some time close your eyes and fully imagine what it feels like to achieve those goals you set out to conquer. Go back to your 'why' and draw or write down or just think about what it feels like to actually turn those dreams into reality. What does that reality look like? Get excited about it! Talk to someone you feel safe getting excited about it with, and talk about hypotheticals! There's no such thing as 'jinxing' anything, so feel completely comfortable talking about what it's like to really reach those goals. This is not only going to get you 100 times more motivated to complete the task,

but it will attract those things into your life with your positive energy. Whatever you want in this life, you can have. It just takes a good old self-check some gas to refuel the fire every now and again. You're human, not a working machine! But you got this. Go after it!

## **6. How to Stop Giving a Hoot (staying in your own lane, cannot please everyone)**

According to our GRLKND mentor, Melissa Ambrosini, the beautiful thing about getting older and wiser is that you no longer care as much what other people think of you. It's very refreshing. This doesn't mean, however, that we need to wait until we're both older and wiser to understand how to let go of what other people think of you. There's no reason why you can't be ahead of the pack and simply stop giving a hoot what others think, and start focusing on yourself and your growth.

WHY? Caring what others think can be exhausting and can take up a lot of time and energy. This energy that you're spending on trying to figure out how to please others could be used for the greater good. Place your focus where it counts. Don't waste time you could be spending on growth on irrelevant mind torture that won't get you anywhere.

HOW? When you cultivate a level of self awareness, you don't look left and right and compare yourself to others. You stay in your own lane and you care less what others are doing either side of you. The best way we can cultivate a deep level of self awareness is through meditation. Meditation strengthens your self awareness muscle.

So cultivating more self awareness is the first place to start. Give yourself a big dose of reality check and remember that a) you simply cannot please everyone, so stop chasing the impossible b) pleasing everyone is not a solution to anything, and if anything, it's a unhealthy way of parting from who you really are, and c) no one really cares, people appreciate authenticity not manipulation.

How to reclaim your freedom:

Know who you truly are. This is where self-awareness comes in, self-love and self-worth exercises to ensure that you know yourself better than anyone else, so that no one else can tell you who you are, what you can do and what you can't do. No one needs to give you permission anymore and no one else can limit you. Trust a few opinions, but forget the rest, they're irrelevant background noise in a world designed to distract you from your full potential.

Write Yourself a Growth List

Start by writing down all the things that make you feel uncomfortable, like travelling, new activities, taking a cold shower, talking to strangers. If you can conquer these items, then you can definitely conquer the fear of judgement-based actions you could be doing for self-growth. Put the real YOU out there to practice freeing yourself from the clutch of imaginary judgement. Try blogging or wearing a loud, colorful shirt, try public speaking or even flirting and asking someone out. Be honest with yourself and honest with whoever you come in contact with. This is called conquering a fear, silencing the inner doubts and just going for it.

Negativity says more about the perpetrator than it does about you

If you do come across negative people who express their disagreement with you. That's fine.

You can simply acknowledge their opinion and choose not to bring it into yourself. You have control of what enters your mind garden, so keep it pure and remember who you are.

Essentially, caring what others think of you is just another step towards success. You think Oprah stopped chasing her passion because she was scared of what society would say about an African-American woman pioneering the day-time television scene? Of course not, she stayed in her own lane, with razor-sharp focus on her goals, and look where she is now.

## **7. The Gratitude Attitude to Change Your Life (perspective, practising gratitude)**

Do you know those people who just always seem to get lucky? Like they just live a life that's really blessed, achieving or attaining things over and over. I know a few people like that, but it wasn't until someone called me a 'lucky person' that I started to dig deep into understanding what that actually meant. These people, and you might be one of them, their luck never seems to run out because it's actually not luck they've got, it's gratitude and positive energy. Everything we believe to be real right now, is made up of energy frequencies, and every single thought we have is an energy frequency. Good things happen because we believe they are going to happen, and once they do, we are so happy and full of gratitude, that we attract more good things. Whereas, people who never destroy their limitations and believe that nothing good will ever happen to them, only attract bad things and then feel upset about it, attracting more bad things, accepting that things will never get better. Obviously these are two extremes, and as humans, we can be both of these people. You know when you wake up on the wrong side of the bed and stub your toe, spill your bowl of cereal and are late for school or

work? Well sometimes we let these bad moments or bad mornings turn into bad days, just like those people who let bad days turn into bad lives. We sometimes let go of our gratitude and forget why we deserve the things we want. But what if I was to tell you there's actually away to be one of those 'lucky' people? To an extent, we really can attract the life we want and everything in it. Are you excited to learn how? I am! I truly believe I am where I am today because I attracted it. I designed it and then attracted it. Obviously there's a little more to it than that, and you still need to do your part in working hard and staying on track, but let's get straight into it, so we can start getting lucky!

### 1. Place Your Order

This is the fun part. It's time to place your order with the Universe, God, whatever higher power you want to believe in, it's time to let some responsibility go, and put it out there. Place your order! What do you want? Think about what you truly want, what will make you happy and why, and what it looks like. Write everything down, find pictures on Google and print them out and stick them on a vision board. Make it very clear to yourself, what it is you actually want. Our thoughts actually become things, so be aware of what materials you are providing your thought factory. What's being made in that machine of yours? Is it what you want? Be a deliberate creator of your masterpiece.

### 2. Believe (You deserve it, be grateful/ perspective)

This is the most important part. It's time to tell yourself and accept, that you deserve these things. You deserve these things because you are a good person and you are grateful for what you already have. The gratitude attitude can change your life. By focusing and truly feeling grateful for what we currently have, and letting go of 'what we should have,' we create more positivity energy to attract the things we do want. How do we practice this gratitude? Well there are a number of ways to practice gratitude and you just need to find what works for you. I keep a gratitude journal I write in daily during my morning routine and also say three things I'm grateful for while I'm showering or brushing my teeth. You might want to go deeper if this isn't enough and put things into perspective by volunteering or researching ways to help those the less fortunate. Or you might want to do a bunch of daily tasks like turning a complaint into a positive thing, or giving compliments to strangers. As long as you find ways to incorporate proper, deep, loving gratitude into your life everyday, and put things into

perspective, you'll be able to feel content with what you have, making it easier to let your 'order' go and find patience and happiness in the journey.

### 3. Receive

For as long as you appreciate what you have, it's okay to think about what it feels like to have what you wished for. When I say 'feel' I mean really feel what it's like to have that lifestyle or that partner or that sort of success you wrote down in step one. Not only should you visualize it in your mind or on your vision board, but feel in every fibre of your body, what it's like to already have it. Act as if you have it, dress as if you already have it, feel grateful as if you already have it, walk and talk as if you already have it. This technique is used by millions of people around the globe from astronauts to professional athletes to CEOs, it works for everyone. Why? Because this sort of energy, starts to move you in a different direction in life, it makes it easier to master your feelings, it makes it easier to feel positive and easier to feel motivated.

So next time you stub your toe? Put some loud music on and start dancing. Turn that day around, because you can't afford to waste a whole day on negative thoughts and feelings, because it'll bring more negative things your way. And if you want to test out the power of your thoughts, then start tuning in and asking for small things like a car park, or a spare seat at the lunch table, a cup of coffee, speaking to an old friend. If you commit to this practice, there's really no stopping you getting everything and anything your heart (your thoughts) desire!

## **SIMPLY THE BEST (VERSION OF YOU)**

### **1. Being YOU is your Superpower (embracing uniqueness, removing limitations)**

Close your eyes and imagine for a moment, you're at a trendy new thrift store with some friends and you're digging through piles and piles of junk and clothes and reach deep into a mountain of bags and pull out the most beautiful purse you've ever seen. It's vintage designer, it's different from anything you have ever seen, it's classic but trendy, not even super expensive and SO YOU. You clutch it to your chest and hold it close so no one can take it away from you, because if you lost it, it could never be replaced. Even if your friends don't love it as much as you do, this bag is the most precious, valuable thing you've ever bought. Why am I talking about vintage purses? Because that vintage purse is you, girlfriend. You are the unique, beautiful, classic story of something no one can ever replace, because YOU are the only YOU. There is no one else like you on the planet. Imagine that for a moment. You are superwoman as you are, and it's not wrong to keep telling yourself that until you believe it. Out of all the skills you have, being YOU is your superpower, because other people can buy the same shoes as you, they can dress like you, they can talk like you, but they will NEVER be YOU.

As our GRLKND Mentor, Melissa Ambrosini says, there is only one you and you are awesome. No one else can do YOU better than YOU. They can try, but no one is you, and you are AMAZING! Own it and don't forget it.

I've never read truer words, but it might take a little while for them to really sink in. To help you on those days when others, or indeed, your own inner critic get to work, you must stop and breathe and find the strength to ask yourself,

1. Have I been myself today?
2. What makes me unique?
3. Why are my differences incredible?

4. How can I use the things I see as limitations, as strengths? 5. What can I do today to flex my superpowers?

Embrace every little part of you, because even the flaws make up the whole picture that creates the masterpiece called YOU. Focus on yourself and strengthening those superpowers, to wrap yourself up in the things that inspire you. Feel safe with the knowledge that when you lack self-love, this feeling too shall pass, even faster if you fill yourself up with your self-love menu, and tomorrow, will be a better day. Being YOU is your superpower, but it's up to you whether you use it.

## **2. Balancing Act For a Blissful Life (committing, time, hormones, giving/taking)**

Living a balanced life can be a struggle for all of us, unless you're a robot. Sometimes when we feel like life is set on high speed whilst we're trying to manage all our tasks, relationships, short and long term goals, internal conversations, political and social attitudes, work, relaxation, physical and emotional needs. In other words, riding a bike, juggling watermelons, and texting in a group chat, whilst holding a yoga pose and drinking water. But you know what? It actually doesn't HAVE to feel that way. We can change the word 'busy' which means we're out of control, to the word 'full' which means we are blessed with a life at capacity. A balanced life at its core, really means, harmony. Whether the weight of your energy is distributed evenly throughout all facets of your life, or more so in some areas than in others, that's up to you. But the stability you create by evaluating and understanding how much of yourself is going into each part, is what makes us feel at peace.

For example, our GRLKND mentor, Melissa Ambrosini lives an incredibly full lifestyle and admits that, she doesn't strive for a 'perfectly balanced life'... she even admits that she doesn't know what that looks like. Instead she does her best to stay balanced WITHIN. This means that she cultivates inner peace and contentment via meditation which helps her achieve everything she wants to each day. She is also very organised and lives by her digital calendar, to keep her on track to allow her the freedom to do and achieve everything she desires in life.

Now, a question for you:

Do you feel harmony in your life?

Do you feel like your energy is distributed as you wish it to be? Do you feel like you are in control and will stay afloat?

What can you do to increase the level of balance in your life?

I've got some other ideas for you too:

Time:

Are you aware of what you are spending your time on and happy to allot each moment to each of these things? Let me read you this quote from Dr Ben Lerner: Imagine you had a bank that credited your account each morning with \$86,400, that carried over no balance from day to day, allowed you to keep no cash in your account, and every evening cancelled the amount you had failed to use during the day. What would you do? Draw out every cent, of course! Well, you have such a bank, and its name is time. Every morning it credits you with 86,400 seconds. Every night it rules off as lost whatever you failed to invest to good purpose. It carries over no balances. It allows no overdrafts. Each day it opens a new account with you, and each night it burns the records of the previous day. If you fail to use the day's deposits, the loss is yours. There is no drawing against tomorrow. You must live in the present – on today's deposits. Invest it so as to get from it the utmost in health, happiness and success!

## Commitments:

In order to balance commitments, be careful what you say yes to in the first place! You will learn later in this course, why it's okay to say NO, because it's not a heck yeah, then it's a no thank you. Would you rather be the girl who commits to fifteen different things, runs out of energy and time, is constantly stressed, exhausted and unable to perform at her best or commit to a few things and shows up, gives her all and does those things really really well?

## Hormones: Masculine, feminine balances and being aware of own alignment

Hormones can also make you feel unbalanced, as much as the stress of overcommitting can. Ask yourself, 'am I carving out time to take care of myself the best I can?' Be aware of your alignment. If you feel like your brain has a million tabs open, with music coming from four of them, shut them down and focus on the present. Be mindful. Maybe you feel overly emotional or stressed? Be aware of that, because, as our GRLKND wellness expert Andi says, the more stressed you allow yourself to become, the more you engage your sympathetic nervous system and adrenals, the higher your blood pressure, the more reactive your emotions, the shallower your breathing, and the less your appreciation of life. Stress also triggers the production of more cortisol, the so-called 'stress chemical', which causes your body to crave carbohydrates, turns more of the food you eat into stored fat, and deposits more of that fat around your waist and organs. Yikes. De-stress yourself with items on your self-love menu and realign. Disconnect from the world to reconnect with yourself. If you're feeling too masculine (stressed, angry, dominant) or too feminine, (emotional and soft) come back to your centre and readjust for the project at hand. Do this so you can show up as your best self, whatever that may look like.

## Giving/Taking:

The final element of the GRLKND balance guide was developed with Andi Lew, GRLKND's wellness expert. It is the balance between giving and taking. Humans are designed to serve and love. We feel happier when we do this. If we are constantly consuming and not creating, we're bound to feel a deep imbalance within. If we are taking things from others and not providing value in return, we're going to feel unbalanced. If we're giving too much of ourselves to others and not receiving any value

in return, yes, we are going to really struggle with that imbalance. Most of the time, we aren't giving enough because we feel we aren't receiving enough. Have you ever heard of the saying "keeping your love tank full"? Let's say you have a tank of love you can fuel others with, but when you've given so much, you may feel empty. So first, give to yourself, with mindfulness, self care and self love. Fill yourself up so you can afford to give value to others without draining your own tank. Be aware of what is coming in and out, just like a bank account. Do random acts of kindness and the universe will do the same for you.

### **3. That Little Girl Needs You**

Do you want to know a secret? We never actually grow up. We will always be a youthful, energetic, vulnerable, emotional, fun-loving, adventurous little girl at heart. I used to think that at some point in life you switched from girl to woman. I used to be scared to speak to adults because I thought they were completely different from me as a young girl. I truly believed that there were different version of women, but really we are all the same. We are all girls, all unique but part of the same team, you know? We face enough battles in our lives, so why should our teammates cause more? Why does friendly fire exist if we're trying to fight together? I can't give you a definitive answer on that because there are many answers, but one thing's for sure: we should start becoming more of a squad, and look out for each other. We should be able to walk down the street or through the cafeteria at work or school and just make eye contact and know that, we have each other's backs. Need a tampon? I got you. Need a hug? I got you. Need some positive vibes, some advice, someone to stand up for you when you're not strong enough to do so for yourself? I got you. We got each other. The purpose of this lesson is to remind you that as women, we all look to each other for almost everything; Mothers, Grandmothers, Leaders, Teachers, Doctors, Celebrities, Friends, Sisters, Girls who feel like Sisters, Strangers even, we're all setting the

example for each other and we're all giving each other permission to do everything; wear what we want, speak up, chase our dreams. I'm willing to bet you have role models too, and perhaps older women who have a few more years on you, that indirectly help guide you through life... people like me! But you know what? Nobody gave me permission and said, hey you, you're a leader, you should help these girls. I just noticed that there was a need, and I remembered how many people were watching so I felt it was my duty as a female, to guide my sisters. Nobody is going to tell you that you need to be a role model, but you can be. You can give yourself permission. You can help others, even when you feel like you have nothing to give. You can guide others when you don't even know where you're going. You can be that girl that other girls look up to, and I guarantee you already are. If you've never noticed, then you might not be looking hard enough, but I guarantee, there's some girls watching your every move, copying your every move, even if they've never spoken to you. It's human nature to look to those ahead of us in life, otherwise we'd have no idea where to go or what to do. So give them something good to watch. Give them something good to follow. Be someone you would be proud to duplicate. Be the woman you needed as a girl. If you're too modest or selfless to do it for yourself, then do it for them, because that's actually helping you become a better person. You and the girls who look up to you, deserve the best version of you, and nothing less. Don't let either of you down.

#### 1. Be Yourself

Be yourself, unapologetically. You are gold, pure gold, so share that. You can inspire other girls to be themselves. If they see that it's safe, that it's okay to step out of their shell and just offer the world exactly what they have at that moment, with your lead, they might be brave enough to do so. Lead by example and show the world that it's okay to not have everything, or say the right things, or be the person you're aiming to be. Show them that imperfections can be the best things about you! Even when you think no one is watching, just be the real, golden, authentic, lovable you, as you are, and OWN IT, because if we all knew it was safe to be that way, the world would be a better place!

#### 2. Be Inclusive

If you have something good, share it. If you see something beautiful in someone, say so. If you see someone left out, include them. Collaborate with other women, share education and ideas and resources. Speak up more and complement others, vocalize your positive thoughts and ask if others are okay. It'll make you

feel good too.

### 3. Share Your Dreams

Who said we have to stay quiet about our dreams? Is it because we're scared someone might steal our idea or shut down our dreams or make fun of our big goals? Well, let me tell you, there's room for all of us at the top, and we truly do rise by lifting others. Be open about your goals and dreams. Be brave. Be brave for the people who aren't able to be brave yet. Show other girls that it's okay to have big dreams. Show other girls that you're on the way to success and are happy for others to join you on the battlefield. Be proud of the fact you want to shatter the glass ceiling, because your girlfriend might be the one to pull up the chair, lift you up to the roof, and hand you the hammer.

Be the woman you needed when you were a little girl. We can change the world by helping others. Give kindness in the form of being a positive role model, because you're essentially making yourself a better person. Use the privilege of being a role model to younger girls as accountability to stay on track, be the best version of you, love your imperfections and embrace your goals.

### **4. Holistic Strength Secrets (we aren't born strong, why strength is better than perfection, how to be strong)**

What's the very first thing you did when you entered the world? You cried. You sobbed your little heart out, howled, shrieked, blubbered and bawled like the tiny baby you were. Ladies, we weren't born strong. We had to be taught how to be strong. And let me

tell you, it's a lifelong process. You aren't expected just to 'get it' or learn it like you learn how to ride a bike. You aren't expected to be 100% strong 100% of the time either, you're human. And you know what? Life is tough but so are we. Sometimes in life we can't control what happens to us, but we can control how we react to it. We can choose to be strong and get up for the tenth time after we've been knocked down nine. We can choose to be strong for others when they need you to share their strength. We can be strong enough to face it all, even when it doesn't feel like it. How? By turning within and having a conversation with ourselves. Although it's a lifelong process, it can start today. Your strength comes from one thing; YOU.

### 1. Conquer Defeat

Sometimes, things go wrong. That's life. If they didn't, that would be weird, and you're probably living in some parallel universe, (hit me up when you find a way to get there). If bad things didn't happen, it would be a lot harder to appreciate the good things. In saying that though, we truly are able to reduce the duration of suffering when the poop hits the fan. Pat yourself on the back, because you've just gone through a whole lot of lessons on mastering your mentality, which is vital for getting through tough times. In order to conquer defeat, we have to first be willing and able to accept reality. Sometimes there's nothing we can do to change what happened, so the best move is to acknowledge, not always agree, but acknowledge what is happening from a realistic standpoint. Like if your best friend moves schools, you can't control her life and there's certainly no use in digging your heels into the ground and letting your emotions get the better of you, and ruining your friendship altogether. Instead, be upset, and then accept reality. Don't let the hole that a challenge creates, be filled with doubt and anxiety. Instead, fill it with self-love and positive energy. Choose to be okay. Choose to master your thoughts and remember who you are, be grateful for everything you have, including that friendship that will not be affected greatly, and be happy and supportive of your friend's new adventure.

### 2. Challenge yourself

Sometimes life throws us challenges to really test how strong we are. You might not think it's fair but sometimes, small doors close and giant windows open. If your best friend moves schools, embrace the opportunity to meet more friends and try new things. A lot of the most successful people in the world would not be where they are without the adversity they faced. You'll look back on all the things you never thought you'd overcome, and smile, remembering the struggle that

made you the humble, brave, strong, successful person you are. So embrace the challenge, welcome the challenge and greet it with open arms. It'll be a lot easier to find the strength to fight when you're prepared. Choose to fight with your self-love and sturdy mindest. Turn to things that make you stronger, not weaker, like self-care rituals, the GRLKND community and loved ones instead of substance abuse, or negative behaviour. These might make you feel better for a moment, but reality will be waiting. Behave productively, not destructively and you'll fly through the grey skies so much faster than you think.

### 3. Be Human

Apparently, Beyonce gives herself a day of wallowing when bad things happen, and then she moves on and remembers who she is: a damn Queen. I'm giving you permission, if you struggle to give it to yourself, to wallow, just like Beyonce. Nobody expects you to snap back like a rubber band when things knock you down. You are allowed some time before you stand up again. This is where your strength comes from; the quiet moments where you gather your thoughts and remember who you are. So.give yourself that time. Let go, wallow, then get back up and fight.

Girl, you got this. Life is tough but so are we. According to John Lennon, things will be okay in the end, and if they're not okay, it's not the end.

## THE CONFIDENCE HACK

### 1. Farewell the Shell (breaking out of it, not defined by anything, you CAN)

What does it mean if someone tells you that you need to break out of your shell? Has that ever happened to you? It's happened to me a few times and I started to wonder what that really meant. I pictured a baby bird breaking out of its literal shell, leading me to believe that people who say that are really trying to get us to feel comfortable, beyond the shell-like walls of our little cocoon of a comfort zone. I would say I'm a confident person now, meaning I don't spend a lot of time in my 'shell', but I used to. Why? I guess I was a little shy, unsure of myself and my value. Maybe people had told me I couldn't do it, or I wasn't worthy. There's a number of reasons why people stay in their shell and never break out, but a lot of the times, the shell is built thick because of our past. Our incredible GRLKND relationship psychologist, Dr. Danielle Dowling agrees that predefining factors from our past can become major limitations, but has some amazing advice for moving past these.

So how do we break out of our 'shell' and drop any predefining factors of who we currently are to become who we can be? Dr Dowling notes that, "none of us can be responsible for what happened to us when we were children. And so if you had a parent or caretaker that was immature, underdeveloped or unwell in some ways or well in some ways and unwell in other ways.....and you become imprinted by that negative pattern---you are not really responsible for that.

BUT what you are responsible for is the recognition that you are now your own person and so what you CHOOSE to define yourself by says everything about what is possible for you in your life from this moment forward. I can't does not exist anymore, because you will never know what you CAN do unless you truly put yourself out there and try.

I want you to think about every limitation that you think has defined you up until now. Maybe it was trauma as a child, bad relationships, embarrassing experiences, or loss. Everytime you relive that story, you relive that trauma over and over again. It's time to

end it. Today, you take out your hammer and smash the shell. None of these things define you anymore. Bust out of it. You are NOT defined by one person, one place, one relationship or one thing.

You are defined by what you decide to be defined by. You are the only one who can strengthen your sense of self. You are the only one who is responsible for your consciousness.

So, to practice this break-out consciousness to remain out of our shell, we are going to use a daily devotional intention, designed by Dr. Dowling for us. Every day, we can remind ourselves: *“Yes, there are some dysfunctional patterns in my lineage, there were things that happened in my past that set me up in a disempowering way. BUT I don’t need to be a victim of that. I don’t need to be a victim of my own trauma...or the expectations of anyone that I am going to stay bonded to that story.*

*I am here as a healer.*

*I am here as a lover of life.*

*And a creative person.*

*My life is not limited to what I inherited.*

*My life is only limited by what I am willing to stand for creating.*

Now ask yourself: *What would I like to stand for creating? What would I like to have a larger experience of? What does my story look like”*

Take the risk to now live from the new identity. So others can respond in a way that connects to the new you. You are the only one who can write your story from now on.

When you commit to a future of happiness you allow that future to pull you forward and it will begin to inform the practice and pattern you are missing that would actually allow for safety and love. You deserve love, you deserve kindness and you are worthy of a great story, so get writing!

## 2. Change Your Body Image Lens

Body Image. A term we are all too familiar with. Some of us have a healthy body image, some of us have an unhealthy body image, but all of us are subject to the struggle of not feeling good enough or beautiful enough. The thing is though, the term body image actually means, the subjective picture or mental image of one's own body. The way we see ourselves in the mirror is completely different to the way others see us.

The way we see ourselves in the mirror can change from day to day, DEPENDING ON HOW WE FEEL and it CAN be a positive experience EVERY TIME if we CHOOSE make it that way. To help us understand what it means to have a positive body image experience, I've brought in our GRLKND wellness expert, Andi Lew. As a qualified wellness coach, Andi says that a healthy body looks different on every person. When both Andi and I grew up, it was the trend to eat rice cakes and feel waif. Now the trend is heading towards feeling strong, but it's still an obsession TOO.

There are two things you should be asking yourself:

1. How can you learn to get the love you want, without thinking it needs to come from external and aesthetic attention? For example, a smile is our best beauty asset because it's warm and gives others positive energy and kindness and love. Make your life about what value you give this world and not about how you look. Let that love and kindness you gain in return be the bi-product of what you give.
2. Think about what long term ramifications like starving yourself may lead to. I have been known to give incredible hugs because of the extra meat I have on my bones, and I love being able to embrace ME as I am.

Body Image eating:

HERE IS Another example at the other end of the scale. ONE OF ANDI'S FAVORITE SAYINGS IS "just because you are fit, doesn't mean you're well." She confines "Your daily nutrition needs to be focused on quality of nutrients not calories or portions. This is because when your body works well; you'll find your own healthy weight."

Andi actually helps people assimilate nutrition through gut health, and feel satiated and well fed so that your food starts to act as medicine, because that's the way it should be!

OUR GRLKND WELLNESS COACH says "There is absolutely no need for us to feel hungry OR completely overfed after a meal. There's no "one size fits all" diet or approach, because AS CLICHE AS IT SOUNDS you know what's best for you AND LETS GET JN TOUCH WITH THE MIND BODY CONNECTION BY TAPPING INTO SYMPTOMS AND EMOTIONS. What worked for us last year or even last week, many not work now. YOU WILL NEED TO BE DYNAMIC WITH YOUR APPROACH JUST LIKE WE ARE DYNAMIC IN LIFE."

For example, yo-yo dieting makes it so difficult for your body to find its best and healthy weight and destroys your metabolism. So how do we make sure we're not risking our health for the sake of our body image? Well, we listen to our body, and as Andi explains later in the course, we get our gut health right to absorb all the nutrients we need from good food, to live a great quality life. The term holistic wellness actually means that everything is connected. The way we look and feel is a direct result of the way we respect and care for our body with food.

## 1. Mindfulness & Gratitude

So, you might be thinking, Milly, I eat well because I love food and I'm not compromising on that, but I still don't love the image that my mind has of my body. And that's because, my girl, you are HUMAN. We all have days where we look at ourselves in the mirror and think, damn I need to lay off the cookies at night time, or woah I look way too skinny today, or girllll, you are on fire, you are looking so well and beautiful. Our mind plays tricks on us, when we let it. Think about it, when you're in a bad mood and you take your clothes off, you might look at yourself and yell all these negative thoughts at your

body in your mind, for reasons that have nothing to do with the way you look. So in order to have a positive body image experience, you need to be doing your best to ensure you're practicing mindfulness and self kindness, to create a solid platform on which your self-love stands. That way, you can look in the mirror and see all your beauty. Give yourself a self love massage and thank each and every part of your body for carrying you to all the places you've been. Say I love you to all your favourite parts and all the parts you wish you could change, because they make you YOU. Fall in love with the way your differences make you YOU. Appreciate them the way your soul mate would.

## 2. Buy Clothes that Fit

It's so important to feel comfortable and confident in the clothes we wear. You could be as self-loving as Beyonce, have a potato sack thrown over you, and think, wow I really don't look great because I don't feel great, can I wear a dress? I feel good in a dress? You're human! Of course you want to feel comfortable to feel confident. Later on in the course, you'll learn how to dress for your body's beauty, but for now, remember to donate those old clothes that don't fit, buy pieces that make you feel amazing, and always keep in mind, that the size of clothing you wear is nothing more than a numeric indication just like age, and there's no reason to believe that it makes you less or more attractive or valued.

## 3. Remind Yourself: It's A Trend

Like Andi reminded us, trends of skinny, strong, curvy, whatever they may be at the time, CHANGE. Trends come around just as fast as they go, but self-love and confidence never goes out of style. Stop feeling the need to change to fit the mould of society, when you were born the way you are. Healthy and beautiful looks different on everyone. Write a permission note to yourself to love yourself the way you are, even if a magazine or a social media posts makes you feel like you shouldn't. Do you really want to be the girl who spent her whole life following the body image trends of the world, or do you want to be the girl that fell in love with herself and treated her body with the kindness it deserved, to make time for all of life's grand adventures?

Some days, we can just feel bleh, and that's okay too, as long as we don't do anything destructive. Above all, we need to be kind to our bodies, we only get one vehicle in this life, so stop being so mean to it. It gifts life, it can heal, it beats, it carries us, it's a miraculous gift. If we don't stop it now, we will pass it onto our daughters and long lineage. Life is so much more rich and fun when we stop body shaming. So wake up the tomorrow morning ready to love yourself again.

### **3. Master Your Walk & Talk (master your self, your thoughts)**

One of the most significant pieces of advice that has stuck with me for years is that, in order to live freely, you must choose to live as yourself and nobody else. That kind of sounds like a song lyric but it really struck a cord, pardon the pun, in reminding myself to master my thoughts and master my 'walk and talk' so I had time to actually live, and live well, and make the most of every day. When I say, my 'walk and talk' I mean the way we carry ourselves, with confidence. Do you ever catch yourself doubting the way you speak in a group setting or the way you walk into a room of people? Do you ever over-analyse every single little detail about the way you hold yourself? I've done it for years and it has distracted me from so many great things. Body language and the way we speak is both a reflection of the way we feel internally, and the way we tell ourself and others what we're feeling.

Our GRLKND confidence expert, international Billboard recording Artist Emily Perry, has well and truly mastered her walk and talk and has some incredible advice. Her number one confidence hack is to embrace your flaws, so that nobody can ever use them against you and you can't use them against yourself. She also passionately suggests accepting compliments gracefully, and practice putting yourself into more social situations to practice your walk and talk and get realllll comfortable doing it. Remember, nobody on this planet is perfect, so just be your authentic, beautiful self, never dim your life and stand in your own power. For example, if we choose to walk into a room confidently, with open body language, with our head held high, we tell our brain that we are confident, and we tells others that we are confident. And the best part? Once we get really good at this, we don't even have to think about it and we start to react to everything with confidence, instinctively. This is a little confidence hack that can end up saving you so much anxiety and so much time and bring more opportunity your way. We can achieve the masterful walk and talk in three steps, and then practice it daily, to literally, force our brain to think we are confident enough to do it all.

## 1. Affirmations

A great way to fight anxiety before a social gathering or an event or a public speaking situation, is to recite affirmations either internally or out loud. You could even write them down, as long as you're consciously believing every word. For example, I recently met my boyfriend's parents and I was so nervous and filled with anxiety. I had to pull my affirmations out while before I left home and while I was in the car. I affirmed to myself, "I am kind. I am brave. And anyone who gets to know me will realise my beauty. I am worthy of positive connections because I have enormous value to give. I love and I am loved." I repeated this out loud 5-10 times and wrote it down a few more. The more I started to recite it, my brain actually believed it and I realised that I was worthy of a great experience, and I had value to offer. This completely opened my mind to the power of literally just telling myself why I was going to be okay. My aura and energy was more positive and confident and I was able to greet the parents with a confident presence that was reflected in my words and my body language.

## 2. Silence Your Thoughts With Body Language

Another way to trick yourself and others into thinking you are confident is with body language. I want you to listen to the incredibly interesting Body Language TED talk by Amy Cuddy, because there *is* science behind the body convincing the mind of confidence. If you're slumped in a chair with your eyeline down, you will look and feel isolated, unapproachable, and just plain sad. You'll start to focus on all the reason why you aren't confident and drown in a downward spiral of social anxiety. However, if you start off on the right foot by entering the room confidently, after having mastered your thoughts with affirmations, you'll attract more people with your energy and probably never even have a moment alone. Keep your shoulders back, spine straight, arms open not crossed, eyeline at horizon-level eyeline and raise your eyebrows to make it seem like you're interested. Throw in a generous amount of smiles too. Combining all of these body language signals with literally trick your brain into thinking you are confident, and it will certainly do a good job of making others think the same. If you feel anxiety while talking to other people, just listen. People love good listeners, so be a good listener and speak up when you feel ready.

## 3. Remember Why You're Here

Mastering your walk and talk as a young woman is all about becoming more confident and freeing up more time to focus on what you're doing to make your

dreams come true. By releasing our mind from over-analysing the way we appear to others, for more important tasks, we can concentrate on why we are wherever we are. Are you in that situation to support a friend, a partner, are you speaking about something you're passionate about, are you on a mission to complete a project, are you working or at a job interview? Whatever it is, being present is much better than being anxious. Life is too short to miss out on things because you're thinking about the way your fingers look gripping a cup of soda, or the way your voice sounds when you say the word 'horderves'. People aren't focused on you, they're focused on why you're there, and so should you. Defining your 'WHY' is just as important as showing up. Because just showing up and not being present is almost as bad as not showing up at all. So show up for yourself, master your walk and talk and remember your why.

Take your destiny into your own strides. It may take a little practice but it'll get you further than those little nervous steps ever could. You've got this.

#### **4. The Power of a Woman & Self Defense**

Women are freakin' powerful. Both history and fiction have taught us so much about the power of women. Think of Cleopatra, Joan of Arc, the Queen! We are bold, we are risk-takers, excellent multi-taskers, brilliant leaders, child-bearers, we are intelligent and compassionate and we are changing the world! Just take a look at the list of most powerful women of all time and read their stories. You'll get what I mean I'm a lot more intimidated by powerful woman than I are by powerful men. Why? Well because it's easier for me to put myself in their shoes and think wow, she truly earned that POWER. Although the relationship is yes, quite difficult between women and power, I truly believe women are doing a great job, now more than ever, of standing up and being heard. But

you know what? Our power does not need to come with the subversion of male's power. We can both be powerful. We can be equal. Power isn't a permanent feature of the human experience, for anyone, male or female, it's a mental and physical state that we can move in and out of, one we can continually create and transform.

So yes it's easy for us to say that women are indeed powerful, but it's sometimes hard for us to truly FEEL that way. So what can we do to harness the energy that makes us *feel* powerful? Well firstly, we need to understand what makes us powerful in the first place. In this context, powerful basically means having a strong effect on others things or people. Being a powerful woman can mean as little as making others laugh or as big as starting an organization to change others' lives. Whatever it is you want to achieve with your power, there's some pretty great ways to adapt your daily lifestyle with techniques that are used across the board.

Firstly, write down the answers to the following statement: "I feel powerful when..." It could be, when I encourage other people, I can answer people's questions, when I wear red lipstick, when I carry mace, when I know self-defense techniques, whatever it is, write down the things that make you feel powerful. Also write down why you are currently powerful as you are. "I am powerful because..." maybe it's, "I am really good at talking to people, taking charge or leading a group". Check in, and get this down in writing.

Secondly, start adding a little power to your daily routine. Powerful women for example, start the day with a solid mindset, so revisit your morning miracle to ensure you're making time to meditate and state your intentions for the day. Powerful women make the most of their day by socialising and staying connected. They don't waste time comparing themselves to others, they don't try to balance it all, but they still find time to get out of their comfort zone, daily. They visualize success, they stay flexible and healthy, they keep lists, stay organized and they make the first move. Basically, they're in control of themselves, so they can be in control of other things, to the best of their ability. They're confident enough to choose courage over comfort and they are able to connect with people. They embrace and love their flaws so comfortably, so that nobody can ever use it against them. So take a look at yourself, turn within and have a conversation. What part of your power source are you lacking? Bring in some new habits

to your daily routine to build yourself up for success. Create change! Facilitate it by understanding where you're currently lacking. Write some new affirmations specifically for enhancing your confidence in your power, such as "I am powerful because...My superpower is being myself..."

Lastly, I want to teach you some high-level self-defense techniques that you can add to your arsenal, so you have it and can feel more comfortable knowing how to react in a relevant situation. A female is just as capable as a male in inflicting injury in the human body. Self defense is no different. Most people get caught up in the idea of 'bigger, and stronger, but really it's about 'quicker, sharper, and more prepared. Our GRLKND self-defense expert, Krav Maga Institute has devised some must-learn techniques for you to master and have in your back pocket to protect yourself:

It is my absolute pleasure to introduce our GRLKND self defense expert, Kristin from Krav Maga Institute, who is a trained self defense instructor and has designed an approach for self defense for the GRLKND community. In her words, women in our society are often conditioned and expected to be gentle, passive, and compliant, which can cause women to find themselves in dangerous situations. But it is NEVER a woman's fault if she is harassed, attacked, assaulted, however, there are certain things that a woman can do to stay safer or to feel safer. Every woman deserves to feel safe, and while we're fighting for the rest of society to change the culture and create safety, we can also be taking charge of our own safety and take steps to increase our own security. Self-defense also improves confidence and reminds us as young women, that we are allowed to take up space, make noise, and have boundaries. Heck yeah!

So when is it okay to protect ourselves with self defence? Well, according to Kristin, the short answer is: any time you feel threatened. The long answer is a bit more complicated, but still really important for us to know. Ultimately, Kristin tells her students that if you feel threatened or unsafe, use your self-defense. However, there are legalities to consider in this, so a basic rule of thumb to go by is that you never want to do "too much." If someone makes a harassing comment to you and you hit them, you will likely be seen as the aggressor, even though they were in the wrong. Likewise, if someone grabs your arm aggressively and you use a weapon against them, you will still

likely be the one who gets in trouble, because your response was more violent and severe than the threat or attack was. Again, this is thinking from a more legal perspective, but it's important to keep in mind. I believe that you have to do what it takes to get home safely, but you also don't want to be responsible for someone else not making it home. That is an emotional load you do not want to carry if it is at all avoidable. Also, remember that self-defense does not always mean striking. Super interesting, right? Kristin and I both believe that self-defense encompasses everything from awareness and prevention through de-escalation of a situation or even verbal responses, all the way through actual hand to hand fighting or the use of weapons. So bottom line, your safety IS the most important thing, but the more you train in self-defense, the more control you have and the less likely you are to go too far in a situation.

So what if you're someone who is on the smaller side of life and don't feel particularly strong or athletic. How are we supposed to defend ourselves? Well, being stronger and athletic certainly won't hurt in a situation where you have to defend yourself, but there are techniques to learn that can increase your chances of surviving an attack even against a bigger and stronger attacker. Part of this is understanding how to use your environment and things in it to your advantage (like using a common object as a weapon). Also, a lot of Krav Maga self-defense techniques rely on momentum, speed, and bursts of energy rather than pitting muscle against muscle, in which case the stronger person will win out every time. If you learn how to leverage your attacker's body or react with momentum instead of muscle, it can even the playing field a little more. Another important aspect of self-defense is understanding vulnerable points on an attacker and how to strike them, but in order to do that effectively, you have to train.

Ask any woman where she should hit a man who is trying to hurt her, and she will likely tell you to hit him between the legs. However, in a stressful, real-life situation, the chances that that same woman will do that without any training are low. You've likely heard about your body's stress response system as being fight or flight, but the response people don't talk about is the freeze response. It really is fight, flight, or freeze, and for most in an attack without training, it will be freeze. Even if they do fight eventually, the first response will still likely be to freeze, losing them valuable time to fight back and try to escape. Training your body to get more accustomed to stress and to react with a fighting response can help mitigate that. Additionally, self-defense is not just kicking and punching, which is how many of us actually imagine it. Self-defense starts much earlier with general awareness, prevention, and even exhibiting more confident body language, which can make you less susceptible to an attack None of

these other aspects of self-defense require you to be strong or athletic in order to use them.

So in conclusion, the best way to protect yourself is to get yourself involved in some training, to physically learn these techniques so you can feel confident in your 'fight; tactic. If you can't access training, the next best things would be to watch demonstrations online. Kristin, has identified 5 simple self-defence moves that we should know as young women:

1. Saying, "No."—This doesn't seem like a self-defense move, but it is, especially for women. While women might get attacked on the street by a stranger (it happens), the biggest threat to women are actually the men in their lives they know and trust. Many times when you hear of a woman being attacked or killed, it was by an intimate partner, such as a husband or boyfriend. When it comes to sexual assault, women are sadly, most likely to experience it from someone they know, not from a stranger. And sexual assault doesn't always look like what people think it does. More times than not, it is not the stranger hiding behind a tree waiting to attack a woman who is walking alone. Again, this can and does happen, but it is not the norm for sexual harassment and assault.

Women are often targeted, harassed, or assaulted by men they already know. They are sexually harassed by a colleague, an employer, or a fellow student in school. They are coerced into sexual activity by the person they are on a date with or with their partner who does not understand consent or who is controlling or abusive. By learning to set boundaries and say "no" women can begin to understand that they do not owe it to anyone to be in a situation that makes them uncomfortable or unsafe. Women have the right to set limitations and to have those boundaries respected. Sometimes, as women, we go along with things we don't want to because it feels hard to say "no" or to tell someone to "stop." But practice this, respect yourself enough to get comfortable with saying no. Say "no" when that is what you want to say. It's an important part of your physical and emotional well-being. Remember that "No." is a complete sentence. (How good is Kristin's advice, by the way)!

2. Awareness and prevention—You cannot defend yourself against something you do not know is happening. Practice awareness of your surroundings by utilizing your five senses to take in information about the world around you. Try not to have your eyes glued to your phone or have your music blasting in your ears so loud that you can't hear the person next to you. If something feels off, even if you don't know what it is or can't name it, trust your instinct and do something: speak up, leave the situation, or run. Which leads us to prevention. Awareness is important, but you have to know what to do when something happens. If you need to prevent an attack, running away is always an option, unless you cannot do so safely. We sometimes forget that running away *is* a ctually an option and sometimes we think that it is braver to fight. But it is never braver to fight when there is an option not to, because it puts you and others in unnecessary danger. However, there are situations where fighting may be unavoidable to maintain your safety or the safety of others, and in that case, Kristin directs you to the next three items on this list...

3. Aggression, shouting, using common objects—Call attention to yourself and the situation by being loud. Be aggressive and hit hard. This takes training because aggression oftentimes does not come naturally, and neither does being loud or shouting while striking. Additionally, don't just rely on your striking skills. Use common objects as shields or weapons. Your bag, purse, or backpack could be a shield. Your umbrella or metal water bottle could be a weapon. Find something sharp or blunt if you can, and use it, girl.

4. Kick to the groin—Make contact with your shin or the ball of your foot (rather than the top of your foot which has tiny bones that can break if they come into hard contact with the pelvic bone).

Open palm strike—Hit with the heel of your hand (the bottom part of your palm), while keeping your hand open. If you curl your fingers down, they'll make contact first instead of the heel of your palm. Aim for hitting the nose or striking under the chin (moving in an upward motion), depending on the attacker's height and your access to those targets. An open palm strike is a better option than a punch in a real altercation because it is safer than a bare-knuckle punch, which could result in a broken hand. This is especially true for someone who has not regularly trained to strike without gloves.

And lastly, what should we do if we are not physically able to use any self-defence moves on the attacker?

Kristin advises to make noise and be loud. You should try to get to a safer or more populated area if possible. You should use common objects as shields and weapons. You should also try to do anything you can to create damage to your attacker, which includes scratching, biting, eye gouging, and anything else you can do to either hurt your attacker or distract them or get them off course long enough for you to try to do something more effective.

Ultimately, it's important to also keep in mind, that if you are in a physical altercation, the chances of you coming out entirely unscathed are essentially 0%. In this situation, you are just fighting for the best possible outcome, and hopefully it is one where you do not suffer permanent injury or worse. Just do not stop fighting with whatever you can until you're safe. I hope girl, that you are never in this situation, but I deeply desired to pass this potentially life-saving education onto you to inspire you to become more aware and channel your inner power for your own safety. I feel it is my duty as your educator during this program to provide you with the best possible education from industry experts and I am so thrilled you are here to experience Kristin's incredible advice and take it with you on your journey into womanhood.

## **5. Crisis Management (!)**

You are an elevator. (Bear with me) Your life is a series of ups and downs. You have to go through the lower levels to spend time at the penthouse. Without the lower levels and the jagged drops in floors, getting trapped in the elevator, seeing the basement and

pushing buttons for the wrong floor, the penthouse wouldn't seem so beautiful. It's all part of the beautiful story that is YOU.

So don't be afraid of the basement, because the only direction from there is up. And don't be afraid of falling from the penthouse, because you CAN get back up and climb the stairs. Life happens. Sometimes things go wrong, and sometimes things go really wrong, but the key is to embrace these tribulations and have the courage to keep moving forward. Times like this are SO completely normal, girl. No one is exempt from this, not even Beyonce, but you know what she does? She gives herself time to dwell, she turns to loved ones and then she gets back up to run the world (girls). The difference between us though and any other average Joe, is that we are about to responsibly prepare for the storm by building a shelter. We aren't anticipating the rain, we're just creating a soft cushion to fall on when the ropes break, so we can get back to living as our best selves a heck of a lot faster.

Our incredible GRLKND psychologist, Dr Danielle Dowling has designed a 3-step strategy especially for us, to swiftly bring us back to our highest selves when self-doubt, anxiety and fear comes creeping in. As Dr D says, it's true, we all want to feel more relaxed, prosperous and satisfied and in today's pressurized culture it's key to know how to return to this state of being--quickly. So listen carefully, because this is the secret to ground and connect you with your infinite reality:

1. Begin with self compassion: Notice how you are feeling and say "That's ok, you're upset right now and I can understand why." This is important because most people shame and blame themselves by saying such things as "Why am I so sensitive? What is wrong with me! Why do I let this get to me so much?" But this negativity actually increases stress by producing more anxious hormones in our body. Not helpful! So instead, acknowledge yourself and your feelings and then move on to step 2.

2. Take the 30,000 foot view. Take a step back and look at the entire situation from a 30,000 foot view. Imagine you're on the phone to someone on the other side of the world, explaining your troubles, what would that feel like? Stress feeds on chaos. Instead, from this long range position, you can look at the situation objectively....which

will immediately have a calming effect. For example if you find yourself on the other end of someone's anger you will be more able to see that it is their own fear and anxiety that is causing them to react that way...and perhaps allow you to also have more compassion for them.

Dr D is also a fan of asking the question--"Is that true?" For example if you are buried in a sea of "I am not good-enough-s," "Why am I so stupid?" "How come I am so forgetful all the time?" trying asking "Is that true?" She usually finds with her clients that our anxious thoughts are anything but true or based on reality!

3. Finally, please take 3 deep breaths in and 3 long exhales out and then decide on what your next steps are. Action is proven to decrease stress. Physically, it releases a hormone in your body that stops the rush of adrenaline in your body. Mentally, it gives you something to focus on besides your upset feelings. Spiritually, it helps you shift the energy and when you feel better, you think better and you *do* better!

So there you have it, a 3-step crisis management plan for when poop hits the fan. But girl, please also know that you don't ever have to feel alone. Look around and stocktake your support system. Write it down! Make a list of the people you can turn to when you need a little soul assistance, because there's nothing wrong with external help, it's in our DNA to turn to others. Just make sure you're doing right by you and giving yourself the softest pillow to fall on and the bounciest springboard to lift you back to life again. So go chase life! Don't be scared because what's the worst that can happen? You fall and then you get back up, right?

## DEVOTION TO MOTION CREATES EMOTION

### 1. The Morning Miracle Method

Ladies, it's time to wake up to your full potential, literally. Whether you're a morning person or totally NOT, whether your desire for change was born out of desperation or simply contentment looking for greatness, it doesn't matter. Can we ever stop improving? NO! I hope not! I'm willing to bet that the greats in this world, never stop. I bet they have some sort of daily routine that shapes and strengthens their daily focus and mindset to allow them to be greater. Have you ever heard of the compound effect? The idea that if you want to achieve something, be something or do something, you can achieve it by doing a little bit every day? Whatever you know or don't know about this not so obvious secret to truly enhance and transform your life, that's okay, we're about to get you on board the express train to absolute self mastery and profound change.

When I first moved to New York City, I was struggling enormously. I was incredibly jet lagged, still on Australian time, missing my Mum and Dad, my brothers, my friends, my bedroom. I was struggling to find a place to rent, battling uncertainty in my relationship, unsure of my career and completely unfocused and unmotivated. I was perhaps even a little depressed. A few days in, I kid you not, I literally found this book on my boyfriend's shelf called 'The Miracle Morning' by Hal Elrod, who discovered this method after hitting rock bottom post car accident. Now I'm not super into self help books, but I was desperate for some structure and guidance to facilitate change. I'd heard about the notion that the secret of success lies in daily routines and I definitely needed to get my morning routine set up in order to be productive and generally just in a better mood, so I started reading. At that point, I didn't even read the whole thing, I just flicked through to the good bits and extracted the instructions and put it to work the very next morning. After about a week of implementing my miracle morning, I could already feel things changing within me and around me. I'd found my positivity and motivation again, I'd fixed my sleeping schedule, I felt happy and grateful and excited about why I was here, and I'd even found a place to live. I still do it every single day, even this morning. I cannot stress enough how powerful customizing a morning routine is. I really need you to know this so you can at least have the option to implement it. There was no way I

was going to leave this out of the course. If anything, it's one of the most important parts. I'm so excited to teach you this, so let's dive straight in.

The good news is, designing a routine is easy, the better news is, it will become one of the best parts of your day. The truth is, that you need to commit to this and fully show up every morning to get the best out of this practice. So let's start out by designing our routine.

What is it? The easiest way to segment your morning miracle is to think of it in 6 parts. If you can carve out an hour of our time each day for YOU, (really that's not much at all), then you can allot 10 minutes to each item on your miracle morning list. So basically, from a menu of good things, you can pull 6 or more if you want, right into your own list. The suggested list of things in Hal's book are the ones I still use each day because I found them to be effective for me, but I only learned that through trying them. These six items in order, include, but are not limited to: Silence, Reading, Affirmations, Visualisation, Journaling and Exercise. Other things you might like to include are learning a language, physical therapy exercises, speech practice, stretching, basically any small, conscious effort to improve something in your life, that you forget to do otherwise, or simply never find the time. I'm going to go over the 6 original power players in a little more detail in case you want to start with these tried and tested moves and see how you feel. Before you start, you should try NOT to look at your phone from the time you wake up to the time you finish your miracle morning. Otherwise, you could see something that tarnishes your fresh frame of mind. I like to make my bed, brush my teeth, wash my face, do whatever you normally do, and then set a timer on your phone to keep repeating. So let's dive in.

1. Silence. Very different from the typical chaos of a rushed morning after sleeping past an alarm, scrambling out of bed into clothes and breakfast. This dedicated time for silence should be for exactly that, sitting in silence, meditating, focusing on the breath, praying or simply being present and grateful, whatever works for you. It's so important to clear your mind before you flood it. It will feel peaceful.
2. Reading. Do you have a book sitting on your nightstand that you know you need to read but never find time? Put in ten minutes a day! Look forward to this every

morning. I like to read books like *Tools of Titans* by Tim Ferris, that provide small chapters and little snapshots of how to be successful, that I can then bring with me into my day and test them out. It will feel motivating.

3. **Affirmations.** Let me just start by saying that I don't believe that just by saying affirmations something magical happens, and the universe will change in some sort of non-scientific way, but I do use this technique and I am happy to share my story with you because it's a positive one. When you pick a goal and write it down a set amount of times a day or say it out loud or in your head, it will seem as if the universe just starts spitting up opportunities you may not have noticed before. It doesn't matter what exact method you use to produce these affirmations all that matters is the degree of focus and commitment you have to these goals. Personally I believe that our brains aren't capable of processing every single thing in our environment or even coming close, so the best we can do is set up little filters. For example, in a crowded room we hear our name if it's called, but not our friends, because our brain has that filter set up. When you use affirmations, these set up similar filters to notice things that may slip past you before, and like we discussed in stage one, what we think is what we are. It will feel empowering.
4. **Visualisation.** This is the funnest one of all! You get to go shopping for what you want! My visualization board has a lot of photos of NYC, magazines, quotes, cars and cities all over the world. For an allotted time per day, I either stare at my board going over each one of my wish-list items, or close my eyes and imagine what it feels like and looks like to already have it. It will feel inspiring and exciting.
5. **Journaling.** I also love this exercise because getting my thoughts out of my brain and on to paper or a note on my laptop, feels so good. It doesn't matter what you write, the point is to externalise your thoughts. A lot of the time, I write what I am grateful for. It really reminds me of why I'm here and how loved I am and how capable I am. It will feel inspiring.
6. **Exercise.** Do you keep telling yourself you'll do 20 squats a day or a situp challenge or learn some yoga but keep forgetting? This is the perfect time to do it. Just 10 minutes of movement will supercharge you with energy for the day. Motion creates emotion! Or maybe you've always wanted to be able to do the splits or a handstand? Whatever ruffles your truffles, go for it! Stretching is a great way to start the morning!

So, I can FEEL you yelling at me through the screen, I am not a morning person or I don't have time for this, and that's fine! But I'm going to turn it around and say, how bad do you want this? How bad do you want to live your full potential, reach your goals, get all the things done that you need to get done? Not only this, you don't need to wake up at 4am if that sounds too painful, get up whenever you can, to ALLOW yourself time to fit this hour in. One hour out of a whole day, to clear your mind, remember your blessings and create momentum for a day of greatness is not much at all. This is YOU time. You deserve this time. Don't skip out on YOU, you need you.

So why in the morning? Because if you wait til the end of the day, you'll either have had a good day, in which case you might feel like you don't need your daily miracle time, or you've had a bad day and you're totally just not in the mood. By completing this task in the morning, after getting out of bed, making the bed, washing our face, brushing out teeth, it becomes part of our morning routine to set ourselves up for the best day possible. And just an extra note, if you're in a rush, you could cut down your time. Sometimes I do 30 minutes of miracle morning, 5 minutes on each task, or someones even 3. I would suggest starting at 10 until you've become familiar with the tasks and get better at focusing. When should you start? TOMORROW! Every single day is a fresh day. Don't carry yesterday into today or today into tomorrow. Wake up new. Give yourself the gift of YOU time, and start transforming your life! I wish you the best of luck!!!

## 2. Move It Or Lose It

1. So, why is it, that exercise has become such a 'chore,' and perhaps even intimidating, part of our lives?

Well, a lot of the time, our exercise efforts are focused 100% on the results, rather than the process, meaning that we don't make the most of the feeling that exercise creates. Hally provides a great example: say the result we want to achieve is a clean house or a clean room, we now have assigned ourselves the chore of cleaning. The process of cleaning our room is simply a means to an end to get the result we want. We either tolerate that process or hate that process but we engage just to get the result of having a clean space. If we move that example into the world of health and fitness, we find that most people want to achieve no , not just a healthy, happy lifestyle, but specifically, according to 99% of women Hally speaks to, it's weight loss or a toned butt or whatever else we think will make us look good. These are result-driven mindsets, and so when we approach fitness from that mindset, working out becomes a chore that we HAVE to do in order to achieve the result we want and in turn, we hate doing it and we will quit, burnout or give up faster. Not only does working out seem like a dreaded task, effort-wise, it can also feel intimidating because we might be stuck in the comparison paralysis of "I'll never look as good as her," and perhaps not even know where to start. That negative self-talk we focused so heavily on beating in stage one, alongside the fear of failure can dangerously derail every single intention of moving our bodies in as little as 5 seconds.

So how do we move past these limitations and just do it? Well, Hally's advice to you, for getting unstuck is to decide what your health and fitness goal is and then shift your focus away from the results completely. I know that sounds backwards, but stick with me. Hally says that, Instead, we need to focus on finding ways to LOVE moving our bodies. Do some research, find something you love. It might be running (not for me) or biking or taking a class with a friend or it might be doing at-home workouts so you can shake what ya mama gave ya or look like a fool in private. We have to find ways that make us feel like moving our bodies is one of the highlights of our day. Once we are at a point where we look forward to moving our bodies, and only then can we re-engage with the results we want and start adding changes to our routine to help us

get there. Hally provides the best example from the movie Ms. Doubtfire, in which one of her favourite scenes is Robin Williams in his lady-suit and wig dancing around the house with his vacuum and broom. He is certainly accomplishing the task of cleaning the house, but he's focusing on loving the process and the results are simply a positive side effect of having fun. It has to be the same with exercise. We have to enjoy the process and the results will come.

2. Is it possible for us to use movement strategies to help ourselves feel confident in our own skin and love our bodies? Heck yeah it is! Of course, there's the fact that scientifically speaking, what we eat actually has a much more dramatic effect on our body composition, but it's also one of the hardest places to start because simply changing eating habits doesn't create energy. Moving our bodies, on the other hand, helps us generate energy that, in turn, helps us make better, healthier decisions in the rest of our days and the rest of our lives! The incredible nature of our body science makes it impossible for us not to feel good during exercise. When we exercise, our brain starts to release "happy hormones."

We feel a boost of serotonin, endorphins, and dopamine which help us feel more relaxed, feel happier and feel less pain, diminishing both the emotional pain and physical pain. It's hard not to feel confident when we're happy. We feel like nothing can touch us, and that's true. Negative thoughts can't touch us if we don't let them. Regardless of how we feel about ourselves before we start exercising, our own body chemistry will not let us down. In fact, exercise is one of the best ways to support our mental health. Doctors regularly recommend it for those fighting depression and anxiety because, scientifically, exercise is actually a MORE potent drug than any antidepressants or anti-anxiety meds on the market. Isn't that incredible? What would you rather? Take a pill every day or move your body in a fun way?

Hally also explained that, while exercise gives us a boost of the happy hormones, it also causes a reduction in stress hormones. When we're stressed, we can feel depressed and anxious and forget our self-worth. Stress can cause us to feel like we will never reach our goals, so we stop trying. It's a vicious cycle that we need to end right now. That's where our movement strategies come in. Even just going for a walk or throwing on 5 favorite songs and dancing around the living room for 20 minutes can have an incredibly positive effect. Moving our body, in whatever way we choose, will help to reduce the number of stress hormones in our bodies, whilst increasing the happy

hormones, giving us all the confidence we need to smash our goals and have a darn good day, every day.

3. Now, let's run through some ideas from Hally on what joyful movement strategies can look like for us, both paid and free. Whatever we try and whatever we like, we keep doing it, right?

If you don't want to spend any money, you could go for a 30-40 minute fast walk or medium jog with a great podcast or book on tape or run on trail or neighborhood you've never been to before. If you've got a competitive streak in you, you could even race your personal best time and also see the times of other people who have done the same route on an app like Strava. You could ride your bike, have a dance party, jump rope or even join a running club. None of these things have to be done alone either! Get your family or friends to join in.

There are also some super fun options that do require spending a little money. Firstly, you could find a class you enjoy. My personal favorites are dance classes or pilates sessions. Most studios give a free week trial. If you're looking for something more intense, you could try a HIIT class, Zumba class, Body Pump, Body Jam... there are fitness studios on practically every corner. Or, you could sign up for a subscription to do at home workouts with videos. Hally offers a great subscription service with a 30-day free trial. Check out her website [www.playfulfitness.org](http://www.playfulfitness.org) and use code GRLKINDGETFIT for a discounted subscription.

If you are really stuck on where to begin, you could hire a personal trainer to assess you, your body and listen to your goals and then create a totally customized plan to help you get there. Not all personal trainers are super jacked guys either. There are plenty of women personal trainers who are kind and will probably end up feeling more like a friend than anything else. Otherwise, you could join a sports team, create a sports team with friends or start swimming at your local pool! I've included Hally's full list of suggestions in the worksheet attached to this module.

4. So, lastly, on sweating it up in the gym, how do we feel less embarrassed about knowing nothing about working out?

I mean, of course, you're not going to hop on a treadmill backwards or attempt a 500lbs leg press, but in terms of feeling confident enough to get a good workout in, Hally has some really great tips. One of her BEST tips if you've never been to a gym before is to go hop on a treadmill (facing the right way), set it at a reasonable walking pace with a slight incline and just watch. You can learn SO much by watching what other people do at the gym. Then, you can make a mental list of 2-3 exercises and go try them out, just do so safely or ask staff questions. Cardio equipment is also a great place to start because it's not as intimidating as weights. Whether it's the bike, treadmill or elliptical, Hally suggests picking the built-in interval program, intervals being one of the most effective methods for getting fit in a shorter amount of time. Static machines are also a great place to begin if you want to start using some weights. Most machines have directions written on the side telling you exactly what to do and since they have tracked motion, the risk of injury is far lower than with free weights or cable weights and most gyms have them set up in such a way that you'll get a pretty good total body workout by just starting at one end and working your way down to the other. Hally suggests picking a weight that allows you do 10-15 reps, to do that 3 times with 30-second rest in between each set before moving to the next machine.

Next, you should find the stretching area of the gym that has mats, balls, and some lighter free weights. This is a great place to just go play around and try some things without risking the whole gym seeing you arabesque yourself into a wall. You can Google something like "10 easy free weight exercises for beginners" on your phone, grab a pair of light weights and give them a try. There are often very few people in the mirrored areas too so you can watch yourself and catch and correct your own form. Lastly, you could even take the guess-work out completely by taking a class. Most gyms offer great group fitness classes so you could grab the schedule and sign up for one that sounds fun to you. You'll meet people and have a set time and place to be at the gym so you can walk in and walk confidently like you own the place. This can help you get comfortable with your gym and ease you into using some of the equipment.

Hally first and foremost suggests just making that first step. You'll find stuff you love to do and stuff you don't love. That's ok. Just try it. Bringing a friend can also help you feel more comfortable trying things. But if are alone, you should know that you are not alone

in being unsure about the gym, because there is a very GOOD chance that there is someone else there who has no idea what they're doing either. Try catching their eye and giving them a smile. It will boost their confidence and yours. You don't have to try everything your first day either Arnold Schwarzenegger. Be kind to yourself and have fun!

So lastly, why do we need movement in our lives even if we are already healthy?

Well, girl, do you feel good when you've been sitting on the couch all day watching Dr Phil? I know I don't! I remember staying home sick from school and watching day-time TV, unable to get out of the house and move, and thinking wow, this is how it ends, I will never be happy again, I've got nothing left to live for. Lack of movement can turn the most positive people into the most negative in just one day. From Hally's body science expertise, she states that you can't be truly healthy, physically and mentally, without moving your body. The human body was made to move! You don't have to be ripping out gnarly CrossFit workouts left right and centre, but true health simply is not possible without movement. If you're not moving, says Hally, all sorts of negative things are happening inside that you might not even be aware of ranging from plaque build up in your veins and heart to fat overload on your liver. Sweating is also one of your body's top ways of getting rid of toxins so if you aren't sweating every day your kidneys can become overworked and your body is storing all sorts of bad toxins. TRUE health includes movement. Even as little as 30 minutes per day can dramatically boost your overall health.

When asked about the destructive message: skinny is healthy or skinny is happy, Hally agreed that it couldn't be further from the truth! She even has several clients who have started working with her recently who would be considered skinny. The problem is that they have almost no muscle, so even though they are thin, their body fat content is over 33% (which is actually considered obese). They might weigh 130 lbs or 60kg, but they have the same health risks of someone who weighs twice their weight. The technical definitions of skinny and fat do not exist. What does exist is body health and wellbeing. If you are consciously making healthy choices to move joyfully every single day and eat holistically, then you're perfect the way you are.

### 3. Nourish To Flourish:

There is a wellness revolution taking place, and you are part of it. With a 24/7 media cycle dedicated to weight loss focused solely on eating well to look better, we sometimes forget how to eat well to function better and feel better. I mean, I could start eating one apple and a few celery sticks a day and start shedding pounds, but would I be healthy? Skinny is not the new healthy, overweight is not the new healthy, healthy is the new healthy which means it looks different on everyone. Food is fuel. Imagine you had a Ferrari, would you put water, or dirt, or even regular fuel in the fuel tank? Of course not, in fact, as Andi Lew, our GRLKND wellness expert says, you would use only top quality high-octane fuel to get the best performance and longest life from your beautiful machine. Your body is a 'Ferrari'.

It is unquestionably the most evolved, intricate and powerful vehicle on the planet, a brilliantly designed self-healing and self-regulating machine that is using everything you put in it to recreate itself every minute of the day. Putting poor quality or 'junk' food in your body is exactly like putting crappy, damaging fuel in a Ferrari. It's time for you to take control of your physical well-being. Perhaps up until now you've been quite passive and uncaring about what you've been eating, but your body deserves better and your mind will thank you for it. Maturity means taking responsibility for yourself, which can be challenging, but to improve the quality of your life, well that's well worth the effort. I've got to tell you sister, staying well is a heck of a lot easier than trying to get well. So, with the help of our GRLKND nutrition expert, Alanna Brown, and wellness expert, Andi Lew, we're about to learn everything about nourishing for flourishing, because you're worth it.

1. So, first things first, is it good for us to ever be 'dieting' or counting calories or restricting ourselves as young women?

Nutrition expert Alanna believes that, while it is a good thing to be mindful of what we eat, dieting can actually be counterproductive to our health goals. Diets also potentially exacerbate or lead to eating disorders and body dissatisfaction. While trending diets may have success in terms of weight loss, this is usually only a short lived experience, says Alanna. Most diets are not sustainable and quite difficult to follow. In fact yo-yo dieting (which is going on and off diets) often leads to increased weight gain over time. So because diets are so hard to stick to, and not very lifestyle-friendly, many people

shift back to their familiar eating habits and feel like they have failed. However, it is becoming very clear to health professionals that diets are failing, not the individual.

To improve your health, Alanna recommends setting positive and achievable goals, and focusing on improving your overall lifestyle and body satisfaction. For example, write down five things you want to start incorporating into your lifestyle, like aiming for 5 serves of vegetables every day, drinking a glass of water with every meal or even eating at more home cooked meals (which are often healthier). As wellness expert Andi says, your daily nutrition needs to be focused on quality of nutrients not calories or portions. This is because when your body works well; you'll find your own healthy weight. There's no "one size fits all" diet or approach, and as cliché as it sounds; you know what's best for you.

## 2. So how can we nourish our bodies, minds and souls with nutrition?

According to Alanna, all you need to do is eat foods you love and that make you feel good. This means enjoying food with family and friends, not limiting your intake and not worrying about trying to force down the latest health trends of turmeric lattes, chia puddings and celery - unless you like them, then do you. But if you give yourself 'food freedom' I love that term, while keeping in mind nutritional recommendations, you will be less likely to want to binge eat or feel guilty about what you put in your mouth. Studies have shown that it is the little things over long periods of time, that count towards healthier lives. So, focus on eating more vegetables rather than eating less cake. By listening and working with our bodies as opposed to against it, you are a team after all, you will be able to nourish your body and not feel like you're missing out on anything. Studies have actually been conducted on the consumption of 'junk' foods, and to the astonishment of the researchers it was found that guilt about eating it had a more powerful depressant effect on people's immune systems than the 'junk' food itself. So eat mindfully, because you deserve that cake, just as much as you deserve those vegetables.

Our wellness expert Andi also passionately suggests checking up on your gut health, which is responsible for the absorption or non absorption of vital nutrients in our food. You can have the best nutrition in the world but if you can't assimilate it; you may as well be pee-ing it out. Ask your doctor or check out some at-home tests online.

3. So you may be wondering if you've seen my social media, why I eat a mostly vegan diet, and whether I am ingesting enough vitamins and minerals every day?

Well thanks Mum, I'm doing great, and veganism, according to our nutrition expert, is a fantastic way to eat and enjoy plant foods - with some major benefits for the environment and animal welfare.. It can certainly be a nourishing and rewarding way to eat. If you are vegan or thinking about becoming vegan Alanna advises the following 3 things:

1. Eat varied, colourful meals and cover your bases - ie include protein, carbohydrates and fats in your meals.

2. If you have recently started eating more high fibre plant foods like veggies, nuts and grains, you may experience stomach discomfort, so, make sure you drink plenty of water and consider building up to larger quantities over time.

3. See your GP every 6 months or so. Get a blood test and just check in with your energy levels and overall health and talk about supplements for iron and B12.

And also, don't feel bad if you cannot stick to it. It can be hard to change habits and food preferences. But if you do really want to become vegan and are struggling, Alanna suggests going vegan for 1 meal a day, or one day a week and build from there.

4. Moving onto an incredibly important topic, let's go through the warning signs that we should be aware of as young women, to avoid ourselves or our friends falling into an eating disorder. Some questions developed by our nutrition expert Alanna are designed to help you check yourself before you wreck yourself. So ask yourself, employing radical honesty:

Are you making food rules and feeling guilty about breaking them? Are you an emotional eater? Do you compare yourself, your body or food choices to others? Do you enjoy food with friends one night and then hate yourself the next morning? Are you always following a new diet or cleanse? If yes, then maybe think about having a chat with your organisation, or an Accredited Practising Dietician. This doesn't mean you have an eating disorder, it just means you're becoming aware of your thought habits around food. It's a lot easier to stop a tricky eating disorder in its tracks than to let it play out and spend years trying to recover.

One thing we can all do though, today, is create a supportive environment for ourselves and each other. So, think about:

- Deleting social media accounts that make you feel unworthy or that you compare yourself to
- Avoid making comments on others lunch choices, their weight or how they look. For example commenting on how skinny someone is, or how they haven't finished a meal can be triggering for some people.
- Try and eat mindfully and consider why you are, or are not, eating.

Finally, as young women who are constantly being exposed to drugs and alcohol, how do we make sure we maintain our health and wellness in this environment? Well we have 5 tips evolved from the advice of both Andi and Alanna:

1. Educate yourself on the effects of various recreational drugs and ask yourself, is it really worth compromising your life's health for a temporary good feeling?
2. Explore yourself instead of drugs. The term 'wasted' literally means you are wasting precious moments of consciousness.
3. If you do choose to drink alcohol, do so mindfully, be aware of what other medications you're mixing it with and focus on enjoying your beverages and savouring them, rather than purely drinking to get drunk.
4. Make sure you are drinking plenty of water when socialising with friends.
5. Avoid drugs and alcohol especially when alone, as a reward or for stress. Consider herbal teas, hot chocolates or exercise instead.

#### **4. Simple Therapies Tips (animals, nature, adding to lifestyle for holistic wellness)**

What do you do when you feel stressed? Maybe you've built a blueprint from the advice we learned back in stage one or maybe you still do nothing at all. Maybe you exercise, light a candle, laugh, write things down or talk openly to a positive, non-judgemental friend or loved one. Or maybe, you don't have that sort of relationship in your life and you would really love to process your thoughts with someone and become more clear, calm and optimistic but don't feel like opening your mouth? An alternative to the gift of having a trusted human to achieve this with, is having a pet, or finding one. Did you know pet therapy has had some enormous mental health effects on all kinds of people in all kinds of situations around the globe by initiating connection, decreasing isolation and improving communication? If you are indeed a pet owner like myself, I'm sure you already understand the compassion that our little best friends can offer. The skill of processing through thoughts with a pet, I call Pet Chat. It's basically a mindfulness activity that is facilitated by a trusted animal. It doesn't even have to be your pet if you don't have one, it can be a friend's or even in the care of an animal shelter or rescue facility, (often these animals are the most compassionate and will love the connection even more than you). The only requirement for this to work is for both you and the animal to feel completely safe. That's it. So, let's learn how to pet chat.

##### **1. Preparation and Acknowledgement:**

Firstly, you need to acknowledge that you need to pet chat, even if you feel silly. Trust the process and become aware of the problem, issue or decision you need to process, and then decide that you want to focus on this with your pet with calm energy. Find a safe space for both of you to sit and your pet will facilitate a relaxing environment for you that's non-judgemental, patient and attentive to every single one of your words, thoughts and emotions, just look them in the eye and ask them for this. You'll always get a yes. Often for me, it's in the form of an excited jump, a tail wag or a few kisses. You'll know.

##### **2. Accountability:**

Secondly, you need to entirely suspend your own judgement and trust this experience for it to be valuable. The entire goal of the process is to bring your focus into the now, remove tension, reframe for clarity and make a commitment right there and then to work through the internal thoughts you know need

attention and possibly, action. Just so you know, there's no right or wrong, pass or fail, yes or no, it's simply a process that promotes an end goal of reaching some sort of actionable resolution, even if it's to seek a second opinion or support.

3. Action:

Lastly, you need to remember to focus on active thoughts, as this is a mindfulness exercise, while you're spending time with your pet. Bring your energy back to your animal and your thoughts. The goal is to remove judgement and recognise the feelings that are attached to your thoughts. Ask yourself why you're feeling like this and come up with some possible solutions. Think about what wisdom your pet might offer? This is so you can become more objective. Remember the way your pet sees you; the sun shines out your armpits. Typically, my pet chats last for 20-30 minutes, but for as long as both of you feel comfortable, sit or stand or walk and pat and play for as long as you need. As a pet owner or not a pet owner, we can all understand the power of human-animal relationships and be grateful for the unwavering and unconditional love and support they can offer to our emotional wellbeing.

## **STRATEGIC SAFEGUARDS FOR SUCCESS**

1. Sketch Your Success (snapshot of what it means to you, visualise, write, evolve it)

What is success? Your answer will probably be different from mine. My version of success looks like founding my own company for women, being my own boss, writing a book, making it onto a Forbes 30 under 30 list, being able to support my family and being able to travel. For you, it might look completely different, or maybe you haven't really thought about what success means for you yet, and that's ok! That's why you're

here, with me, to define what it looks like for you, so that today, you can start making better choices and to get you closer to your dream life. The thing about success, is that, even though it looks different for everyone, I'm willing to bet that for most of us, success is based on happiness and fulfilment. That's why success shouldn't be the end destination, but simply reaching a desired level of happiness and fulfilment in your life. It comes down to defining success in your own terms, achieving it by your own rules, and living a life that you're proud to live. But firstly, we need to design that outcome, because otherwise, we have no idea what we're working towards. And yes, even though we are young and still wrapping our heads around this crazy world, we can still design ideas of what success looks like to us, even if that evolves every day of our lives. So, let's dive straight into sketching success.

1. It's really important for you to firstly design what success looks like to you. You could brainstorm some desired outcomes by asking yourself a few questions:
  - What makes me really happy?
  - What can I image happily getting up out of bed for?
  
  - What kind of dent do I want to make in the world?
  
2. Next, if you're still a little stuck, you could reverse the question by ruling out what you don't want:
  - What sort of lifestyle do I not want?
  - What will regret not doing most when I die?
  - What are some things that I don't enjoy and don't make me happy?
  
3. Lastly, it's time to sketch your success by designing your dream reality. What does your ideal lifestyle look like? If you haven't found great focus yet, now is the time to get specific and really figure out what that vision looks like to you. You can even add these visual images to your visualisation board.

Now, it's time to action this dream reality because if we don't start today, that's exactly what it will be, a dream, not a reality. So, just like the captain of a ship charts a course to get from one island to the next, you're going to chart your course from where you are now, to where you want to be. Work backwards from your dream reality and build each step, breaking it down into small pieces, and defining each of these stages as success

and fulfilment. And don't worry, I know that life throws crazy adventures at us all the time, which is why this is just today's version of success. Tomorrow might look completely different and that's ok. We are made to evolve and change our minds and re-aim, as our expectations and confidence rise. Only a little while ago, my definition of success was living in Sydney, Australia, working for a magazine, and now I'm in New York City running my own company! The glass ceiling was made to break through and the sky is not the limit. Success can be as big or as small as you want it to be, in each and every moment of our lives. Whatever it is to you, make it clear, and cherish it.

## **2. Goals VS Dreams (finding passion, action/ pathways, break barriers, prepare/plan, your why)**

Close your eyes for a minute. Turn inwards. What is it in this world that makes you feel like it was made for you? What lights you up and stirs you inside? Be radically honest, don't have any filters with yourself. What does your dream life look like? According to GRLKND's certified life and success coach, Kelsey Matheson, we are all born with a life's purpose. It might take a while for you to find your life's purpose but it can be supported and directed by the things you are passionate about. Start gently figuring it out! What do you LOVE to do? What fills you up with complete joy? What makes you feel totally YOU and authentically YOU?

It's true, as Kelsey advises, having a passion in life fuels you with energy and light. It fills our lives with meaning can be a driving force behind achieving all our goals and inevitably support our life's purpose. That is why it is so important to follow your passions - you were put on this earth for a very important reason...you are the only YOU there will ever be, and that is your superpower, so follow your passions and use these

to adjust the rudder to travel in the direction of your dreams. The gifts you have to offer this world are as unique as you are, you just need to find them, embrace them, and utilize them, because they are there, waiting for you.

Obviously, we all have dreams and desires, and yes those two words are a lot prettier and more magical than the word goal, but simply put, dreams without goals or action are 100% unattainable. Dreams are the beautiful vision you create for yourself, while goals are the diligent strategies you put in place to achieve those dreams, and taking massive action is the engine that drives you forward to reach your goals.

So yes, having *dreams* are important because they allow you to imagine inspiring and incredible things for yourself, and visualize what success looks like to you. They allow you to be courageous and envision the greatest possibilities because our dreams have no limits. When we visualize our dreams we stimulate our brains in a very powerful, scientific way - that's why athletes use visualization as a technique towards achieving the outcome they desire. So how do we actually ever reach our dreams by using goals? Well according to Kelsey, setting short-term and long-term goals allow you to focus and create a strategy on how to make your dreams a reality. By working backward from your dream, you can calculate the steps needed to get there. Another important part of the journey is celebrating each and every goal that we achieve along the way because it motivates us and wires our brains to keep on going, even during the tough times when we want to throw in the towel. Taking action is where all the magic happens. The secret: what lies between your dreams and reality is action, girl, ACTION.

So don't be afraid of your dreams. Embrace them, the bigger the better. And surround yourself with people who support you, are encouraging, motivate you and inspire you. In Kelsey's words, you are the average of the 5 people you spend the most time with, so find a mentor or a coach who will help you see your gifts, who will support you on the path of embracing your greatness, and will guide you during times of self-doubt. A good mentor, which we will go through in a later module, is someone who can see your strengths and your abilities more clearly than you can see in yourself. And lastly, It's also SO important for you to remember your WHY. Why do you want to make your dreams come true? Who will you be helping by being ambitious and achieving your goals? How will embracing your greatness change your life and the lives of your loved ones? Be super clear on your WHY and a large part of your strength will come from that.

### **3. Inviting the Unknown (okay to not know, travel/ self discovery, growth methods)**

I want you to close your eyes for a minute, and think of a time in your past where you experienced a significant amount of self-growth. What was the situation? Who did you become because of that? What were the gifts and rewards you experienced by going through it? None of that happened being in a comfortable state...discomfort is a catalyst for personal transformation.

As our GRLKND life coach Kelsey Matheson says, it is possible to get comfortable being uncomfortable because you know that's where true growth and development comes from. Growth and discovery only comes when there are challenges and risks. Shifting your mindset to recognizing the gifts and rewards that come out of those challenges and risks is important. The unknown can be just as exciting as it is scary - when you understand that, the personal growth that takes place is astronomical and the journey is more enjoyable. We can be scared and excited at the same time. It's like going on a roller-coaster...people are screaming in fear and in excitement both at the same time.

When I was eighteen years old, I was in my comfort zone, but I was restless. I was happy, but I was discontent. I was grateful for what I had, but I needed a challenge. This phase of my life lasted two years until I booked a 6 month university exchange program from Australia to the USA. At that time, I had a boyfriend of 2 years, I lived with my wonderful family on the beach, I had beautiful friends and a great job dance teaching, but something was missing. There was a whole world of unknown things out there and somehow, I was willing to trade my known for the unknown. I knew I had to do this for myself and the adventure of an unknown journey that lay ahead of me was what gave me the strength to break up with my boyfriend, quit my job, and leave my friends, home and beloved family behind. That was the first time my Mum's arms released me into the unknown. But really, I released myself. I didn't come home for a year. I loved it so much and grew beyond a level of self-expansion I had never known, so I kept going. I did come home after that for a few months and cherished the time I had in Australia with my loved ones, but then I had to leave again. When I say had to, nobody was forcing me, I just knew I had to keep going. I had to keep writing my story and home just wasn't the

place for that. The second time I stood in front of my Mum and Dad, it was even harder to let go, surprisingly, perhaps because I had plans of making a life over in the US and fulfilling my dreams. That was by far, the scariest thing I've ever done. It's also exciting in reality but it's even more scary. You know why? Because of the unknown. It's the scariest thing I've ever flung myself into, but also the best. I will never forget that intense fear and sadness that came between my Mum and I in that last hug we shared. I tried to hold it together but I knew how much I'd miss her before I'd even said goodbye. I didn't want to leave. She represented home to me and I didn't want to leave. I love my home and I love my family and it's safe and comfortable and happy. I let out loud cries as the elevator door shut. I pulled it together for security and boarding, but I know my Mum would have cried in the car, because I cried the whole flight over. I didn't know what was at the other end. I did know that it was the unknown meeting me though.

I want this for you too. Yes, I want you to cry when you say goodbye to a loved one, or leave home, leave a workplace, or leave school. I want this for you because amongst those feelings of sadness, is love and personal growth. How lucky we are to have things that make us comfortable, and are so so hard to say goodbye to. But you know what? Life goes on, because we were made to grow and evolve and love new people and love new places. Even if you're not at a point in your life where you need to make big life choices, start doing more things that make you uncomfortable, because eventually, you'll find yourself in a position where you don't know what the next step or leap or hurdle looks like. For the first time, you won't be able to answer the question, "what's next" and that's where you find gold. So every day, ask yourself, "when I had the opportunity, did I choose courage over comfort?" Or, "did I dare greatly today". If you're not a little dazed by the end of the day, then you probably didn't show up like you could have. There are so many things that could go wrong but there's even more things that could go right. I have a feeling it's the latter, because your life is like a movie script, only better.

#### 4. Eliminate Energy Wasters

Would you believe me if I told you quite regularly, I wear the exact same outfit for multiple days in a row, and eat the exact same meals every day? When I'm going through periods of intense workload, I try to cut out everything that's wasting my energy. These things can include, choice fatigue, (picking what to wear to my home office and what to eat), bad friends that are creating useless drama, negative thoughts that have no productive outcomes and procrastination actions. We only have so many waking hours, and so much energy per day, that if we spend a lot of time on picking what to wear, thinking of, preparing or finding what to eat at lunch, involving ourselves in bad friendships and giving in to procrastination, where the heck are we going to find the energy to do the important stuff? It's like a road trip, once we've finally completed all these energy wasting things, we only have a little bit of gas until the car stops running and we need to park it overnight and go again the next morning. Too many days like this, and nothing will get done. So, I understand that you may love deciding what to wear or taking an hour for 'you time' at lunch and that's great, but we just need to become more aware of what we are actually spending our energy on, so we can decide what's worth it. Just like a power bill in a huge house, let's deconstruct our day and see exactly what we're spending our precious energy on and whether we are happy to keep spending.

1. Write down energy users

In your journal, list everything that consumes your energy. Not just physical exertion or things that take a huge chunk of time, but emotional, or mental experiences that are taking energy and time away from you.

2. Figure out ways to reduce them

It's your birthright to have an abundance every day, but it's not someone else's birthright to take it away from you. Start being a little more sensitive to who and what you are going to let take it from you. Take a good hard look at your list and decide whether it's positive, productive, necessary or kind, cross it off! Be completely mindful of the way these items on your list are shaping your day-to-day choices and behaviour and the way they are shaping your future. Whoever you spend time with most, you will mirror, it's science. The mirror neurons in your brain were made to enhance social interactions, so spending

time with negative or unproductive people, has proven to be, time and time again, a very real way of shaping your thoughts and behaviour into someone you probably don't want to be. Ask yourself, is who I surround myself with going to lift me higher? And then ask yourself, if I'm not going to waste my energy on this negative person, why am I still wasting energy self-limiting unproductive behaviour? Once you start to cull the big energy-wasting things in your life, it becomes easier to really say to yourself, 'my energy is a gift, I will use it wisely.'

### 3. Swap Habits & Enhance Energy

A way to combat the strain of going cold turkey and removing unproductive energy wasters from your life, is to do a trade with yourself. For example, if the person you were learning piano from is a negative, time-wasting teacher, swap to a different teacher, if you want to learn how to become an entrepreneur, stop listening to the same Drake album on repeat and start using that time to listen to podcasts. If your friend wants to chat to you about her love life, at least do it on a walk or a jog so you're still being productive. If you need to watch television as you fall asleep, watch something you can learn from. If you like to spend a lot of energy on deciding what to wear, do it the night before when you're about to go to bed so you can save your fresh energy and time for your morning miracle. You don't need to feel like you're missing parts of your life, you just need to get smarter about how you spend your energy. So take a look at your list again and figure out what you can reduce spending energy on and things you can swap. Be sure to then focus on looking after yourself to enhance your overall energy, every single day.

## **5. Meet a Mentor (safe zone, high level guide to check in with, one caring adult changes a life)**

If there's one piece of advice I could give you, for help guiding yourself through life's never-ending maze, it's to find an adult who you feel safe with, to talk about your journey to success. You're probably thinking, Milly, I have my Mum, or my Grandma, or my best friend, and that's absolutely fantastic, but finding someone to be your mentor is completely different. Our loved ones are biased, it's the truth. You know the phrase, love is blind? Think about it, sometimes when we love people, we think most of things they do are great, we tend to reserve judgement in case we hurt their feelings and sometimes we even project our own desires onto them, even if it's not right thing to do. By having an external confidante, who has zero bias and simply wants the best for you, you can hear truths and advice you may never hear from people too close to you. A good mentor will help you define your goals and set measurable tasks. They will check in with you and never let you become lazy or complacent, an accountability similar to the one we have for each of our GRLKND community members. They'll never let you settle for mediocrity and they'll continue to inspire you and teach you lessons that you can't find anywhere else. It's supposed to be a close, comfortable relationship in which your mentor holds a mirror up to you and says, hey, take a look, are you on track? They're your cheer squad during those uncomfortable phases of growth, in a special way that no parent or friend can ever be.

So how do we find a mentor and what does that relationship look like? Well, it can sound a little awkward or daunting but it totally doesn't have to be. Often, your mentor has already found you. You probably already know someone in your life that you look up to, positively respect and enjoy hearing stories and advice from. I bet you can think of someone. You don't always need to look UP either, you could look left or right to find them. It's about the person, not their position. For me, my mentor was actually my drama teacher in high school. We seemed to connect on an intellectual and psychological level. I used to say to him, mate, if we were in high school together, we would be best friends for sure. There was never a "hey, so um, can you be my mentor or something?" It sort of just clicked in a non-awkward, pleasant, socially-cheerful way. He ended up truly giving me some of the best advice I've ever received and perhaps even changed the course of my life. He pushed me personally and professionally, in a

way that no one else did, and still to this day, whenever I go home to Australia, it's a MUST, to sit down and have a chat, a catch up or a check in with him.

So, if you can think of that person, or maybe even a few people, then approach them, get to know them a little more, ask for them to read your work, or ask for a meeting to get some advice on a job interview, or something of the nature. You don't need to say, hey I'm going to take you on a formal luncheon to request that you be my life mentor, because that's kind of weird and unnecessary. Most of the time, these sorts of relationships start with a request for some sort of help or advice. Following this, you get to decide whether it felt constructive or not, and if so, keep that relationship going with consistent communication.

Now, if you don't currently have anyone in your life that you feel could be your mentor, then that's okay! They haven't entered your life yet, but put out those thoughts and the energy and I promise they'll walk right in the door. Keep your eyes open for that person. If you need them now, then get out there! Go to extra-curricular activities, go to meet-ups, work on projects, or even do some work experience. Your mentor isn't gonna walk in the door while you're sittin in bed with mac n cheese, 8 seasons deep in Gossip Girl.

Lastly, what do we do with our mentors? Whatever you feel is comfortable and mutually enjoyable. You might house the communication and meetings strictly at school or work, or you might meet up out of office too, it doesn't matter. Your mentor will probably suggest something. Generally feel the relationship between the two of you organically form into a mentor - mentee connection, and will naturally take on the role of being your mentor. They get just as much out of it as you do. They had someone like them when they were young, and now, they are paying it forward. They get to reflect on their own journey, they get to teach, motivate and inspire and be helpful, which feels good for them. For you, you don't need to cling to them like they're your lifejacket. You're an independent woman and you don't need to rely on anyone, but having the resource to lean into when you're at your most vulnerable will definitely make you stronger. There is absolutely no weakness found in needing a mentor. It's actually one of the biggest recommendations any successful person will give you. You're silly if you don't have a mentor. In saying that, life happens, and your mentor may not fit your situation anymore,

and that's fine, they will always be there for you and you can still continue that relation, no hard feelings, when a new mentor enters your life. You were designed to grow and evolve, and people will always enter and exit your life, and teach you lessons you're meant to learn, when you need them most.

## **6. Manager to the Star (managing money, your own space/chores, daily assertiveness)**

You're a superstar. Even if you don't feel like it right now, I know you have it in your, and deep down, so do you. So you should start managing your assets like you are. Maybe right now you feel like you don't really need to think about 'adult' things like money for example, and perhaps it's not an issue for you or priority or interest, but simply being more aware of how we manage and connect with our finances is an incredibly smart, proactive thing to do. Our GRLKND Success and Life Coach Kelsey Matheson, runs multiple significant business and has some super important tips for us on gently managing our money. In her words, we all have a relationship with money...just like we have a relationship with our parents, our friends, with food, etc. So in order for us to establish a positive financial situation for the rest of our lives, we need to determine if we want the relationship to be healthy or toxic.

What are some of the words that come up for you when you think about being in a healthy relationship with someone? Commonly words like trust, honesty, respect, and love are associated to having a healthy relationship, so how can you incorporate those words into your relationship with money? Are you trusting that money will flow into your life when you are pursuing your dreams? Are you being honest about how much you have or how much you're spending? Are you respecting it by saving and donating some,

or do you spend it all as soon as it comes into your life? Are you giving it a reason to love you as much as you love it? It might seem a little silly to think about money in that way, but the *energy* you have around money will heavily dictate what your financial situation is right now and will be in the future. So start today and dive into your assets, write down some things you could learn more about, some things you want to improve on and how to improve your relationship with money.

Another thing we sometimes forget how to manage when we get caught up in the rhythms of life, is how to manage the space around us. Often, the space around us, whether it's our bedroom, the house we live in, the friends we hang out with, the school we go to, what our office looks like or even what songs we listen to, can have a huge impact on our thoughts and therefore actions. For example, if your room is messy, your friends and family are causing arguments and your office or school life is just as chaotic, there's no doubt you will start feeling chaotic, possibly even stressed. So ask yourself and write down, what does your space look like? What can you do to purify your environment?

According to Kelsey, in terms of managing the space around you and the time you're spending in it, it's important to remember the word NO. The word "no" is an instrument of absolute integrity and self-respect. As you'll learn in the next module, it can be hard to say, and hard to hear, but it is a very important word when it comes to our self-preservation. We can't do it all...so don't fall into that category of thinking that doing everything for everybody gives us some sort of super-human status. Is it really worth to completely burn yourself out, lose your health and your time to please a few people? Focus on what's important in *your* life. Focus on *your* light. Go after your dreams, and go hard, but balance that with time spent with loved ones, incorporating self-care, and dedicating time to doing things that fill up your soul. Kelsey also reminds us to set boundaries -because when you do that, you will be more effective and efficient at creating the life you want for yourself and actually be able to live it. I love Kelsey's little tip: Make JOMO (the joy of missing out) more important than FOMO, (fear of missing out).

## 7. It's Okay to Say NO

Do you ever feel like sometimes, you spread yourself too thin, like the Nutella your Mum used to scarcely scrape onto your sandwiches? The Nutella would taste better in one of those little pots, than it would spread out thinly over a whole loaf of multigrain bread, right? Why am I talking about Nutella? Because the nutella is you, you are nutella and you've got to stop spreading yourself too thin, it's stressful! If you're feeling overwhelmed, too busy and having trouble finding a moment to breathe, then you're overcommitting, and not leaving room for things that make you truly happy. You're a yes girl. So was I. I used to say yes to every favor, project, phone call, but my life got too crowded. I used to say yes to every business opportunity that came my way, but once I devised GRLKND, I had to turn them down because my priorities changed. We don't need to say yes to everyone and anything. It's okay to say no. I understand that you might feel obligated or required, but a lot of the time, it's in your head. You get to make the call. It all comes down to self-respect. Are you willing to gift your precious time and energy to that project or event or relationship or experience? Before we make any decision in life, we should really think about these things.

1. So firstly, if you are feeling overwhelmed, out of control and too thinly spread, then you really need to start making better, more cautious decisions, when bringing more onto your plate, otherwise there'll never be room for the main course. There is a concept spoken about by many successful people, from Derek Sivers, that states, if it's not a 'heck yea' then it's a no. Basically, this means that we don't just say yes to everything that feels 'just okay' anymore. No more settling, No more saying yes to things that only feel halfway good, it's got to be all the way. Because you owe it to yourself to aim for 'heck yea' as much as possible, to make room for wonderful things. And more wonderful things means more no. Don't be afraid to say no! Being brave leads to more exceptional things. Leaving the comfort zone means growth. So next time you come across an opportunity, if it's anything less than a "YES, I would LOVE that," then it's a no.

And why is it okay to say no? Well for starters, you don't owe anyone anything, you can never control everybody's opinion of you, you're the only one who can truly identify your priorities, and life goes on either way. If it doesn't feel good,

you say NO, and you stay true to your decision.

2. On the other hand, if your plate feels a little light on, or you're opening to trying more things in life, then sometimes saying yes to mediocre things can actually lead to more wonderful things. It's really a judgement call based on your priorities. Say a friend needs to borrow a dress to help her feel more beautiful, or your brother asks you to take him to school, that may not be a heck yea, but you still do it because you love them and loving others is also loving yourself. Or say you're a small band in a small town and you get invited to play in the next city as a supporting act. It may not be a perfect, heck yea opportunity, because you have to drive 10 hours and pay for a hotel, but it may lead to more gig opportunities, even paid. If when I started Instagram, I decided to give up because it wasn't really a hell yea and I definitely wasn't seeing results, then there's no way I would be where I am today. Sometimes, you have to remember your end goal, or be open to seeing where things go, to reach greatness because sometimes life hides heck yea opportunities in mediocre ones as a challenge and a test to see if you really want it.

So I know you might be thinking, "how will I know which direction to go?" and I don't have a definitive answer, because it comes down to you and your own priorities. But the one thing you always need to remember is to respect yourself. Self-respect and hard work can co-exist, but self-respect and being taken advantage of cannot. If we say yes to too much stuff, we end up losing sight of the heck yeas altogether. We can get taken advantage of and drown in the mediocre things that fill our lives, leaving no time for the heck yeas. But at the same time, remember to not do yourself the disservice of saying no to something that requires a little work to crack open the gold, or something simply out of the kindness of your heart, like carrying an old lady's groceries or going to your best friend's art show. Focus on what truly lights you up and makes you feel good. Once you start applying this, your life will open up.

## **8. Ambition Looks Great On You (luck doesn't exist, focus on your light, stand up)**

Since the beginning of time, ambition has been seen as a masculine characteristic. Why? Because tribe leaders, presidents, CEOs, and TV, film and book roles have mostly always been typecast as dominant, ambitious males. Not too long ago, women were expected to stay at home and leave the enterprise to their husbands. If women had aspiration, it was obnoxious, if they had wanted to run a company, it they were silly and if they got through all this and still made it, they were called harsh, career-focused, forthright and maybe even shrew. This has greatly affected our vision of ambition and our willingness to open up about our goals and dreams. Thankfully, boss babes are pulling up more and more seats at the table, and women are being celebrated for their success instead of shamed. Why can't an affectionate, warm, happy woman be the same woman that runs a 2000 employee company? Why can't she love her partner and her career at the same time? If anything, successful women, in their own rendition of the term, are the ones who have the power to spend their love and their time on whatever they want, right?

Ambition isn't reserved for men, it isn't embarrassing and it isn't selfish. It's admirable, and rightfully so, it's becoming more acceptable and common for women to shatter the glass ceiling and reach for the moon. But, that doesn't mean we won't ever come across people who will try and tear us down, which is why we need to learn how to embrace our own success and our own ambition unapologetically and unwaveringly.

Women truly are incredible. Against all the odds that history, society and politics have thrown at us, we have risen up to a footing that is now often equal with our male parallels. We are passionate in our field,, we multi task like no other, we give life, we raise children and are capable of running the world. So why is it that other people, and sometimes even, other women, are still ripping shreds off the individually successful woman who is ambitious and confident? There's no definitive answer to that question, but I would say that it says more about the naysayer than it does woman minding her own business, doing her thing, the best she can. You could call it tall poppy syndrome, cutting down the successful to try and reach their level, instead of working just as hard to rise up. So, in saying that, let's learn the cycle of ambition, together, so we never again have to let other's success or lack thereof, affect our own.

## 1. Find Your Passion

The most important element of success would have to be passion, because the passion lights an eternal fire that can be refueled time and time again, but never goes out. You should be doing things with passion or not at all. You know those people who remind us that we only have 1,440 minutes in a day? Well their agenda is to get us to spend each of those minutes like we would pocket money. Yes you can use a few here and there to lay down and do nothing, let yourself be sad, even be negative, but most of our waking minutes should we spent doing things with passion. Things that light us up and add to our fire, because once it's lit, you'll find that everything falls into place. Focusing on that light is a way to attract all the right things into your life. It's a way to be able to work hard without it actually feeling like work. It's a way to help us stay in our own lane and not worry what anyone else is doing, or how successful they are. It's a way to share our lives with people we love and a way to look back on our legacy when we're too old to move our necks and think, "wow, I really did live a life of passion. I spent my time doing what I love. I didn't waste a minute"

### 1. Stay In Your Own Lane

After narrowing down on your passion, which is such an exciting, but sometimes long and drawn out process, you're already halfway there. Obviously things don't unfold overnight and working hard is an obligation, but clearly, if you find your true passion, you're living every day working towards turning your dream into reality. The journey towards your definition of success is just as much a part of the success you're seeking. Even if you died tomorrow, at least you'd be able to say, I was doing what I loved. Not what your best friend loved, not what your Mother wanted you to do, or your Grandmother's legacy, it was what you truly loved. Sometimes, you won't find that it's too crowded in your field of passion and other times, you'll feel like every woman and her dog is fighting for the same thing. But you know what? Either way, whether you feel like you're one of many or all alone, you're still in your own lane. Your journey will be different to people beside you or in front of you or behind you. You're not even running the same race, at the same time. If you focus too much on others, you're bound to trip, get exhausted and lose sight of the finish line. You also don't need to sabotage anyone else

by making them fall, because that's actually going to slow you down too. If someone else is doing a mighty fine job then say in passing, "you're doing great, I'd love some tips!" Don't look back, look forward. Just keep running your own race.

## 2. The Road to Success

A lot of people tell me that success is a lonely road. I've personally lost a lot of friends on my route to success. Again, it's like a running race, when you're out in front, you might look either side of you and only see a few people and that's ok. When you cross the finish line, you know everyone's going to be there to celebrate. A lot of people stay in the shallow end, but you can't make big waves in small water. When someone tells you it can't be done, it's more of a reflection on their limitations than yours. It means that they can't do it, not you can't do it. If you lose people along the journey, just remember that you have been a kind person all along, but you need to respect yourself first. If you lose friends or family because of your ambition, it means they don't understand you right now. You're in two different headspaces and that's okay. It doesn't mean that you can't ever be friends or family again, it just means that right now, you're in two separate worlds. Don't be that person who becomes scared to take action because you don't have the support you feel like you deserve. The people who can't support you right now are not strong enough, and not brave enough, and that's okay. That's why you have people like me, people in your niche, and the GRLKND community, because we aren't afraid of ambitious women. Not only do we love them, we encourage them.

## **SMART STYLING: DRESS TO IMPRESS (YOURSELF)**

### **1. Grace & Poise is Underrated (dress for confidence/ comfort, icons)**

The first time I saw 'Breakfast At Tiffany's' I was just trying to kill time, while waiting for my boyfriend of 2015 to come home from a night out. If you've seen this film, you'll understand why I started to feel so silly for waiting on him, as if my joy arrived when he did. Holly Golightly, the role Audrey Hepburn plays in this film is of stark contrast to the persona of 2015 Milly Bannister. I learned a lot from Holly, who inspired me to remember my self-worth, my self-worth, which in turn, triggered my interest in grace and poise. Hepburn is, in my opinion, and many others, the epitome of elegance. She had me Googling 'how to wear a headscarf, why simplicity is extraordinary, how to be adored.' In essence, women like Audrey are poised and poise is simply grace under fire. (Under fire in this instance, being *life*) . So how do we channel our inner Audrey and float instead of walk, prove our womanliness without showing skin, deal with men and dress like it's a special occasion every day? Let's learn together, because I'm really excited about this.

Why do you want poise? Because when you have poise, you have total physical and mental mastery over yourself. It's the grand finale of all our self-love development. When you have poise you can walk and talk with confidence. It's not about impressing anybody else, it's about feeling like the best version of you. Poise is made up of self-confidence, self-worth and a whole lot of self-respect. Poise is honesty and integrity. It's having the dignity to do the best for you and holding your head high.

#### **1. Dropping the Scarcity Mindset & Gaining the Richness of Being Full:**

You don't have to be bankrupt to be poor. Completely disregarding the dollar figure in your wallet or your bank account, poor is a mindset, and a mindset of scarcity. A scarcity mindset often leads to desperation and desperation is not a

trait of poise. I'm sure you've seen a child play with a single toy for hours. We decide in our own minds that we are full, because what happens to our minds when we feel we have too little? It shapes our choices and our behaviour, creating a spiral of attracting less and less until we feel we have nothing at all, when in reality we have everything. You are blessed, you have enough, you are enough. Be grateful and decide every day, to stay full.

2. Leading with Body Language:

Of course, it's great to have good posture, you know, the place a book on your head and stand tall and still and lengthen your spine, all of that la-dee-da, for not only communication reasons, but biological reasons. Standing tall with your head high and shoulders back makes it appear not others and yourself, that you're about to meet a challenge, head on, without blinking. It's the Superman stance for women. When we combine posture with the grace of gentle, smooth, mindful movements, we can control a room.

3. Model others:

So how do we learn to do this? Well, who do you look up to? Who comes to your mind when you think of this steadfast confidence, strength and composure? Me, I think of Natalie Portman, Michelle Obama, Julia Roberts, Nicole Kidman, Kate Middleton and Audrey of course, maybe even Grace Kelly. So you can watch their interviews, their movies, and look at what they're wearing and how they wave and walk. Of course, we will never be any of these women, nor should we need to be, but we can take notes and tips and incorporate them into our own daily habits so that we can exude elegance, because we are worthy of that. It's finally time to project all the self-confidence and self-worth and love that's inside our heads and our hearts onto the outside of us, to let others know who we really are: a beautiful, beautiful woman.



## 2. Every Body Is Beautiful (understanding your shape, how to enhance)

It's true, every body is beautiful because beautiful looks different on everyone. Comparison of our bodies is truly illusionary. Can you compare a rose to a sunflower, or a lily to a peonie? Nope? Is one more beautiful? I couldn't say, because they're so different. It's the same construct with the human body. Each is powerful, unique, wonderful, beautiful and alive. So stop looking outside yourself in order to feel beautiful, because you are the only one who can truly decide to feel beautiful. It's like a switch, and although it takes a little more than a lift of a finger to turn the light on, once you do, your life will change forever. To help us go deep into the technical side of the beauty world, to prove the theories of what makes us feel beautiful, our GRLKND style expert, Victoria Secret model Brooklyn Decker and skin expert Alicia Yoon, have jumped on board this lesson to provide their industry secrets with us and prove that beauty comes from how we feel in our own skin.

So what is personal style and why is it important for us to develop as young women?

It's not secret that personal style is a tough nut to crack, a nut that neither Brooklyn or myself and most women in the world have not yet opened, because as humans we go through personal transformations and trends and we change. The key is though, in Brooklyn's words, we should dress as the woman we want to convey- a badass CEO, a feminine romantic, the list goes on and it can change, daily! Knowing what makes you feel strong, beautiful, smart, and confident is invaluable. It can be one favorite sweater, or even a red power suit. Brooklyn advises to find those special pieces that will have your back in that big job interview, or when you're going through a breakup, or when you're just not feeling yourself— because those items can be all the armor you need to tackle the obstacles ahead. So find those pieces, hold onto them tight and use them when necessary. The great thing about style is that when all else is failing, it's one of the few things you can actually control, right?

So obviously, a red power suit might not suit everyone, because our bodies come in all shapes and sizes. But in terms of feeling beautiful, all we need to do, is learn how to enhance the gifts we were given and embrace our body's natural beauty, whatever that looks like. Brooklyn says, proportions are everything. A little tailoring or a certain fit in the right area can completely change a look. If you don't have time or money to see a

tailor, find the part about yourself that you absolutely adore then wear the type of item to accentuate that feature. Do you love your waist? Your legs? Your arms? Think about it! Yes, it takes time, and a lot of trial and error to fully understand dressing for your proportions- but you can always do some research, yes even on social media where we're exposed to styles we never knew were possible, to always find ideas for those items that will help to show off what your mama gave you. Now more than ever, we are given more social permission these days to wear whatever the heck makes us feel great! As Brooklyn says, there's a level of decorum one must maintain in specific instances, for example, you probably don't want to wear your pajamas to work at a bank, BUT it's definitely an exciting time for exploration. If you truly approach your own style as an expression of yourself and who you are- it will feel so authentically you that no one will be able to break you down. At the end of the day, if you are feeling good and you're comfortable in what you're wearing, it's going to shine through, like a ray of pure sunlight, and *that's* beautiful.

So what if we don't have a budget for the styles we see online or on other women? Not a problem at all! I truly believe an outfit or a lipstick or a pair of shoes can make our outfit. Even if the pair of shoes cost \$10 from a thrift store. For example, one of my Coachella music festival outfits was a full thrift-store ensemble, head to toe that cost no more than \$25, and ended up being everyone's favourite night. Brooklyn, as a Mum to two little kids whilst becoming a new entrepreneur, feels put together with a dash of red lipstick. Even if she's a step behind when she shows up to an important meeting, a power suit can make her feel smarter, stronger and even more resilient. Find what those special items are for you, because even though it sounds impossible, sometimes all it takes truly is a little accessorizing, some lipstick or the perfect shoes to add some pep in our step!

I love this next piece of advice from Brooklyn: panty liners for armpit sweat. Genius, right? Both her and I are stress-sweaters, so sticking these into the armpit of a shirt can be a lifesaver when pit sweat stains become a confidence-ruiner. Another industry secret she has is to dress monochromatically, when in doubt, because it always looks polished. One time, she wore a pair of matching gray knit sweats from a plane to a meeting by throwing on a heel and a matching blazer. Brooklyn just launched a new productivity app called Finery, the link is in this description and the worksheet, but I have it on my phone and it's basically a digital wardrobe. It's a closet and style hack because you can organize your wardrobe digitally, click on an item and get style inspo

and looks based on that particular item, which is such a save because sometimes I honestly can't think of what to wear with my orange knit sweater, and I'm sure you know what I mean. Oh and you know when you break in a new shoe and get blisters, she recommends rubbings clear deodorant on the heels of your feet to prevent this. And lastly, to soften your favourite tshirt, a scoop of baking soda in the washer apparently takes care of this. Fascinating!

So, now that we've taken care of our beautiful bodies, what about our face? Before we talk about makeup, we gotta talk about that miraculous organ covering our face and surface of our body that breathes and absorbs and changes colour and bleeds and is carried with us through our entire life. Maybe you've never really taken much care of it, or don't know a lot about how it works, and I get it, I was right there with you but girl, it's time for you to go close-up and get to know your face, really really well.

Did you know a lot of what is going on inside your body can show up on your skin?

Or that even if your skin looks and feels healthy, you should still be taking preventative action *now* as opposed to having to repair damage *later*? I didn't even really think about these things until I met Alicia, our skin expert and celebrity aesthetician. Her industry-ranked tips for maintaining and preserving young skin are so helpful, and if we actually used them, we could totally be looking 20 years old when we're 40. Alicia is in her 30s and has the best skin I've ever seen on anyone ever, even better than the cute chubby-cheeked baby I met last week.

1. **Cleanse properly** - this means truly dissolve all impurities and cleanse down to pores, but doing so gently. A double cleanse using an oil-based cleanser (important especially for those with oily skin!) to dissolve oil-based impurities to keep skin and pores clean is key. Remember oil and water don't mix, so an oil-based cleanser is needed. And following up with a low pH water-based cleanser as the second step to avoid disrupting the skin barrier. A proper cleansing routine can make a huge impact on skin. In terms of increasing makeup-free time, when you get home with makeup on or you're not out and about, removing makeup super gently and completely using the double cleansing method and then replenishing and hydrating skin is key!

2. **Ample hydration** . Did you know, drinking water isn't going to directly hydrate skin? Finding and using topical skincare substances that help bind moisture to skin is key.
3. **Protection.** SPF, always, and use lots of antioxidants to help protect against free radical damage that's caused by everything from excessive exposure to sun, stress and pollution. Don't worry,

Lastly, her industry skin hacks include facial yoga: Mouthing "a e i o u" five times a day in an exaggerated way to help keep facial muscles toned, and taking a "half-bath" which is when you sit belly button down in very warm water, and then keep the rest of your torso and arms outside the water. The cool and warm contrast helps boost circulation throughout your whole body to help transfer nutrients to every cell in your body. When I had a facial with her, she also told me that moving your ears like this can boost your skin's natural glow. Cool, right?

### 3. What Are You Concealing?

I've got to be honest with you, my whole life, I haven't had a very healthy relationship with makeup. I remember the first 'palette' I ever got was a plastic container with lip gloss dips and powdery eyeshadows. I'm sure you know the ones; the peachy pink sticky disaster getting plastered to your eyelids by your friends. Some say Ancient Egyptians created the world's first cosmetics using natural-found ingredients like melted copper, burnt matches for smoky eye, berries to stain their lips and even urine to fade their complexions. For as long as we can trace history, women have been enhancing their natural-born features. But the difference between then and now, is that women were accepted either way, beautiful with or without materials on their face, and the natural form was a lot more common and exactly that, the natural form.

Whereas now, our natural form is apparently, not good enough a lot of the time. Expectations have risen to the point we now don't even know what our own girlfriends look like without a face full of makeup. We might pass a colleague on her morning jog and not even recognise her. But you know what? Both versions are beautiful. Natural and made-up. I like to think of makeup as a celebration of our beauty, like highlighting a life-changing quote in a book, we highlight our eyes to make them pop. So this module isn't about how makeup is ruining society or your own life or your skin or your self-respect, it's about making sure we understand that BOTH versions of us are beautiful: bare-faced or made-up, it doesn't matter. Whether makeup is your warpaint and you're anxious to go bare faced or you're on the opposite end and you're anxious to wear makeup, do what feels good and if you want to grow, do what feels uncomfortable.

Confidence is like a muscle, if you keep flexing it, it'll grow so huge that you can leave the house with zero makeup or a full face and not give a hoot or toot what anyone thinks, and you know what? You'll actually realise that literally, no one could care less. I'm sorry, but everyone's driving 80 in their own lane, and if you happen to engage for an extended amount of time, like with a colleague or friend or partner, I am willing to bet they won't even notice what products you have or haven't got on your face. It's just version 583 of you, because people know you as a whole human, not just a face, right?. You are you because of the inside, not the makeup or lack thereof.

So, in saying that, I do believe that as a woman, it can feel really nice to enhance those beautiful features from time to time, or every day, whatever, so I brought in our official GRLKND beautician, Chloe Minogue who gained her qualifications in Australia and actually used to practice on me when we were young! I'm actually not very good at doing makeup because I don't care to be, that's just me, but Chloe has taught me the

basic skills I use day to day for various different occasions from coffee meetings to photoshoots and it's done me just fine. So with that being said, let's dive right in!

1. Firstly, let's go through Chloe's top makeup tips for dark features, light features and everything in between.

If you have beautiful, rich dark features like Chrissy Teigen or JLo or you're even extra special and you have light hair but tan skin and darker eyes, our beauty expert Chloe suggests brightening under your eyes with a warm-toned concealer to make your eyes pop. When using colour, for eyeshadow for example, be sure to use warm toned browns instead of cool toned, because using the cool tones will appear grey and nobody wants to walk around looking like the Tin Man. Chloe suggests a dark orange or warm brown for those big brown eyes of yours.

If you have lighter features like Jennifer Lawrence or Taylor Swift for example, our beauty expert suggests using cooler tones instead of warm browns, especially when contouring. You could even use a nice natural pink blush to define the face instead of a bronzer to avoid making your skin look orange with harsh lines. If you use brown or even white eyeliner in the bottom water line instead of black, it will enhance those striking baby blues. Using a brown or dark orange or purple eyeshadow as eyeliner will help soften your whole look so you can avoid looking like Avril Lavigne, if that's not your thing. This technique can actually be used for any eye colour, suggests Chloe. Apparently Kylie Jenner uses this technique a lot, you may have noticed.

For you girls in between like Jessica Alba or Khloe Kardashian, firstly, I'm unsure if their tan is real, but using a warm bronzer, a bronzed blush, maybe even a bit of shimmer can give you a beautiful glow. Also, for the gals with hooded eyes, our beauty expert's hot tip is to do a nice blown out smokey eye with very little on the bottom lid, to enhance your eye shape.

2. So, now that we have an idea of what will best enhance our gifts, how do we apply and remove our makeup in a healthy way? Well, there's a million and one ways to apply

makeup, and you can learn what's right for you by watching other people. Despite attending beauty school and practicing professional makeup artistry for many years, Chloe still learns new techniques via YouTube tutorials. I've personally found these very helpful too, so if you want to learn how to do anything to your face, I would suggest starting there. Otherwise, girlfriends are always helpful for tips and so are local beauty courses if you want to go pro!

When it comes to actually applying the makeup, using clean brushes and tools is an absolute must. You wash your hands before you eat a taco right? Well I hope you do, but the point is, we wouldn't put dirty fingers in or near our mouth, so why wouldn't we do the same with our makeup application tools? It's actually pretty easy to clean your toolkit, just wash them like you would paintbrushes, and don't share brushes or mascara wands with friends! I know you love them, but you may not love the skin reaction your bestie gives you from that bronzer brush she asked to use for a few secs. Just say, no, I love you, but my skin is really sensitive and I just can't take the risk, girl. Before you apply anything to your skin, our beauty expert advises to clean your face and then moisturize. You could even throw on some primer to even out the surface of your skin. Try and use products that are safe for your skin, and as close to natural ingredients as possible. Do some research! Find out exactly what you're putting on your face and really acknowledge your skin as the beautiful living organ it is.

That's why we need to remember to remove makeup too. I don't care how tired you are, you should always always always take your makeup off safely before going to sleep, unless you want to look 80 years old when you're 30. Now, I didn't know this next tip, and I'm not even embarrassed about it, because I know now! When removing your makeup you should remove and cleanse, not just remove or cleanse. If you just remove your makeup, your face is still dirty with pollution and makeup materials, and if you just cleanse, then you're actually just rubbing the makeup all around your skin. Yay. So, our beauty expert suggests, very passionately, that you first remove the makeup off your skin with wipes or liquid, and then cleanse your face and moisturise. And again, think about what's in the product you're rubbing all over your face. Listen to your skin and give it the best love you can.

3. So putting on makeup and taking it off is either a passion-filled routine for some or just a complete chore for others. But for those who feel they can't go without it each day, should you be aiming for 'make-up' free days to give your skin a break? Well, yes, it's great to let your skin breathe every now and again and practice feeling confident without anything on your face, because who knows, one day you might wake up after flight to the Maldives and realise you left your whole kit and kaboodle in the airport bathrooms, and have to spend a whole week in a remote resort with a naked face. In saying that, if you haven't come across that situation yet or just enjoy wearing makeup, that's fine too, just be sure to have a bulletproof cleansing routine, morning and night suggests our beauty expert. It's up to you, just do what feels right for you and your skin.

Lastly, I got Chloe to share some secret beauty industry tips with us, because the more information we are armed with, the better. She truly believes, and so do I, that beauty is a creative outlet, differing from person to person, depending on what natural features we want to accentuate. With or without makeup, Chloe suggests oozing with confidence even when you don't feel super confident, because often, it's about faking it til you make it. Once you start acting confident, your brain will start believing you are, even bare-faced! Her other favourite suggestions include always using a light hand when applying makeup, because it's easier to build coverage than have to wipe it all away and start again. And when contouring, you should go in a line from the tip of your ear to the corner of your lip and stop halfway.

Often neglected, Chloe, who actually also owns a nail salon, Co. Nails, reminded me that fingernails actually play a major role in our overall presentation, and can enhance the way we feel about ourselves. Even if it's just a simple two minute DIY job to file the edges into shape, push the cuticles back and moisturize with oil or cream, our hands can then look healthy and presentable. You could even sign up for hand modelling then, apparently there's big money in it.

Her parting advice was to just keep experimenting and if all else fails, keep blending! Blending is her cardio, clearly.

## **PROACTIVE PERSONAL PROPRIETARY: BYO BRAND**

### **1. Digital Profile Polishing (consciously create edit positive online presence, privacy)**

My first social media account was created as an eleven-year-old. My best friend and I sat down at my family's desktop computer and signed up for Facebook. I had to lie about my age and take a profile picture with the webcam. At that age, I was not yet moulded or dismantled by social media. I was excited to extend myself into virtual format. My online presence was very minimal, very manageable and pretty authentic, but I had no idea what was to come. Fast forward almost 10 years, and I now spend countless hours a day on social media. My job revolves around social platforms and my online presence is what people know me for. Despite the constant need to keep up with my online persona, to provide my full-time income, I have learned to manage my mentality alongside social media, to stay true to myself and my mental health. Social media has provided me with a whole world of opportunities, most, I could never have imagined being possible without it. Social media use can do so many wonderful things, like reinforce friendship and family groups, instantaneously connect us to people across the world, act as a catalyst for education, promote important messages and strengthen our career progression. The amount of times I've been offered a job, a new friendship, an important discussion, news topics and incredible experiences over social media is second to none. As you'll remember from the social sustainability module, issues arise on social media at fault of the users, not the platforms themselves. So why am I telling you this? Well, I want to guide you in 5 steps, to build or edit your existing online presence in order to represent the real YOU in the best possible light.

#### **1. Get to Know Yourself First**

No matter who you are or what you do, when you leave traces of yourself online, you're creating a personal brand, and it should be a true representation of who you are and what you are aiming to be. It doesn't matter whether you have a million followers or 10 friends, your online presence is the sum of every single thing you post online. What sort of message do you want to share? If someone else examined your social media presence, what would they find out about you? What can they assume about you? Are

you throwing information every which way or taking yourself and your reputation seriously? The reason we're discussing this is because even though it might not matter to you right now and you think no one is going to see your posts, it's going to matter one day, probably sooner than later. It's time to proactively protect your personal identity online, because everything we post, links back to us, forever, even after it gets deleted. The first step is getting to know yourself, which, congratulations, you've already started working on in this course. This information is going to help you define your online aesthetic, voice and values. Your online presence should simply be an extension of yourself, not a completely different version entirely. For example, if you believe in not eating animal products, you're not going to go Like Outback Steakhouse or share a story about the benefits of eating eggs, the same way you're not going to post photos of yourself in Africa if you've never been. This way, there's no persona to keep up with, it's just you, because you is enough. You should be mindful and present in every choice you make online and stick to who you are and what you represent, because you don't need to be like everyone else.

## 2. You Streamline your Platforms.

Have you ever Googled yourself to see what comes up? Do it now! Do you like what you see or is it messy and unclear or maybe even displaying you in an unfavourable light? I want you to work through each of your platforms and make sure everything is serving you in the best way possible. For example, it's clearer and more efficient to have your own name or a version of it as your handle across all platforms. If your future employer sees a resume come in from [purple\\_sushi\\_lover68@hotmail.com](mailto:purple_sushi_lover68@hotmail.com), they probably won't take you seriously. Set yourself up for success, prove that you are responsible and respectful right from the beginning of every online relationship you encounter. So set up your platforms and claim your names. You can be professional and express yourself and your personality at the same time. Good platforms to have set up, whether you use them or not, are Facebook, LinkedIn, Twitter and possibly Instagram. If you already have all of your desired platforms set up, then you can clean up any past social media profiles, including your username, bio, photos and captions. A good way to think of your audience is to imagine everyone seeing your content, despite strict privacy settings, yep that's right, everyone from your best friend, to your Father, your fragile Grandmother and the local Police station. I'm not trying to scare you, but it's important for you to know that no privacy setting will ever defend you from someone who wants to access your information, so the easiest way to proactively protect yourself is to share responsibly. For an extra

professional edge and creative outlet, I would also recommend creating your own website or blog page. Whether this is a private journal space or a published blog space, it doesn't matter, but it's a great way to keep a 'virtual resume'. It can become your virtual hub, a place for you to lead people to initially, so they can find every part of your online presence in one place.

### 3. Constantly Ask Yourself WHY

Something you should be mindful of every time you upload content online, or interact with others, or click on links, is asking yourself WHY you are making that choice. Most of the time, our online choices are fairly harmless, but if you ever feel unsure about doing something, well, that's your gut trying to tell you, hey, let's rethink this choice before you do that, because once you hit send, it's out there forever. Go beyond that moment and think about what and who you're impacting with that choice. In terms of time spent online, there are no rules, you can be as consistent or inconsistent as you want, depending on your goal. If you need a break from social media, then you take your break. There is no social 'expectation' for you to be online. If you don't want to be online, don't be. The role of social media is to make our lives easier not harder. If you are an avid social media user, that's fine too, just check yourself occasionally and make sure you're not overusing and missing out on real life connections and experiences. On the other hand, perhaps you're working on building a career in social media? If so, you should think about tying your personal brand to your passion. Whatever your use of social media, however often you use it, it doesn't matter, the point is, to be fully conscious every single time we click send or post or like, so that we can be the best version of ourselves online as well as offline, and offer kindness and respect not just to ourselves, but others.

### 4. Interact With Caution

Reputation is a word, I don't love to use, as it technically means "other people's opinions and beliefs held about someone or something". Despite teaching you how to stop giving a hoot what others think of you, in Module 3, it's still important to focus on respecting yourself and others, which in turn, will mean that people know you as that type of person. Your reputation can be your most valuable possession. It's what people know about you, before they know you. But you are and you and your reputation comes from what you put out there, so relax, your reputation is fine because of the work you've been doing, so that's not what we're discussing. We're talking right now, about maintaining your reputation online

through every interaction. In most instances, your online social circle will only really include people you know in real life, which makes it easier to be YOU. But sometimes, we interact online with people we have not yet met in real life, and may never meet, so it's in those instances, that we should be extra cautious. So how do we protect our reputation. Well, firstly, maintain your squeaky clean platforms, make good decisions, and when speaking to people online, whether you know them or not, you should always always always practice respect and kindness and always remember to protect your own privacy.

## 5. Privacy Precautions

I know you've heard the cyber safety talks that are designed to scare the heck out of you in school, but the information they gave you, is actually true. It's scary true. I know you might be thinking 'I have nothing to hide, so why should I care about my online privacy?' So I just wanted to reinforce that today and remind you that there are real reasons as to why you need to be mindful of your online privacy and respect it. Don't confuse privacy with secrecy. I know what you do on the toilet, but you still close the bathroom door. That's because you want privacy not secrecy. It doesn't matter if you have nothing to hide, privacy is a simple human right that you should maintain at all times. Going into practical reasons, information in the wrong hands becomes dangerous. You might trust Google or Facebook, but what if a site gets hacked and you or someone you care about is targeted? You can't predict the future, you might not have a lot to risk right now, but you never know what you will have to protect in ten years. Can you imagine what it's like to have your career torn apart by a company because of a conversation you had 10 years ago? Out of context, your private life can become a weapon, everything can be screenshotted or hacked and shared to hundreds and your information can become valuable. I know you are the kind, smart girl who cares about her own safety and privacy, because you're here, with me. You care about today, you care about tomorrow and you care about working towards your dream reality. So be proactive, know and manage your friend list, keep personal information offline, configure platform security options on every site you use and be smart. Look into anti-virus software, make sure sites are secure. Tell someone if something online makes you uncomfortable. Take action, make passwords as strong as possible. Don't post something of someone else if you wouldn't be happy for them to post that about you, always ask permission. You've got this.

## **2. Zero Negativity Policy (why/ how always avoid negativity online) Think Twice Before Commenting**

In a 24/7/365 online content cycle, there are many opportunities on social media to speak up in ways that you think favorably reflect the image you seek to build. But as we confirmed earlier, your reputation is one of your most valuable possessions. You have to think before you post anything. Ask yourself, is your comment thoughtful, respectful, necessary or kind? If not, think twice. If you have nothing nice to say about someone who is not doing anything wrong, don't say anything at all.

Think of yourself as a brand, then ask yourself what you want your audience to feel when they think of you? Whether that be your family, friends, blog readers, colleagues, future employers, is your reputation safe online? Or are you tarnishing it with negativity? We are going to look at negativity online from two different perspectives so we can better understand how to prevent it.

The Mind of the Bully: Let's call her Sally

Sally is fairly shy at school, and she doesn't have a lot of friends. She doesn't play sports or participate in after-school activities and she generally has a pretty negative attitude towards life. She is very sarcastic if you try to have a conversation with her and also finds herself exhibiting negative behaviour online. She makes nasty comments on other girls' photos like "stop photoshopping your photos," and "you're so attention-seeking". This really affects the girls in the photos, who are just trying to share happy memories with their friends, and Sally knows that, but it doesn't stop her. Sally doesn't know herself very well though, which is why she's so nasty to others. She has very little respect for herself and calls others attention-seeking because really, she is dying to receive the attention from the girls she is making fun of, and believes that creating drama will earn that. She also believes that if she's mean to other girls, her jealousy over their lives will shrink, but it doesn't happen like that. She says a lot of mean things about other people, but what does bullying others really say about her? She's insecure, unconfident, unhappy and tries to bring others down to make herself feel better. Nobody thinks she's cool for putting others down, nobody thinks she's brave or popular, they actually think quite the opposite: she's agitated, cowardly, down-right

disagreeable, and definitely not a good friend. She lets her short-term emotions cause long-term damage, and if she doesn't do something about it soon, she will well and truly ruin her life. Sally needs to (a) definitely go through this course, (she needs a lot of help in the self-love department), (b) turn within and have a really long conversation with herself about who she is and why she is acting the way she is. She needs to deal with the internal conflict, before extending her hurt to others. If she were to go right through this course, I guarantee, she wouldn't be a bully anymore.

### The Mind of the Bullied: Let's call her Aria

Aria is a sweet girl with a gentle presence, making her an easy target for online bullying, because she struggles to stand up for herself. She is beautiful, in anyone's definition of the word, not just in the way she smiles, but from the warmth radiating from her heart. She works really hard at school and at work and plays Soccer on the weekends. To Sally, Aria looks incredibly happy on social media, laughing with her friends, travelling with her family. But Aria isn't always as happy as she looks online, especially when Sally calls her attention-seeking or calls out her acne spots. Aria is a real girl, she's human, she's not just a photo on Instagram or a username on Snapchat, she has emotions, she's sensitive, she's growing and developing too and she's trying to rise above the negativity, but it still hurts. So what does she do? Aria remembers her self-worth, and her self respect and she is grateful. She is grateful for each of her many blessings and when she puts herself in the mind of Sally, she realises that Sally isn't as blessed as her. It appears as though Sally doesn't have many friends because of her negativity, and she hasn't really found her passion yet. From her photos holding cigarettes, wearing minimum clothing with maximum makeup, Aria can understand that Sally doesn't feel confident enough in herself to just be herself, she feels the need to put on a persona and cause arguments and put others down. So Aria concludes that the reasons for being bullied are not her fault, they are incomprehensible, there is deeper motivation and she will never really know what is going on in Sally's mind. Although this does not make it okay to bully at any time, Aria was able to understand that she never deserved the bullying and quite frankly, is the bigger person. For as long as she remembers her self-worth, the negativity can't touch her.

Obviously this is a very simple recall of a very complex situation, but I'm sure both you and I can draw parallels to our own lives. In the words of GRLKND's social media expert, Heidi The Ambitionista, social media is filled with unhappy people and there is

no foolproof way to avoid them. There is no foolproof way to avoid negativity in real life too. The best thing to do is surround yourself with positive friends and family members so your positive experiences will outweigh the negative ones. And then when you do have an experience with negativity - it won't affect you that much, because you rise above it. You remember who you are. I want you to write yourself a simple love letter, and promise to never let yourself doubt your worth, let yourself be a victim of bullying or bully anybody online, in any degree.

### **3. Mastering That Profile Pic (how to take/edit best photos of you)**

Okay, so I'm about to tell you my photo editing secrets. This is the exact editing process I go through before posting to my Instagram page. I'm not sharing these tips because anyone expects you to edit your photos, but because it's okay to love making life more beautiful and being creative. I just need you remember our work in stage one, where we focused on loving ourselves as we are, because that's not the reason we edit our photos. We edit our photos to express our creativity and individuality and make an image reflect the magic we felt in that moment.

- 1.** Choose a well-framed, engaging image that reflects the 'moment'. Pick the out-take of the lot, where you're reaching your hand out or laughing at the sun or fixing your dress because the wind's blowing it up. That is far more engaging than a human smiling at a camera, like every boring school photo you've ever taken. Favourite a few and then pick the winner out of the lineup. Ask a friend if you're not sure. Just remember to pick the one that encapsulates the life of a moment, not just a moment in life.

**2.** Open your photo editing app where you can brighten the image, crop to the preferred size, sharpen and groom it to be filtered. You should also adjust the overall colour if it's too warm or cool. You could also paint in a blue-er sky, a pink-er dress, a more yellow flower and greener grass. You could make your lips pop red and your smile shine brighter. You can add artificial lightbeams to make the moment magic. I use apps like VSCO, Snapseed, Photoshop, or Facetune where you can even de-focus your background to give that depth of field effect you would normally find in a DSLR camera photo. I would also remove any ugly spots like someone's handbag sprawled on the grass, or a solo cup on your picnic blanket with Photoshop tools or the blemish remover on Airbrushing apps. Make your image as pure as you can.

**3.** Once you've edited the raw image and highlighted everything that's already there, you get to do the exciting part: Slap a filter on that bad boy! I use Lightroom but you can get mobile presets without paying for a LR subscription, or you can use multiple filter apps like Afterlight, VSCO, Snapseed and so on. If this is your first time editing a photo like this, choose a filter that you can see yourself setting up as your individual, special 'theme'. Are you a warm, happy, over-exposed type of gal? Or a bright colours only, blue sky kinda babe? Whoever you are, choose it with all your heart and don't look back! The key to photo-goals is to absolutely have an 'aesthetic', as the Instagrammers call it. This will help all your images tie all together, look great on your profiles and helps users identify whose photo they're scrolling to and double- tapping on. It's like your favourite TV series; you can't wait to see the next episode.

**4.** After you've applied a bit of character, and you're totally proud of your image, you can go a step further, if you feel the photo needs it, and add light flares and grain or dust and scratches. You can use Afterlight for this. Go hard or go home. (But in saying that though, don't actually go too hard, it's okay to go home if you're ready). Don't edit the absolute life out of your image. You can still make magic without over-doing it. If you are an Instagrammer, you can also add your photo into a grid app to make sure it looks cute next to its neighbour above and below!

**5.** Put your phone down and give yourself a pat on the back. Take a water break. That was some good work. Then, pick up your phone with fresh eyes when you're ready and hold your photo with an outstretched arm to make sure you love it. Is everything good?

Or is it a little too warm, (make sure iPhone users don't have night-time brightness on, this distorts the colour), or maybe it's too contrasted? Not a worry. Throw that bad boy onto Instagram and reduce warm-ness or contrast, or edit in the iPhone photo app or on Facebook, whatever you're on. Finally, when you're ready to go, make sure you choose an engaging caption. Try telling a story or asking a question. Tag me in the image if you use my editing path so I can give you feedback! Or maybe, you just want to keep the photo to yourself, that's totally fine too. These are your memories, you cherish them the way you want to.

#### **4. Authenticity Arsenal - Embracing Imperfect**

One of the best lessons my Mum taught me growing up was to be authentic, always, to be myself unapologetically, because that's the best way to live. Not only should we be authentic in real life to create authentic connections, but also online.

Being real and honest is being brave. Being brave and vulnerable is being free.

Here's 5 ways to stay authentic online: I know it might feel a little vulnerable at first, but I promise, it'll actually make you more comfortable.

1. Be human, be real, be yourself

You are you and you are happy to be you. Why would you ever change that online? Everyone values the truth and they lean in to vulnerability. If you want to

be approachable, be vulnerable.

2. Develop and use your voice

Don't say things just because others are. You have a brain, use it.

3. Share personal stories and behind the scenes, but also be smart with what you share Obviously privacy and safety comes first, but don't be afraid to show your work-in-progress. People appreciate that and you will feel supported in your efforts whatever they are. You don't need to post the 'final product' everytime because most of the time, it's about the journey, not the destination.

4. Show respect , understand others perspective

Be compassionate, show kindness and always always respect others. Try and put yourself in their shoes for a moment and remember that everyone is fighting their own battles. They're human, just like you are. Make a healthy connection, or not at all.

5. If you've got nothing kind to say, say nothing at all.

What are you trying to prove by sharing negativity? It's only going to paint you as a negative, insecure woman with no self-respect. Remember that. Support your peers. We rise by helping others.

Being authentic online allows real, worthwhile connection - because if you try to be something you're not, building an engaged audience or following online is impossible. You could fake it for a few months - but can you fake something for 1,3 or even 10 years? Thats why being authentic is crucial. To be authentic - just be yourself, albeit the best version of yourself. You got this.

## RELATION AND ROMANCE ROADMAP

### 1. Choosing Love over Fear

IN every moment you have either one of two choices... love or fear. Sometimes it can feel like we have 50 choices, but everything always comes down to one of two choices, love or fear. They are only ever the two options, according to GRLKND's mentor, Melissa Ambrosini. Think about it, in any circumstance, whether it's a crappy job you're keeping because you're scared you won't find anything else, or crappy friends you're sticking with because you've known them your whole life, these decisions are based on fear. Say if you choose love instead, you could go to a job every day that fills you with passion and joy, and you could remove people from your life that are negative or toxic. As Melissa says, you can even wash the dishes from a place of love, by being grateful that you actually have dishes to clean, because some people don't even have food to eat, let alone dishes to clean. Your life can be so much more love and so much less fear. The best part is, it's a choice, and it's YOUR choice.

#### Courage Over Comfort:

And yes, of course it's sometimes a little harder to choose love over fear, because essentially, you're choosing courage over comfort. But you know what? It's completely possible for fear and love to coexist, but you still have to choose one. You can choose love whilst still feeling the fear and loving anyway. Fear will always want you to stay exactly where you are, doing exactly what you're doing. But if we do listen to this fear, we'll continue to remain stagnant and miss out on the growth opportunities that are vital for us to live a joyful life. I'm sure you've heard, that everything you want, is on the other side of fear. Everything you desire requires you to feel the fear, feel the discomfort, and then do it anyway by putting one foot in front of the other, with courage and commitment. This is how we grow, and how we get from A to B in life. So how bad do you want this life of love? Say if I chose fear over love, I wouldn't have left Australia, I wouldn't have started my company, I wouldn't have started dating my partner, and I wouldn't be living in NYC fulfilling my dreams. So yes, it was the hardest thing I've ever done, choosing to leave my comfort zone and finding the courage to make the journey, but there is no way I would ever choose differently, if I was given a second chance, because I respect myself enough to chase the things I want and choose love over fear.

You too, can make decisions from a deep place of love and self respect, in every moment.

How?

So ask yourself which do you choose right now? If you're reading this, then you're already choosing love over fear. You're choosing to make the commitment, spend time and money to educate yourself and giving yourself the respect you deserve to be the best version of YOU. So for the rest of today, and tomorrow and the week, try extra hard to be mindful of your choices. Every time you make one, take a deep breath first and then ask yourself, am I choosing love over fear? Continue to encourage yourself to operate daily from love.

Relationships:

In relationships with others, expectations come from a place of fear, whereas boundaries come from a healthy sense of self respect. By operating from a place of love, you can set healthy boundaries in all different areas of your life. They are a normal part of every relationship and reflect the strong sense of love you have for yourself, instead of fear and letting others walk all over you. Similar to your beautiful mind garden, your boundaries are the gate surrounding you, meaning you get to choose who gets to come in and out. But if you don't have that fence, then you let anyone walk all over your lawn, you could experience trespassers, people trashing your house or worse! I love this analogy that Melissa Ambrosini gave us, because yes, even though setting up your fence takes courage, it reflects love and rejects fear. Expectations are fear based projections onto the other person, whereas boundaries are self respect. An example of a boundary might be that you do not want your partner to yell at you, or place an aggressive hand on you. Once you establish this boundary, you know that it's crossed, you walk away and give space. So, turn within and understand what you need to live a life of love instead of fear. Love is expansive, comes from self-value and is empowering.

So next time you feel like taking the easy route, you catch yourself engaging in gossip, skipping that job interview, moaning about cleaning your room, remind yourself to turn within and check how you're operating: is it from love or fear? If it's fear, turn it around,

you can always turn it around, and start to live a life based on love, because it's much more joyful.

## **2. Healthy Relationship Habits (what is toxic vs healthy/ who to look up to, navigating)**

Let me read you something I wrote almost 2 whole years ago: "Why is it so socially unacceptable to catch feelings? It's both a blessing and a curse to feel everything so deeply. I recently captioned one of my Instagram photos, 'catch flights not feelings,' in another fleeting attempt to kid both myself and my followers into thinking I'm an unattached, free-spirited bachelorette looking over her shoulder as she flies in every which direction saying, "catch me if you can." I like to think I'm unreachable, like nothing and no-one can acquire me, when really that's all my tender little heart wants. As I write this I can see my best friend's face scrunch up and say, "Milly, for God's sake, stop being emotional, get dressed, get on that plane, wave goodbye and don't look back." My Mum, well, she would ask a whole lot of questions, of course, making my re-assess my entire life, and then say something like, "Milly, you're so young, take this time for yourself and keep exploring." Thanks you guys, but I already knew that."

"The woman you are becoming will cost you people, relationships, spaces & material things. Isn't that so true? We are 'becoming'. I am still working on me. I still have so much to do and so much to learn. We still need to figure out how to truly love ourselves before we make space for another part of us. When I opened up to a guy I was seeing, and felt comfortable talking about this with, he told me to 'stop thinking so deeply.' I get that, I really do, and I wish it were that easy. Most days, I wake up feeling positive and motivated. Some days, I wake up feeling unmotivated, that's life. But every night, I go to

sleep missing 'my person'. It's around that 9pm mark when I'm getting ready for bed and I start feeling lonely, despite being highly connected via my phone. The likes, the DMS, messages, notifications, and the Snapchats will never be enough. But you know what? At the end of the day, yes it's lonely, but it's fleeting. Lonely is a feeling you might never experience again some day, and you'll look back fondly over all of the freedom that being single liberated you with. I'm a firm believer that everything happens for a reason. Let him go. Let him live, and go live. If it's meant to be, it will be. In the meantime, just do everything you've ever wanted to do."

I was talking about one particular guy who never really cared about me. He was young, selfish, egotistical and didn't have room in his heart or life for a strong, wonderful woman. So you know what I did? I left him in the dust, and it hurt like hell, but I went and did everything I wanted to do. The further away from that relationship I got, the more I realized how silly I was to stay that long and let him treat me like that. When I thought about him, I used to feel anger and frustration and loss but now I smile and am grateful for everything I achieved by walking away. Obviously, your path may look completely different from mine, and even though you may still want to learn the hard way instead of listening to this advice, you should still remain kind to yourself. You can't compromise on that.

Who should you look up to for Relationship Guidance?

You're a smart, emotionally intelligent young woman. Even if no one has taught you yet what is right from wrong, you can tell by watching the behaviour of a couple over a period of time, whether or not the relationship is healthy. Perhaps your parents or grandparents were not the best example. Maybe your best friend and her boyfriend are in an unhealthy, toxic relationship. Who do you turn to, as a shining example of what it means to be in a healthy relationship? Yourself. You don't need anyone to show you how to love. As long as you love yourself, with kindness and respect, that's how you know how your partner should be treating you, and you treating them. So next time you're wondering whether or not the way you're being treated is healthy, ask yourself, would I do this to myself willingly, or do this to someone I love and care about?

It's okay to be honest

I want you to know that it's okay to be honest. It's not uncool or crazy for you to say things like 'you know what yeah, I have a lot of emotions because sometimes I'm on period and sometimes, (all the time), I'm just human. I'm super honest but scared of rejection. I'll text you and then wait for your reply. I'll hear the notification, move the shower curtain to check if it's you and then keep showering like I don't care. I want to feel like I'm a valuable part of your life so introduce me to meet your friends. I want you to respect me enough to be 100% honest and just tell me how you feel.' You don't need to be cool girl, cool girl isn't real. The right person will love you as you are. They won't make you feel silly or uncool for sharing how you feel. They will listen, and truly appreciate your vulnerability.

Is he or she right for me?

It's either a heck yeah or a no thank you. Have a conversation with yourself, turn within and truly remember how much you love yourself. Is this person making you feel just as loved? Are you happy? It's okay to change your mind, you're human.

If the timing isn't right, go off and do you

Like I said before, life is too short to neglect your wants and desires. Deep down, we all have them. Sometimes love blinds us and we make excuses for settling and not chasing after the unknown, but nothing is certain. Who knows what will happen in two years. Don't be the girl that wasted her best years in a badly-timed relationship. At least give yourself the option.

### **3. Sexual Health & Freedom (safe sex, judgement, sexualization, stereotypes, respect)**

Let me get something straight. This isn't your typical, lame sex-ed talk, in attempt to depreciate the value of sexual pleasure and increase the sense of guilt or shame. GRLKND is here to shift the dynamic of sex as a subject, with the passionate help of our sexual health expert, Sustain, who are the very reason I decided it was safe to not only talk about sex, but promote to my social media, that sexual health IS self respect.

Unfortunately, none of us can control what sexual education you've had up until now. Beyond an uncomfortable period talk with your gym teacher or a few confusing nights groping with a first boyfriend or girlfriend, you may not be able to remember any solid sexual education. But from this moment, we will be making sure, that you are familiar with your own body, that you feel safe talking about sex, you know what sexual health is and that you can carry a condom in your purse and feel not only proud, but empowered. It's time to open the floodgates of communication around sex. So get comfortable, because I'm going to be saying the word sex, a lot, not in a sleezy, sexed-up way, just a straight-forward, real-talk way to answer the questions we've all been asking ourselves for years. This isn't clinical, but it's rooted in science, thanks to Sustain. Because of them, we have access to all of this incredibly important information, delivered in a pro-pleasure, safety-first, and empowering sex-positive way.

#### **1. Your Vagina**

You know how John Mayor said your body is a wonderland? Well it's true, it is. It's our birth-given vehicle to carry us through the miracle called life, and includes a very important aspect called the vagina, the very thing that gave birth to us. If you want to get technical, vagina, is actually the entrance to the canal that leads up towards our cervix, which is where the baby comes out of, but all of our wonderful, intricate lady parts are simply grouped into the word 'vagina' because, believe it or not, some women don't actually understand the complexity of the whole contraption, labia, vulva, urethra, clitoris and all. Some women still think that we only have two hole, when actually, we have three, because we don't actually pee out of our vagina. We have a urethra like males do, that we pee from, and so so much more. What men have doesn't even come close.

So why should we be aware of down there anyway? Well because the better you know you, the better you can love your parts for all they are. The better you can understand how they work, how they are stimulated and how they can give you pleasure and carry out all the miraculous tasks women were gifted. Also, if you're intimately aware of how everything functions, like your vagina (the canal), your vulva (lips on the outside of the whole shebang), the clitoris (the only organ in the body, male or female, designed solely for pleasure), the more easily you'll be able to identify if and when something is off, for your own health. Did you know, vaginas are not supposed to be dry, ever? Vagina Workouts are a thing? The vagina is self-cleaning and you don't need to mess with it internally? Grooming is a personal choice and visiting an Obstetrician or a Gynecologist is a really really good thing to do and doesn't need to be embarrassing? Welcome to the world of womanhood, girlfriend! I hope you feel inspired to do a little more 'research' on your own and become an expert in your equipment, because it's not only super beneficial to your overall health but super super empowering!

## 2. You Do You: Learn What YOU want,

As our experts say, there has never been a better time to have a vagina. Congrats girlfriend! The conversations around feminism and closing the pleasure gap between men and women are well and truly prevalent, and thanks to our empowered sisters, we're all feeling a little inspired to get on top of our pleasure, sexuality and wellness. (That's actually the name of Meika's book, the absolute bible to everything girl-related) It's time for us to start embracing our sexuality, instead of feeling guilty or shameful about it. We are women and we have desires. We are educated, we are strong and we are in control of our pleasure. Let's talk about it! First of all, it's really really important for you to know what YOU like. This is not to impress a partner, this is for you. The best way to do this is to spend a little one on one time with yourself. I mean like taking yourself out for a mental date and back to the bedroom and treating yourself really good, whatever that feels like for you. If you've never done so, get to it! The male species have a pretty comfortable relationship with masturbating, so why can't women? We can! It's actually a great way to relieve tension, it's heart healthy, boosts your immune system, can reduce period pains, boost libido and it's risk-free as long as you are safe and clean. There is no guilt attached, no matter what you've heard previously, or felt previously, it's time to celebrate being a woman who can achieve pleasure on her own, before relying on others. Yay!

### 3. Let It Flow

Riding the crimson wave, shark week, Aunt Flo, let's talk about periods for a minute. Either you're impatiently waiting and praying and begging that you're not pregnant, maybe you haven't ever gotten your period before, or maybe you're hoping it holds off until you weekend getaway or dance concert. Periods are funny that way, we love them and we hate them, but ultimately, the menstrual cycle is actually an incredibly beautiful and intricately tuned system. Yes the word menstrual grosses me out too, so let's just call it 'the flow'. Let's get something straight, a period isn't just something that happens once a month, when the red tide breaks, it's actually a never-ending cycle that is always happening. Our bodies never take a break from either not making babies or making babies. So depending on how regular your cycle is, it basically breaks down like this: week one is period time when the lining of your uterus sheds, week two is when your body prepares to ovulate and the lining grows again, week three is ovulation where the mature egg gets released from the ovary and week four is premenstrual symptoms if you happen to get them.

It's a magically complex process that your body goes through and start Googling if it fascinated you. No matter what age you are though, everyone experiences periods differently. For some lucky ladies, it's a pretty unchallenging process, but for most of us it's blood on our favourite pajama shorts, bed sheets, the phantom fear of 'leaking', countless 'hey can you check my butt' after sitting for a period of time, questionable bloating and for some, quite severe pain. But in saying that, there's nothing to fear, because if you are experiencing anything beyond 'uncomfortable or annoying', you can seek help. There are a zillion ways to reduce this joy of being female, because we don't live in the dark ages, so there's absolutely no reason for you to have to suffer. I'm sure you know that PMS is a very real thing, hormones are incredibly powerful, bloating can be extreme, tenderness and cramps can hurt like hell, but you know what? Periods don't have to hold you back anymore.

You can see your doctor if you're experiencing difficulty, look after yourself by eating well during the days before Aunt Flo comes knocking, buy all different types of tampons and pads and menstrual cups to suit your lifestyle and you can also take about it with your girlfriends openly. At the end of the day, this process is part of being a woman and totally worth celebrating, because it means you're alive and functional. As long as you are mindful of what works for you, how your cycle evolves, how to best take care of yourself, you will be fine. And just another quick tip from our experts, you can still have sex whilst menstruating, but keep in mind you can get pregnant while you're on your period. Water doesn't actually stop periods, sharks will not smell your blood and come

to snack on you, and what works for your period self-care might look a whole lot different to your best friend, and that's okay. Let's open the communication channels about this beautifully persistent visitor and let it flow!

#### 4. Safer Sex Is Great: How and Why to protect yourself

Okay okay, so I know you probably dislike me right now, the way you disliked your gym teacher in school for trying to guilt you into not having sex by threatening all sorts of STIs and diseases and maybe even death. But I'm not here to tell you that. Sex is great, like really really great, but NOT if you are being unsafe about it. I get it, you might feel like you're invincible and other than getting pregnant, there's no real risk to unsafe pregnancy, but let me tell you girlfriend, that's a big fat lie. If you don't want to get pregnant, then there are a number of ways you can safely avoid making babies. You can see this list on the associated PDF worksheet, because it's a very personal decision that should feel right to you. However, none of these protect you from receiving or passing on sexual diseases or infections. There are a whole host of scarily serious diseases and infections that can be passed on vaginally, orally and anally, basically any way the diseased area comes in contact with the partner's skin, it's as easy as that. Knowledge is power here.

If you're eating well, exercising, taking care of your mental health, why would you not be looking after your sexual health? It's just as important as everything else you're doing to your body, while relying on self-respect. It's not about reducing your partners because it only takes one encounter to contract something really serious, that can have both horrendous short term effects and devastating long-term effects. It's about protecting both you and the person you are sharing sex with, and the most effective way truly is consistently and correctly using condoms. Unfortunately, they still don't protect the areas of skin around the bits and pieces, but they're as good as we've got. So take charge of your sexual health, carry a condom if you want to, be proud of your level of self-respect and be consistent.

Do some research and educate yourself. Ask questions of your partner, it's your right to know who you're in bed with, and whether they have been checked. Infections and diseases don't have to be visible to be real. And lastly, check in with your doctor regularly. I found a lovely lady doctor in Australia who I just adore and feel super comfortable talking about EVERYTHING with, and it makes me feel so much more in control of my sexual health. You don't have to do this alone, but you do have to have your own back. Nobody is going to save you if you don't respect yourself enough to take

charge. Even when it feels uncomfortable, ask yourself, how much do I value my health and wellness?

## 5. Let's Talk About Sex

Now we come to the fun part, sex! It's time to open up to the potential of earth-shattering pleasure. Sex can be incredible if you take control of all the variables that can make it unsafe. Once you are on top of these, you can get on top of satisfaction in the bedroom. The best way we we can do this is to pave way for communication in and out of the bedroom. We can start communicating with our sexual partner about what we love and what we don't, even if we don't know until we try it. We can talk about our desires and passions and our limits and boundaries. You are your body. You own your body. You and only you can give permission for what happens to it. You are allowed to change your mind, you are human. You are the gatekeeper and whether you open the gate frequently or not at all, remember, you do not owe anything to anyone. You are precious, cherished, lovable and divine. Your sexuality is a gift that you are entitled to decide upon those who receive a part of it. Learn as you go and don't worry about how inexperienced or experienced you are, that's not important. What is important, is that open, honest, respectful communication. As long as you have this, combined with intelligent protection, everything will be okay... i promise. So if you wanna go for it, then go for it! Feel empowered and confident in your communication, stand strong in your prowess and always be true to who you are. Because you are incredible.

## 4. Let It Go

Goodbye is a cycle. Even the contour of the words itself is an up and then a down, and then an up and then a down. Even after years of travelling, I am still sensitive to change and yet it's the one thing that makes me feel truly alive.. Whether it's a goodbye hug from your Mom, a smile from your ex-best friend, a crappy text from a boy you cared about, horrible news that someone has left this earth, or even just leaving a part of your life behind, it's all really hard. Change is incredibly scary. It's the only constant in our life, but it's the one thing everyone is frightened of, because of what comes with it: the unknown. In this course, we have learned how to invite the unknown into our lives and truly embrace, but what we haven't talked about, is what we leave behind when we do.

### 1. Let Go of the Past: Choice Vs Circumstance

As Dr Danielle Dowling says, you are not really responsible for the way you were raised as a child and what happened to you when you were so vulnerable and uneducated. BUT what you are responsible for is the recognition that you are now a young woman and so what you CHOOSE to define yourself by says everything about what is possible for you in your life from this moment forward. So you have two options, one, to define yourself by your circumstances, the hand you were dealt, and two, to choose to be more, have more and do more. It really is a choice and since you are the only one who is responsible for your consciousness, it's completely up to YOU. So by simply making the decision to choose what comes next in your story, instead of letting life serve up whatever it has, you have to let go of all the circumstances that one defined you. These are no longer limitations, they are the springboard to remind you where you came from, why you're choosing a better life, and how far you've come. Dr Dowling's daily devotional practice is a great way to mindfully let go of your past:

*"Yes, there are some dysfunctional patterns in my lineage, there were things that happened in my past that set me up in a disempowering way. BUT I don't need to be a victim of that. I don't need to be a victim of my own trauma and circumstance...or the expectations of anyone that I am going to stay bonded to that story.*

*I am here as a healer.*

*I am here as a lover of life.*

*And a creative person.*

*My life is not limited to what I inherited.*

*My life is only limited by what I am willing to stand for creating.*

Now ask yourself: *What would I like to stand for creating? What would I like to have a larger experience of?"* Take the risk to now live from the new identity. So life can respond in a way that validates the new story!

## 2. Let Go of Expectations

According to GRLKND's mentor, Melissa Ambrosini, expectations ruin ALL relationships. Whether it's your friends, your partner, your family, your dog, expectations cause disappointment. You are only disappointed when you have expectations. You can have preferences, like it being sunny tomorrow, but if it doesn't happen, the world isn't going to end. The way you let you of your expectations is becoming aware of what they are and then deciding and committing to living expectation free. Get radically honest with yourself, go through every relationship and write down the expectations you've been blocking the relationship with up until now. Then let them go. Say to yourself, I wholeheartedly commit, to living expectation free. It can sometimes feel pretty challenging, especially if you've been letting expectations rule your relationship, and there might be some internal rewiring you need to do and that's okay, because living expectation free is so much more joyful. It's fine to have boundaries, of course, and you might want to think about what these are too. But Melissa advises us to stop 'shoulding'

all over the place. Laugh about what you've been thinking others 'should' do for you, and then let it go, and watch your relationships transform for the better.

### 3. Goodbyes

Mostly, it's the moment you know how much you already miss the person or the thing you're parting from. It's trying to conserve the feeling of that last kiss or that last hug in your mind, while it's still happening. It's gripping them so tight and wishing that moment would both last forever, and end already. It's so painful. It's growth. It's like when you go to the gym and tear your muscles to make them bigger. No pain, no gain.

All the stuff in between you and whatever you said goodbye, whether it's distance, time, life changes, death, sheer force, some things we simply cannot change. You have to let it go. Clearly, it's incredibly difficult to do that, but if you have a strong self management plan in place and plenty of healthy distraction, you WILL get through it. These are the times in your life that your meditation and mindfulness work will pay off. YOU will be able to be there for YOU when YOU need YOU most.

### 4. Let Go and Have Patience

Sometimes, the hardest thing to let go is control. Fear, anxiety, lack of faith, lack of belief and self worth and negativity can cause us to cling on to things that need to run their own course, out of your reach. This is when affirmations and mindfulness truly allow you to let go whatever you're trying to control whilst having complete faith that whatever you're chasing will find you, at the right time. Whether it's scoring that job, getting an A on your exam, finding love or reaching a health goals,

Letting go means we have to truly choose love over fear. We have to choose to believe that we will be okay, that we are meant for great things, and we will get there, no matter how big the hurdles are. We choose to love the journey, and love ourselves at every moment of our becoming.

## **CONFIDENT CONNECTIONS FOR COOL COLLABORATIONS**

### **1. Know Your Worth, Then Add Tax (first impressions, rights, gossip)**

This little phrase, 'know your worth, then add tax' has been tossed around Pinterest, found a comfortable home on thousands of Instagram captions, and even printed out and hung in frames. But it's more than 6 cute words, it's a way to live. If you don't know your worth, who does? Your mum? The old lady who lives next door? Nobody else is going to make it their life mission to find that out for you, and then "price" you at such and make it known. So first of all, it is our mission to know our worth, and then add tax, which means in this case, to preserve that worth and maintain it. It's a scary truth, knowing that most people want a discount, everybody wants to save, and everybody is looking out for themselves, first. Most people will try to take your worth away from you, or trade with you for something invaluable, or bargain to lower your price. The truth is, people are banking on you not knowing your true value, whether they know that or not. It's a way of life, and unfortunately so many people are worn away by all the noise and forget how priceless they truly are. It's cool though, because we are going to learn how to know our worth, then add tax, to help us live a life of value and integrity and high appreciation. You owe it to yourself, (at a high price)!

#### **1. Define your value**

First things first, it's time to recalculate your value. I say recalculate because you and I both know you already have a predetermined value in your head. As women, we often downplay ourselves, like A LOT, in order to not sound arrogant or boastful. Sometimes, we try our best to not stand out more than we do already, and sometimes we prefer to just let our work speak for itself. The problem with this, is that, even though you're safely and completely in avoidance of tooting your own horn, you're actually inhibiting yourself from giving yourself and others value. Say if a child was having a medical emergency on the beach and his Mother screamed for a doctor, and even though there was a completely competent doctor sunbaking three towels away, she was too humble to speak up and state her value. This is silly! Retaining your value isn't tooting your own horn, it's playing a gosh darn trumpet when the world needs to hear music. So, in finding your value, you must let go of the fear of what people will think, the desire to

please everyone and the feeling that you must copy other successful people and stay within their guides. Instead of valuing something you can't define, you need to define who you are to understand your value. You have to ask yourself, and put into words, 'Who am I?' 'What is my passion and purpose?' 'What am I good at and why does it matter?' 'What is my unique skill set?' It's not bragging when we communicate how we serve ourselves and others. Extending beyond the business world, in which we are of service to people in certain ways, we can also be of service to our loved ones, strangers, and most importantly, ourselves. If you're really good at listening, not only can you be there for others, but also for yourself. This is not bragging, this is stating cold, hard facts. You should be proud.

## 2. Communicate your Value

It's all good and well knowing our value, which we have worked on throughout all phases of this course, and defined just now, but it's pretty much invisible if we don't know how to communicate it confidently with others. Why is it so hard for us to speak up about our value? Are we that worried about coming across as arrogant? Or are we letting the doubt and fear of what others think of us overpower our ability to show the world what we have to offer? Most likely, it's doubt and fear, diminishing our creativity, potential, money and even our ability to grow. Doubt and fear creep into our thoughts and tarnish our words and actions. This is why we undersell ourselves, we downplay our wonderful abilities and undermine our value so quickly, nobody has the chance to see it. By accident, we end up communicating lack of confidence, lack of self respect and lack of belief in our true value, and once we set that up in the minds of those we are communicating with, there is no undoing it. So just skip it all together? Instead, get clear on what your value looks like, know exactly what words to use, how to describe yourself and how to give your all in these situations.

## 3. Preserve your Value -

Once we understand our value, know how to communicate it confidently, we must do everything we can to preserve it, and like a muscle, our ability to commemorate our value will grow until we forget what it's like to have fear and doubt. We have to commit to knowing our value and answering with what you know is absolutely nothing short of our value. You may be too expensive for some people, simply because they have not yet determined their value and committed to the same kindness, or maybe even despite your confident communication, not understand your value because it's irrelevant to them. You

could be the sweetest peach in the whole world, but they only like apples. Some people just don't fit, so move on. It doesn't matter, you don't need the external validity, you know your value and you cherish it. Your value will never diminish unless you do.

## **2. Let Yourself be Vulnerable (creates great connection, people lean in, judging others, 60 second rule)**

You know what's more painful than falling out with a friend, breaking up with a love or losing a battle? That extremely uncomfortable, resentful feeling of wondering what it would have been like if we had the courage to show up for ourselves and let ourselves be truly seen. Having the courage to be vulnerable both in reality and online, absolutely can transform the way we live, love and lead. By being vulnerable, in both version of ourselves, online and real life, we let others see that we are human, we are real and we genuinely present. By being vulnerable, By being vulnerable, we open possibility up. If we don't let ourselves play out emotionally-charged conversations, if we don't tell that person that we truly love them despite what we said, or we let opportunities slip past us because we don't want to make a fool of ourselves, then we lose no matter what. By opening ourselves up and becoming vulnerable in that moment, we have a 50/50 chance of happiness and a favourable outcome, and that's infinitely better. Plus, you'll be able to sleep knowing that you didn't withhold anything.

How to be vulnerable?

1. Accept that you're worthy of a positive outcome

We need to stop giving away the power to others to control how we feel. We need to stop becoming victims of our own circumstances and take control of who we are, what we can offer and the value we can share. Firstly, we must accept that we are worthy of an interaction that produces a favourable outcome. We are worthy ten times over. We are kind and we are brave.

## 2. Release the fear of rejection

If you fear something to happen and repeat an unfavourable outcome over and over in your mind, you'll start to act and think as if it's already true and fulfil your own fears. Start thinking of the outcome you want, but also tell yourself that the other outcome isn't really that bad either. By telling yourself that whatever happens is meant to be, it's easier to let go of the feeling of needing to be in control. Suddenly, rejection isn't something to be feared, it's just an unexpected fork in the road that will mostly likely lead to something even better. Remind yourself of these experiences you've had before. Everything always works out in the end, and if it hasn't worked out, then it's not the end.

## 3. Learn to let go when you're resisting

Fight the need to flee or the initial discomfort caused by vulnerability by using confident body language to trick your mind into thinking you're completely comfortable. Eventually, you will be. Whoever you are communicating with will start to mirror your vulnerability and open up, and your conversation and connection will be even better than you can imagine.

## 4. Practice sharing your emotions / feelings with others

Practice your vulnerability first with people you feel comfortable with. Open up to them and start sharing how something made you feel, how your emotions have been triggered and what makes you fearful. You can discuss your most embarrassing stories, what makes you sad, what makes you happy, and even how you feel about them. This practice of vulnerability will help you get everything off your chest and said out loud so that next time, you won't feel so naked. You've had your dress rehearsal. Deep, worthwhile connection is out there waiting for you.

In essence, having the courage to be vulnerable and authentic, both in person and online, encourages people to lean in. They get to discover that you are also human. They get to laugh with you and cry with you and understand you as more than just a

name or a job title. In essence, being vulnerable is being able to share love. Having the courage to be the best, authentic, vulnerable YOU, absolutely can transform the way we live, love and lead.

### **3. Connections IRL (phone usage, positive energy, how to make new friends, interpersonal communication literacy, having VS being mode)**

Connections, yes the old school, real life connections, are still driving the communication in this world we live in. In order to be successful in any industry, any friendship, any relationship or situation, we need to have good interpersonal skills. By understanding how to communicate interpersonally, we know how to understand others and help others understand us. You've probably heard that communication is key, a million times in your life already, but it truly is. Despite all the incredible features that the wave of technological advancement has offered us, we still turn to real life, face-to-face communication to deal with big issues. If we have exciting or devastating news, we wait to see the receiver of the message in real life, instead of just throwing them a text or an email. It's still the most true-to-human form of communication, and a more superior way to built trust.

That's why we were given vocal cords, right? To speak to each other? According to our incredible GRLKND Relationship Psychologist Dr. Danielle Dowling, we feel the safest in the field of our relationships where we learn to build trust, where we learn to have authenticity between us and to extend ourselves beyond our own agenda. The bottom line is; all living creatures are connected. We are designed to be connected to other life. This helps our wellbeing. If you're suffering from depression, doctors suggest you get a cat or dog for companionship – to create a connection.

1. So what makes a real-life connection a good one? Well there's a whole lot of features that make up a communicator, some I bet you already have. When you have a conversation with someone, what makes you feel heard, comfortable, respected? If you want to feel these things, it's important to offer the same to the other party. Alertness, listening skills and being 100% present are the main things that make people feel comfortable. But on top of that, we need to add negotiation and decision-making skills and bring clarity and concision to the conversation, to fully show up and be an active member of the conversation. To get the most out of it, we should feel confident whilst providing vulnerability and provide value while keeping an open mind. The final factor comes down to possibly the most important; body language.

You can be as alert, positive and present as a preschooler in science class, but look like an old man reading an Encyclopedia. Why bother showing all of these other characteristics if you can't mirror that on the outside? We are all sensitive to body language, so make sure you're giving off the right vibe. Stop what you're doing and be fully present. Look them in the eye. Maintain good posture and alertness and be yourself! And yes, this may require turning off your phone, and we all know that fear of missing out of what's going on online, but we really need to let go of the addiction to immediacy and be present in real life. What if we weren't missing out, but instead gaining, by turning off tech? Challenge yourself to give yourself some tech breaks to reconnect with YOU to make it easier to reconnect with others. According to our GRLKND wellness expert Andi Lew, by turning off tech more often, we can gain better sleep quality more clarity, improved relationships and an improved overall feeling of 'wellness'!

2. Who should you have interpersonal connections with?

Of course, you and I know that we should be choosing our friends wisely, because we covered this in phase 2. Who we hang out with and spend most of our time with, we mirror and essentially, we become. So again, take a look around at who is in your circle. Would you be happy to wake up on Freaky Friday and be standing in their shoes? For good? This doesn't mean we need to have an agenda, as Dr. Dowling suggests, we just need to feel safe. This also doesn't mean we can't make new friends with people who might not typically 'fit' our bill, whatever that looks like. It all comes down to kindness, positive energy and open-minds. Having travelled for a consistent two years, meeting new people in new places, way out of my comfort zone, I came up with the 60 second rule, to ensure that I never missed out on valuable connections. The 60 second rule was

designed so that I could halt any form of pre-judgement, and really open up to people that were not typically part of 'my tribe.' These are the people that are outside of your typical age, gender, money, culture, appearance range. These are the people that require you to step outside your comfort zone, let go of your fears and doubts and be open to new things. These are the people who will teach you the most. So next time you encounter someone who you typically might not socialise with, try to hold off any sort of predetermined judgments about them for at least 60 seconds of interaction, and see where that takes you, for as long as you feel completely safe.

3. How improve connections in real-life if we generally feel a little insecure/anxious about interpersonal connections?

Dr. Dowling suggests that If we are NOT doing anything we understand to be healthy or empowering for us, like making new connections with others, it is because we are focused on the pain of taking action. We might be thinking things like: "No one is going to like me if I put myself out there. What if I say something stupid? What if I freeze? What if I am awkward or make a joke and no one laughs? Dr. Dowling responds with her steadfast advice, inviting us to instead focus on the pain of NOT taking action, and changing our thought process to understand "How will I feel tonight if I don't go to this lunch event today?" "How will I feel if I miss the opportunity to introduce myself in person?" Chances are, most of us feel the same way sometimes because everyone is fighting their own battles.

Dr. Dowling lovingly suggests recalling a time when you fully enjoyed being in the company of others. Think of the joy, connection, community, happiness, motivation and pure thrill of humanity. Remember how it feels to make others laugh, hear deeply personal stories, share experiences and just be in the company of friends. Invoke the power of the mind training we have done and really focus on those feel-good feelings. Logic says that if it happened once the potentiality for that experience to happen again is high! Trust in that and go for it.

**Here are some Connection Ideas:**

10 second hugs

Eating more plants/less meat

Nourishing your body and soul by cooking at home Filling your love tank and doing something kind for you Fitness or some sort of physical movement/activity Practising gratitude

Paying it forward/acts of service

Hydrating with alkalized water

Turning o tech one hour before sleep

Going to sleep with the natural Lunar cycle

Taking time to practice slow and connected breathing

Shopping for real, whole foods at a farmer's market Nurturing your soul by being with nature Writing hand written letters of gratitude

Practising yoga

Culling your clutter and donating it to those in need

## ***EMPOWERING THE FLOWERING:***

### Sisterhood Support System

As we gently move to the conclusion of the GRLKND program, it's time to remind you of one really important thing: YOU are incredible. Oh and another thing, you have officially joined the sisterhood of GRLKND. Although we are all individual women on all different journeys, we are linked by one thing: commitment to self-transformation and the best version of ourselves. The life-changing, passion-fueled, love affair with ourselves and our path to freedom. Let me tell, you, by completing this program, you're already ahead of a huge percentage of people in this world. Most adults simply auto-pilot through life and never really reach their potential. So good on you! You're inspired, motivated, aware, full of love and confidence and knowledge. So let me ask you this: What are you doing to stay accountable? Maybe through this program, you've found an accountability partner, or referred a friend to the course to complete it with you, or joined a co-curricular activity.

We might all have different goals, different styles of thinking and learning and expressing ourselves. We might all look different and even live in different countries, but we're all part of the sisterhood. By sharing, we learn that we are not alone, that we are not so different after all.

We're human, we're GRLKND, the most beautiful, wonderful, exciting kind there is. We all want to feel part of something great. So let's make history, together.