

Women of Courage



7 Steps To 'Swaggerin With Style'TM

Never ever blow your own trumpet?
Why not?! As the Course in Miracles says

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented and fabulous?"

Who are you not to be?! Making yourself smaller than you really are serves no-one and nothing Except perhaps those people who can't bear your 'shining'; for whom it's just too painful to see/hear/touch from what they themselves have disconnected.

The Course also points out that in giving yourself permission to show your own magnificence you're also giving others the courage to do the same. Sooperb!

How sad then that we learned pretty early on not to 'show off' or be 'too big for our boots'. Isn't it absolutely crazy that we were taught to feel ashamed of and fear our magnificence?!

No more! It's time to reclaim this part of your birthright, Woman.

Here's a taste of how...

Step 1 Ask people who love and support you to send an email listing your top 5 gorgeous personal characteristics. List them, read them. Each time you do let your chest swell oh so immodestly with joy and self appreciation. Practise *will* make perfect!

Step 2 Finish this sentence and make a banner of it you hang in a prominent

place. 'As a Woman, I feel magnificent when I' Write only about things you are or do for you and your own pleasure. Yes, you can!

Step 3 List all the things you've achieved in your life so far. From learning the recorder to 'keeping house', from educational successes to cooking to charitable works to touching your nose with the tip of your tongue! Delight in *all* your skills and talents.

Step 4 Repeat Step 3 for all the ways you make a difference to other peoples' lives. Oh yes... you most definitely do!

Step 4 Choose 2 quite different things from each of the previous steps and write a 1 or 2 minute 'presentation' about each. Read them all to yourself and marvel at your deliciousness.

Step 5 Practise your delivery of each in a mirror. Delight in seeing and hearing yourself talk about them until you kinda get comfortable with it. Repetition guarantees your eventual ease!

Step 6 Pick your top 3 from Step 5. Then, using your imagination, see or sense yourself at a 3 future social events delivering each 'presentation' easily. Notice how great you look, sound and feel *and* peoples' positive responses.

Step 7 Take Positive Action! Notice appropriate openings when you're next with people... and deliver one of your presentations oh so elegantly and easily.

Hey, Woman... you're 'Swaggerin With Style'TM! Discover more. Sign up for my fr*e*e Ezine and all your subscriber benefits at www.womenofcourage.co.uk

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