



Action! Be Your Own Kick Butt Angel



I recently received a gift from my sister, Lorraine, who's lived in the States 35 years. And when I opened the box I whooped and giggled with delight. There in all her finery and splendour was my very own Kick Butt Angel.

I could just hear her yelling, "AaaaaYAAAAA!"

The dictionary meaning of Kick Butt is 'to take forceful or harsh measures to achieve an objective'. Mmm... Just about sums up any lobbying movement I know that's ever achieved positive results.

It also sounds like 'tough love' when you need to take measures the recipient might not appreciate but which, ultimately, are in their best interests. In my mother's childhood, parents could take their erring sons to the police station for a good telling off from the sergeant. His words and the threat of prison often did the trick in an age when authority was respected.

And 'forceful' doesn't necessarily mean brute force. Think of Mother Therese, Gandhi and Mandela. They achieved their outcomes through a persistent and conviction based energy that has nothing to do with physical force. And Mae West? By a steely and intelligent focus on what she wanted to achieve and how to get there.

However, the common denominator for them all is **TAKE ACTION!** That's what all Kick Butt Angels do.

Here are some tips for you to be your very own and delicious Kick Butt Angel...

#1 What are the issues or projects that are deeply meaningful for you?
Choose the one which automatically rises to the top of your list?

What can you do about it right now? YES... I do mean right now! Waiting a day or two will take the steam out of it. Could you make a phone call? Do you need to write an email? Can you offer time? Do you need to roll your sleeves up and just start the thing?

#2 Think of some-one who epitomises a Kick Butt Angel for you. Some of mine are Tina Turner, Mo'Nique, Mae West (of course!), and Anita Roddick. Whoops... unable to think of any current women who fit the bill. Is that me or are they just not around?

And to get you in the mood, spend some time acting 'as if' you are indeed that person, walking like they walk, saying things they would say... generally revving up your own Kick Butt muscles through emulating them.

#3 It usually helps to enlist other people for support and/or assistance. So who do you know that can do that. And don't tell me there's no-one. There's always someone if you just open the gob and tell people what you want to do and what help you need. There's nothing like having a team to help a Kick Butt Angel achieve what she wants.

#4 If you're being challenged by any of the above, draw your very own Kick Butt Angel. Make her as bold and sassy as you like. Then stick her on your fridge door or prop her up in some prominent place and listen out for motivational messages from her. You could even photocopy her and have her support you in unexpected places... like on the inside of the toilet door!

And if you're not being challenged by the above, do the same to encourage and support yourself anyway.

#5 My Kick Butt Angel enjoys dancing to Turkish or Middle Eastern music, wearing deliciously feminine underwear and having quality time with other up-for-it-women... among many things! Discover what your Kick Butt Angel enjoys and give her lashings of it to nourish her and express your heartfelt thanks that she's on your side kicking butt for you.

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