

10 Easy Tactics to Unleash Your Inner Badass (Even if You Don't Feel Tough)



Unleash Your Inner Badass
INNER STRENGTH FOR AMAZING WOMEN



<https://unleashyourinnerbadass.co>



Table of Contents

Cheat Sheet.....	4
Message from Michele.....	5
Introduction.....	7
#1 Mind Your Self-Talk.....	10
#2 Meditate.....	11
#3 Don't Acquiesce.....	12
#4 Create Your Own Wisdom Council.....	13
#5 Be a Cockroach.....	14
#6 Fake It 'til You Make It.....	15
#7 Embrace Discomfort.....	16
#8 Be Different.....	18
#9 Mind Your Milieu.....	19
#10 Control Your Time.....	20



10 Easy Tactics to Unleash Your Inner Badass Cheat Sheet

Unleash Your Inner Badass
TAKE STRONGER FOR AMAZING WOMEN

1. Mind Your Self-Talk

How you talk to yourself determines how tough you are.

- ✓ Record your thoughts on paper for a week.
- ✓ Analyze and replace the disempowering ones.
- ✓ Reject the natural negativity bias and be your best cheerleader.



2. Meditate

Studies prove that meditation improves inner strength.

- ✓ Schedule a daily practice.
- ✓ Start small (5 min a day is a good beginning).
- ✓ Add an extra minute each day
- ✓ Work up to 30 min a day, 5 days a week
- ✓ Record your observations and struggles.



3. Don't Acquiesce

Take charge, be bold, and make choices that align

- ✓ Write down your problems and obstacles.
- ✓ List all the excuses you have for not solving them.
- ✓ Brainstorm ways to solve them, no matter how crazy.
- ✓ Choose a solution and act on it.



4. Create a Wisdom Council

Get advice from great people, living, dead, or imaginary.

- ✓ Make a list of people you admire.
- ✓ Research and "know" them intimately.
- ✓ Create your wisdom council. Visualize.
- ✓ Ask them for advice and comfort whenever needed.



5. Be a Cockroach

Badass women are tenacious like cockroaches.

- ✓ Choose the best method to remind yourself regularly to keep on going.
- ✓ Seek out examples of tenacious people and learn their stories.
- ✓ Use a picture or symbol to keep your reminder nearby.



6. Fake it 'til You Make It

Act as if and it will be.

- ✓ Imagine yourself as a renowned expert then act the part.
- ✓ Use your whole self - thoughts, actions, dress, etc.



7. Embrace Discomfort

Don't run from discomfort. Embrace it.

- ✓ Find situations where you work hard to avoid pain. Write them down.
- ✓ Make a list of uncomfortable actions and take one every day. (within reason!)
- ✓ Note your biggest lessons so far and see how pain played a part



8. Be Different

If you act like the masses, your life will be mediocre and unremarkable.

- ✓ Note all the choices you make based on someone else's expectations.
- ✓ Every day, do one thing that fulfills your heart's desire and that other's wouldn't expect.



9. Mind Your Milieu

Your environment plays a huge part in who you are and what you do.

- ✓ Analyze the people you spend time with. Anybody to exclude?
- ✓ Make your environment one that supports your goals.
- ✓ Find & network with people who have been there, done that.



10. Control Your Time

Time is the most precious valuable you have.

- ✓ Note where you are squandering your time and fix it.
- ✓ Spend at least 1 hour each day following your passions.
- ✓ Learn how those you admire spend their time and heed their advice.





Message from Michele

WHAT IS THIS ALL ABOUT?

Well, it sure is nice to meet you!

Let me take a second and introduce myself. I'll even tell you a bit about what UnlockYourInnerBadass.com is about and why it (hopefully) matters to you.

My name is Michele, and let me tell you, I've endured some pretty hefty shit so far in life. I'm sure you've been there, too, eh?

I, however, spent too much time kowtowing to others.

I feared displeasing people. When people didn't like me, I thought there was something wrong with me. Husband beats me and treats me like crap but later says he's

sorry...so I stay because I believe him when he says I'm weak. There have been too many "friends" who came into my house and stole my stuff, disrespected me over and over again, and make me feel horrible.

Did I let them go?

Of course not!

The point is, I didn't feel mentally strong. I let fear stop me from doing what I should have done. With school, work, relationships - basically every aspect of life.

It doesn't make for a phenomenal life.

I got sad. I felt helpless. Fear and anxiety were my constant companions.

Sure, I had accomplishments, awards, and a stable life, but it wasn't AWESOME.

It took a while, but I learned. I learned how to reclaim that inner strength that we are all born with.



'The thing women have yet to learn is that nobody gives you power. You just take it.'

--Roseanne Barr

I traversed the depths of the abyss, but I made it to the other side. And let me tell you, the other side is WAY better.

Am I rich? Do I live in a huge mansion?

Nope.

But I'm one tough, badass woman. And you are, too.

I took charge.

I no longer tolerate people who can't treat me well. I'm not a victim, and I don't let the moods or whims of others affect mine. I also no longer let fear stop me from seizing opportunities, exploring my heart's desires, or even getting on a plane and traveling solo to one of the most dangerous countries in the world (yep - did that!).

I created unlockyourbadass.com because I have come across too many women who sit and wallow in an unfulfilled life because they've forgotten how strong and badass they are.

I have one goal:

·To help women reclaim their innate strength and apply it every day in every aspect of life.

That means not settling for less than they deserve, having the courage to leave bad relationships, finding their innermost talents and passions, and being brave enough to carve their own path, no matter how different it may be. And they do it in a world that wants them to conform, shut up, settle down, and be a "good little girl".

Hell No!

You are amazing, strong, powerful, and smart. Pull up your big-girl panties and start acting like it!

If you've already embraced your inner power and are living the life you dreamed of, join us and lend a helping hand to others who aspire to be where you are. After all, we truly are all sisters trying to get through this life the best way we know how.

Stand up, claim your power, and be a shining example of what it means to live an inspired life as a mentally-tough, badass woman.



Message from Michele

'The woman who does not require validation from anyone is the most feared individual on the planet.'

--Mohadesa Najumi

Thank you for taking time out of your busy schedule to invest in yourself and work toward the life that dreams are made of. I'm so glad you're here.

Michele
Creator

UnleashYourInnerBadass.co

Introduction

'Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. Do it! I say. Whatever you want to do, do it now. There are only so many tomorrows.'

--Michael Landon



Have you ever had a nightmare that haunts you even after you wake up the next morning?

I have.

Want to hear my worst one?

I'm trapped in a hospital bed, wracked with pain all over my frail body. I can't get up to walk to the bathroom. Every breath is an enormous struggle as I force my muscles to inhale one more time.

I'm dying.

I know this is the end. I won't get up again. There's no coming back from this one.

I have to leave my loved ones behind. I won't get to walk on the beach and feel the moist sand squish between my toes ever again. I won't get to smell the rich aroma of my mocha coffee as I brew it minutes after I turn the alarm clock off and roll out of bed.

I lay there and imagine what will happen after I die.

"What have I left behind?" peals through my mind, reverberating throughout my

entire being and shaking me to my core.

The last breath leaves my body. In a few days, they put me six feet down inside the cold, dark, moist dirt.

A few people are sad, but the rest of the world carries on as if nothing has happened. They wake up, grab their lattes, and trudge to the office as usual. The sun shines, the traffic jams, the birds sing, the shows on TV play at their regular time.

Life carries on. I did not leave anything meaningful behind. It's almost like I never existed.

Frightening, isn't it?

Each of us will encounter our last day, but we never know when it will happen. Today? Tomorrow? In 40 years? We don't know. But it's coming. That's for sure.

So, how do we make the time we have here count for something?

Approximately 76 million people worldwide face their final day every year (1% of the world's population). In other words, more than 208,000 people leave this world forever every single day. For each of them, the deadline has come far too quickly. Time's up. And soon it may be my time. Or yours.

Bonnie Ware, a hospice nurse from Australia, interviewed her dying patients to discover what they regretted the most as



they laid in their bed, knowing that their opportunities ended, and they were about to depart this life. She wrote about it in a book called “The Top Five Regrets of the Dying”.

The things regretted most were not the money, the jobs, the houses, the vacations, or any of that. Their top regrets included:

- I wish I'd had the courage to live a life true to myself, not the life others expected of me.
- I wish I hadn't squandered all my time away at work (or doing things that didn't matter).
- I wish I'd had the courage to express my feelings.
- I wish that I had let myself be happier.

The point is, when the end comes, will you look back and feel satisfied with how you lived your life and who you chose to be?

Or will you lay there, unable to move, regretting that you didn't live the life you truly wanted to live?

Do you let fear stop you?

Do you let the fear of what others might think stop you from doing what you know in your heart you should do?

Do you “settle” and tolerate crappy relationships? Have you ever wasted years letting people treat you worse than you deserved to be treated?

Do you not fully experience every precious moment of life because you fear risk, obstacles, failure, or pain?

Girl, stop it.

Right now.

I mean it. Smack yourself and vow to make a change.

Not later. NOW!

You are powerful and strong!

It's time, right here, right now to change direction, take control, and grab life by the balls.

You are fearless. You are mentally tough and have serious inner strength.

If you don't realize that, I'm going to take you by the hand and help you remember.

Introduction

' There's a profound difference between interest and commitment. Interest reads a book; commitment applies the book 50 times.'

--MJ DeMarco





Introduction

When that fateful day comes, you can leave behind such a HUGE impact that a thunderous shockwave jolts the world.

Yep, it's possible.

It's not only possible, you're going to make it happen.

It starts with reclaiming your innate power, strength, mental toughness, and ironclad fortitude. The power that is your birthright. The same inner strength that

propelled thousands of women before you into immortality.

You are woman, and you are strong.

Just like these women who are still being talked about and who still inspire people hundreds or even thousands of years after their death:

- Cleopatra
- Marie Curie
- Amelia Earhart
- Clara Barton
- Anne Frank
- Susan B. Anthony
- Jane Austin

Do not merely “accept”, “settle”, or be led by others.

Get in your own driver's seat, grab that wheel, and take the most exhilarating, unforgettable ride of a lifetime.

When you live a life true to yourself, when you are brave enough to stand tall, carve your own path, and show the world who you truly are deep inside, there is no doubt that

you will leave behind a legacy that will live on for hundreds or even thousands of years.

That's what being a badass woman is all about.

Take charge of yourself and your life. Reclaim your courage. Ditch the excuses. Be brave enough to fully express your uniqueness and share it with the world. Believe in yourself and create as many awe-inspiring experiences as you can – every single freaking day.

So, when that deadline comes, instead of laying in that bed full of regrets, lay there and say, “Woah! That was a hell of a ride! And I did it my way”.

Start right now. Incorporate these 10 tactics into your daily routine and unleash your inner badass.

<https://unleashyourinnerbadass.co>

Have you ever noticed how your brain never shuts up?

From the time you wake up until you fall asleep at night, your brain has something to say about everything.

As soon as you see something, your brain probably says something like “Wow. That’s a pretty blue. It reminds me of Grandma’s tablecloth. I wonder how Grandma is doing....” And then it just continues incessantly.

When does your brain EVER SHUT UP? Unless you work at it, the answer is never.

How often do you notice how you talk to yourself, though?

Studies show that, for most people, most of their thoughts are negative ones! We are hardwired with an innate negativity bias that makes us focus on bad things and ignore positive ones.

And that usually carries over into how we talk to ourselves.

So, the first step to reclaiming your inner badass is to stop periodically throughout the day and take note of how you talk to yourself. When you encounter negative self-talk, immediately replace it with a more helpful, empowering thought.

Remember, because you’ve had this habit since childhood, this is very difficult! It takes discipline and perseverance to regularly stop yourself throughout the day, note what you’re saying to yourself, and to get into the habit of changing your thoughts. But, you can do it!

Action Steps:

1. Make a file in a note-taking app or carry a notebook and pen with you throughout the day to record the words you use in your thoughts.
2. Set timed reminders periodically throughout the day for one week. Use your phone’s reminders or wear a rubber band on your wrist. Every time you look down and notice the rubber band, remind yourself to take notice of your thoughts at that moment. Write down your thoughts in your journal – the good and the bad.
3. At the end of the week, analyze your journal of thoughts. Are there things you say to yourself repeatedly? What percentage of your recorded thoughts were negative ones?
4. In your journal, write down an empowering replacement thought for each negative one. If you said, “I’m so stupid!”, write “I am incredibly smart and capable!” next to it.

Make a habit of taking control of your self-talk. Transform limiting, demoralizing statements into empowering, uplifting ones.

#1

Mind Your Self-Talk

'It is amazing what a woman can do if only she ignores what men tell her she can't.'

--Carol K. Carr



#2 Meditate

'Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there – buried under the 50,000 thoughts the average person thinks every day.'

--Deepak Chopra



I know, I know. If you're like most people, you hear someone say, "Meditate!", and you think, "Oh Geez. Not that again!".

You've probably heard about the hundreds of studies showing how meditation improves your health, immune system, focus, mood, and a host of mental disorders like depression, anxiety, PTSD, OCD, etc.

Maybe you've even seen those videos of people who underwent surgery without anesthesia or the Tibetan monks who can sit in 0-degree weather for hours on end and still stay warm.

How do they do it?

Meditation, my friend. They practice and learn to control their physiology using only their minds. (Way cool, right?)

But when it comes to being a badass woman, meditation is an extremely useful tool to include in your daily toolbox.

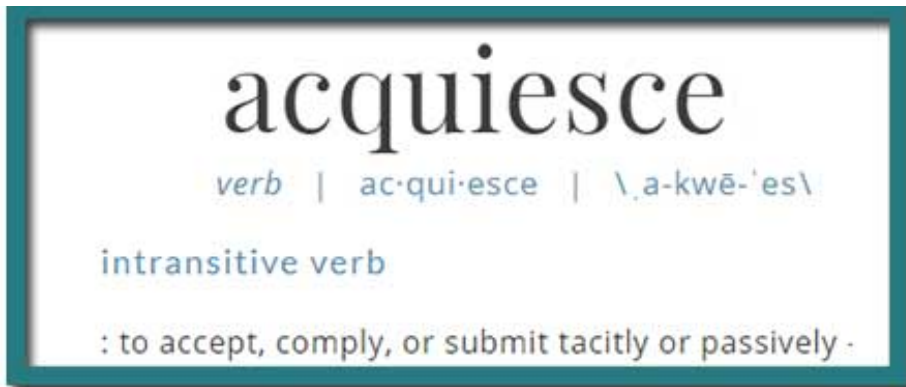
Here's why...

Several studies demonstrated that practicing meditation helps you feel like you have control over your life, no matter how chaotic it may be. It also helps you find meaning in what, on the surface, appears to be random and meaningless. Both of these factors are found in nearly every person studied who was deemed "highly resilient" and "mentally strong".

Action Steps

1. Actually schedule time to meditate. Start small. Even 5 minutes a day is a great start. If you need some help on the "how to", Google it or use a meditation app.
2. Each day, add an extra minute to your practice, and work up to at least 30 minutes a day.
3. Take out that trusted journal we discussed in Step #1 and take a few notes on how you feel, what your obstacles are, and how you think it's going. It's great to come back in a year and read about your early experiences.
4. Commit to keep meditating for at least 3 months. Try to do it at least 5 days a week. It takes time to get used to it.

Ah yes...acquiescence. Something women are really good at, eh?



Number three is "Don't acquiesce".

What exactly do I mean?

I mean, don't let people treat you poorly and then continue to include them in your life. Don't settle for bad situations and say, "Well, that's just the way it/he/she is".

In essence, don't be a helpless victim.

You have total and complete control over how you react to everyone and everything - always! If you're boyfriend's a jerk and you continue to go home to him every night, that's your choice. But don't sit there and blame him or your environment or your finances or anything else, for that matter.

Believe me, I know the lies we tell ourselves to justify our helplessness. I'm probably the queen of rationalization!

- "I can't afford to move out".
- "My kids/mother/friend would be so upset if I did that".
- "I'm stuck and can't get out".

You know what, though? There is always a solution. Maybe it will hurt. Maybe it's risky. Maybe there's physical danger.

But you know what?

No one's getting out of this life alive. Would you rather be like the thousands of victims who stay in less-than-ideal situations for their entire lives, or would you rather do whatever it takes to be in charge, take control, and build the life you dream of?

You can't, you say?

I call bullshit.

No matter what you're going through, there is someone who has gone through it and risked everything to change it all around and make their dreams come true. And so can you.

#3 Don't Acquiesce

Action Steps

1. Write down every problem you have and list all the reasons why you can't change the situation.
2. Now, dig deep and brainstorm solutions. It doesn't matter how crazy they sound - write them ALL down.
3. If fear is what's stopping you, write down all your fears, too.
4. Look through your list of possible solutions and figure out which ones might actually be doable. Choose one and commit to make it a reality.

Obviously, this is a simplified strategy. The point is, when you ask yourself, "How can I make this happen?" and really spend time thinking about it, your brain will come up with solutions. The key is to not automatically dismiss them. You can figure out the answers you need. It may take some time, but you are smart, capable, and fearless.

#4 Create Your Own Wisdom Council



Have you ever felt completely alone, even when surrounded by people? I have too many times to count.

Create your own wisdom council to surround yourself with positive, knowledgeable, loving people.

It's all imaginary, but it's still a very potent exercise.

Studies show that stepping outside yourself and addressing yourself in the third person makes you more rational, better able to cope, and enhances your ability to focus and come up with solutions. It's also helps you make decisions.

Here's how to do it:

Action Steps

1. Choose 5-7 people who you admire for their strength, courage, and wisdom. They can be alive or dead, a religious figure or a person from history, or someone completely imaginary. Write down their names and what qualities you admire.
2. If you don't have 5-7 people, it's time to do some research. Search online or read biographies of people who meet the criteria.

*"There is no
lack of
KNOWLEDGE
out there...
Just a shortage of
asking for
HELP"*

3. These people are now part of your wisdom council. Whenever you feel alone, inept, lost, or just need some advice, call them forth. If you are able, you can sit in a darkened, quiet room and really see them in your minds eye. Picture the fine details of their faces as they exude concern for you. Smell their cologne. Work hard to visualize them, and know that they are here to help you.

4. Ask them questions. You know them well (because you've read in-depth about them or know/knew them personally). How would they react in your situation? What advice are they giving you? Write it down. Remember, these people want the best for you, so the thoughts that come are probably pretty accurate if you keep that in mind. Of course, always use your best judgment! This exercise has done wonders for me. It's easier to have others solve our problems sometimes. But they don't have to actually be physically present.



When you picture a cockroach, what comes to mind?

For me, it's "Ewww...gross!".

But you know what?

Cockroaches are one of the most tenacious creatures on the face of the earth.

When Hiroshima and Nagasaki were bombed, scientists found that cockroaches survived much of the blast.

Cockroaches can go a month without food and can run 90 miles an hour. More than that, though, they've survived everything life has thrown at them for at least 200 million years. (Humans have been here for around 200,000 years).

Be a cockroach.

By that, I mean be tenacious. Don't give up. Take the hits and bounce back up like those inflatable punching dolls. If you're old enough to remember the old toys called Weebles, do you remember their motto? It's "Weebles wobble but they don't fall

down.

And if that doesn't bring the idea home to you, here's an old Japanese saying that hits the nail on the head:



Action Steps

This is a tricky one, because there's no ONE thing to do. Instead, it's a decision you make every second of every day.

1. Remind yourself in whatever way works best for you that you will NOT give up. You will stick it out and see it through to the end.
2. When things get tough and you want to give up, seek out people who will motivate you to keep going.
3. Stick a picture of a cockroach somewhere to remind yourself to be tenacious and to persevere.

#5
Be a
Cockroach

#6 Fake it 'til You Make It



Being a badass woman requires you to do what you're never done or go places you've never been. That often floods your body and mind with fear and insecurity.

Number 6 in your toolbox is the old adage "Fake it 'til You Make it" because it's a scientifically-validated fact. It works!

Do you know that your brain doesn't distinguish thoughts from reality?

Researchers at Harvard took 2 groups of people. One group was instructed to mentally practice a song on the piano while the other group actually practiced the same song on a piano.

After several weeks, they took brain scans of the brains of both groups. Guess what they discovered?

The brains of those who had only practiced mentally had strengthened the density of the area of the brain that controls finger strength and movement!

Real, physical changes occurred simply through thought alone.

When you feel scared and unsure, simply fake being strong and confident. Control your breathing. Push your shoulders back. Walk and talk as if you are the biggest expert on the planet.

There's a field of psychology called embodied cognition. They've discovered that the mind follows the body.

For example, say you're depressed. To be depressed, there are body movements you must do to stay depressed. You slouch your shoulders. You take shallow breaths. You shuffle as you walk. You talk and move slowly.

However, say you fake it. You act as if you are passionate and excited. You talk fast and vary the pitch of your voice (ever heard Tony Robbins speak?). You stand tall with your shoulders back. You gesticulate wildly with your hands. You smile. You inhale deeply. You walk quickly.

Know what happens?

Your mood lifts and you start feeling happy! Your body takes cues from your actions and environment, and starts releasing those happy neurotransmitters which course through your body and change your state physiologically.

"Fake it 'til you make it" may seem so cliché, but it works.

Action Steps

1. Whenever you feel weak or insecure, picture yourself as the world's most renowned expert. Hold that picture in your mind and play the part. Walk, talk, stand, and breathe as if you are the epitome of confidence.



#7 Embrace Discomfort

Humans have an uncanny aversion to pain and discomfort. They spend enormous amounts of time and money avoiding pain and discomfort and staying only where it's nice, cozy, and safe.

Nothing limits your life more than an aversion to discomfort.

Think about it.

Say you have a splinter in your finger, and that sucker really hurts. Instead of removing it, though, you start adjusting your life to avoid the pain when it gets touched.

First, you buy gauze and bandages, and you wrap it. But you discover that it still hurts when you sleep. So you build a little buffer that allows you to sleep without disturbing your finger.

But other people might bump you and create more pain. So you avoid certain people and situations to avoid the possibility of them bumping you.

It's a silly example, of course, but the point is that every time we try to escape discomfort, we spend so much time, money, and effort doing things to simply avoid that pain. We avoid anyone or anything that might trigger the pain.

Our world gets smaller...and smaller...and smaller. One day, without even noticing, our world is so small and confined that we're not even really living anymore. We're just avoiding pain.

You will never grow, learn, experience wonderful things until you come to terms with pain and discomfort.

'We must embrace pain and burn it as fuel for our journey.'

--Kenji Miyazawa

'The masses avoid pain at all costs, but it is only through pain that we grow to unimaginable heights.'

--Mia Olsen

#7 Embrace Discomfort



Pain is what makes us tough. Discomfort is the rocket fuel that propels you to unimaginable heights. Embrace discomfort every single day. That alone will set you apart from 99% of the population.

Action Steps

Find situations throughout your day when you can embrace discomfort and get comfortable with it.

Here are some examples to spur your own ideas:

- When it rains, most people shield themselves and run for cover. Don't be like most people.

Walk at a normal pace in the rain. Feel it as it soaks your clothes and melds them to your skin. Think to yourself, "I'm going to do rain now!". Fully experience it. You may be cold. You may be uncomfortable. Your clothes will be heavy and stick to your skin. Just experience it all. Saunter casually in the rain for at least 15 minutes.

- Make a list of things you hate to do (write them down!). Every day, choose one thing from your list and make yourself do it. Make it a personal challenge and see how

'Do not claim you want to grow and then run away the moment you feel growing pains.'

long you can stick with it before you quit. Feel the boredom, the anger, and the resistance. Embrace it.

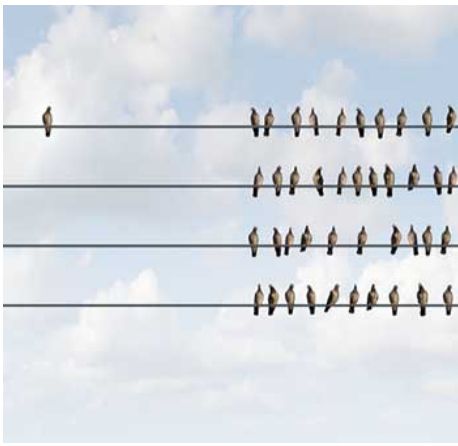
Note: It's human nature to do what's easy and comfortable and postpone what's not. So, unless you have incredible willpower, it's best to do your uncomfortable activity first thing in the morning.

If you say, "I'll do it later", you will delay it forever, and it won't get done.

If you use a daily schedule, schedule that uncomfortable activity, and don't skip it!

- Think back through your own life. Identify your biggest life-altering lessons. Weren't some of them also the most painful experiences at the time?

You can develop your inner strength. Embracing discomfort is arguably the quickest and most effective way to increase your grit.



Do you want to be the tough go-getter who makes a difference and has thousands of incredible experiences throughout your lifetime?

Be different.

Women, especially, are taught from the very beginning to follow the rules, do what "good girls do", don't break the rules, don't make waves, fulfill your womanly duties, and so on.

Parents, teachers, bosses, significant others, friends, religious leaders - they all drill the idea that you must conform deep into our brains. It happens every day in small ways for years and years and years.

It's so ingrained in most women that they never give it a second thought. That's why it's hard to notice all the ways

you behave that are simply because you need to "fit in" and "not make waves".

Starting today, you need to take notice of all the ways that training dictates your behavior. And then purposefully act against it. Within reason, of course.

Action Steps

- Make a list of all the things you do simply because of the expectations of others. You're going to have to really sit and think about it, because it is probably deeply ingrained. Think job, finance, living situation, habits - examine the gamut of your life. Write them all down.
- Every day, do at least one thing that others wouldn't expect from you. Choose a passion, or a long-lost dream and then act on it. Make yourself be brave and separate yourself from the masses. Stand apart and shine your

#8 Be Different

'They laugh at me because I'm different; I laugh at them because they're all the same.'

--Kurt Cobain

'Well-behaved women seldom make history.'

--Laurel Thatcher Ulrich



#9 Mind Your Milieu

**'You are the average
of the five people
you spend the most
time with.'**

--Jim Rohn



The environment you surround yourself with is absolutely critical. Hang around depressed people, and before you know it, you're feeling down. Hang around lazy people who have given up on their dreams, and soon you will, too. It's almost a law of nature that the people around you seep into your soul. You unconsciously change your thoughts, behaviors, and actions to match those in your immediate surroundings.

The same goes for the rest of your environment as well. When your desk is cluttered and your house is trashed, are you happy? Energetic? Excited? Do you feel in control? Probably not.

Action Steps

1. Write down a list of all the people you spend a good amount of time with. Contemplate their actions, ambitions, attitudes, and how they have influenced you. Is it mostly positive? Are there people who need to be let go from your life? Letting go of someone isn't always easy, but you need to do what's best for you.
2. Where are the people you most want to be like hanging out? Search online for groups, forums, masterminds, slack channels to find them. Reach out and introduce yourself. Start a new new network and see where it leads.

3. Read biographies and articles about people who can inspire you. Watch videos of interviews.

Keep a file of their juiciest quotes and advice. It's great to pick it up and review it occasionally, especially when you're feeling stuck or uninspired.

**'Show me your
friends and I'll
show you
your future.'**

--Mark Ambrose

Time is the only thing every person on this earth gets an equal ration of. Successful badass women have the same amount of time to spend as someone who spends 10 years sitting on the couch watching TV.

Time is also the most precious and valuable commodity we have. And it's always running out.

The average American has a lifespan of around 78 years. That's 682,280 hours. Seems like a lot, doesn't it? But since around 67% of that is spent sleeping, commuting, working, showering, etc., you actually only get 225,152 hours to do what you want to do, achieve your goals, and make a difference.

That's the equivalent of 25.7 years - out of your entire lifetime! That's what you have to work with. And remember, that's if you're lucky enough to live that long and are healthy enough to be productive the entire time.

To be mentally strong, you need to control your time. Manage it carefully like the priceless gem it is. What could you do, be, and have if you spent every minute of that 25.7 years working on yourself and the things that matter to you?

I have never met a badass woman (or man, for that matter) who haphazardly squandered their time away and worked on themselves or their goals only when they "felt like it".

Time is more precious than all the gold and gems combined. Take charge of yours and use it wisely. You have a deadline, and it's approaching quickly.

Action Steps

- Get an app, a calendar, or some sort of schedule set up and use it every day. Plan your day, prioritize your tasks, and stick to it! You will not get where you want to be without a plan. Success rarely happens by accident.
- Investigate and see where you are not valuing your time. I see people standing outside Best Buy for 2 days waiting for a big sale so they can buy crap they don't need and save \$50. Really? Is 48 hours of your life worth \$50 off

#10 Control Your Time

of something that you won't even care about in a year's time? Time is a priceless commodity. Use it very wisely.

- Devote at least 1 hour each day to developing yourself or doing something you want to do. 15 min in the morning, 15 min at lunch...you can fit it in.
- Read and learn about how people you admire handle their time and achieve their goals for tips.



**'To some degree,
you control your life
by controlling your
time.'**

--Conrad Hilton