

STUCK, DISCONNECTED AND OVERWHELMED

Are you tired of feeling stuck, disconnected and overwhelmed? Are you tired of being busy? If so, you're not alone. I used to live that way, and most women still do. Some think of being busy like a badge of honor —one that they often wear with pride. It's understandable, because society seems to give us the message that to be valuable and important, means to be overly scheduled and BUSY. And that's a problem.

The good news, however, is there's a solution. The great news, is that it's very simple. It really isn't "brain surgery!" There are some simple steps that are personal, practical and yet, very powerful. I'll share those shortly, but first, I have a question for you.



YOU ARE
A GIFT.



CELEBRATING WHO YOU ARE

Before you can celebrate yourself — the Incredible woman that God created in YOU, you must get to know the real you.

As you begin to investigate the incredible woman God created in you, you'll find your confidence growing. When you learn to identify your natural strengths and talents, you'll gain admiration for

who you are. **Consequently, you'll gain confidence to be who you are — with no apologies.**

The truth is we're all imperfect; we all have great strengths, and yet also, have room to grow. The more you learn to LIKE yourself, the more comfortable you'll become with being less than perfect.