**Tamra Oman - Shift Your Perspective**

**May 7, 2020 - Facebook Live Event**

**Transcript**

 Hey everybody! Happy Thursday! For some people it’s Thirsty Thursday, but I’m going with Terrific Thursday. It’s the Women’s Empowerment Series! Tamra Oman coming to talk today a little bit about shifting your perspective. And just a little bit of housekeeping before we get started. Well actually, I’m going to start with a song first okay? I’m hoping that you gals, whoever’s joining us live right now, will do a little song and dance with me just to get the engines going. Just to get ready to shift our perspective, or at least think about what that might look like. So if you’d please join me, I don’t own the rights to this music, but I have a heart for it. So let’s start with a little Tina Turner, Proud Mary!

\*Singing and talking to viewers\*

 Alright ladies! I thought that might be something to kick us off, to get us started! Because I think about the idea of rolling on the river. I actually have a friend of mine who has been talking to me, we’ve had a lot of conversations about the difficulty of this time, like one day I know things are going to be fine, things are going well. And then I have this crash like oh my God, oh my God, oh my God! You know? And I just think it’s human, it’s normal. But we were talking about just kind of rolling with the river, right? Like when I get in the river and I get in the little tube and I start floating along, let me tell you that life is so much easier. Yeah, I bump up against some rocks, but I don’t have to swim against the current which is what I tend to do when I’m in fear.

So tonight ladies, I want to thank you so much for the opportunity to be with you. I want to talk, I want to do our little housekeeping chores first so for those of you watching, please share, like comment - you have the chance to win a $100 gift card to Envision Fond du Lac that was actually donated by Edward Jones so give it up! Thank you! And who couldn’t use $100 right now? And so I want you to think about this time together is really about us chatting. This isn’t me talking at you, hopefully it’s us talking together. So for those of you that may or may not know me or know my story, oh! I also want to say that Ashley is next week. Don’t miss Ashley!

So, I would like to talk about shifting perspective. When I think about, for me, what started with shifting my perspective, it actually started when I got incarcerated. I think I tried to shift my perspective a lot but my entire life was really about trying to find out that I was enough. And the way that we’re taught growing up or what’s going on in our lives, we’re taught often in school systems and everywhere that we… in order for us to be successful or to be enough, we need to fit into this kind of criteria, a box. I’d grown up with a lot of difficult circumstances. Sexual assault, domestic violence, alcoholism, addiction in my home. And so I was looking for some place to be enough. School, I was overweight and I had all of these things happening in my life that kept telling me, “You’ll never be enough.” So my perspective growing up was if you didn’t achieve these things or do these things, then you were never going to measure up. And so I spent my life kind of rolling along with that, what seemed to be the truth. So my hope and prayer for tonight in our time together is that we can spend some time thinking about what our perspective is when things are really overwhelming or seem like too much. The women that have spoke up prior to me having the opportunity to be with you tonight have been amazing at giving lots of skills and tools and tonight’s really just about really hopefully you thinking about what it is that has been troubling for you, or difficult for you, or makes you feel less than or makes you feel like, “I’ll never get out of this place,” or sometimes I feel like I want to run from home ya know? I mean, I’m in a relationship and I’ve got things going on and sometimes I’m like, “I’m going to get the heck out of here!” And I’m like, “Where am I going to go?” Right? Not only can you not really be out there publicly, but truly the uncomfortability is inside of me. Yes, the things that are going outside of me makes me very nervous, but the only control I have is to shift my perspective inside and think about what it is that I would like to have for my own peace of mind, for my ability to get through these times, to still be loving and kind to people whether that’s with my partner in my house, whether that’s on the phone or doing these things. So tonight I want to talk a little bit about shifting that perspective and really for me it was when I got incarcerated. I ended up with all this trauma and not knowing that to do with it. I didn’t have the skills, nobody had taught me what to do with emotions I didn’t know even how to identify because I was often running out of, responding out of fear. And so it was that fight, flight, or freeze and just in case you haven’t noticed - I’m a fighter! I’m not a freezer or a flighter and so I didn’t learn how to deal with these things and not tear myself up and didn’t know what to do with all of that stuff. So anyway, long story short, I learned anger and violence, never really to have honest conversations. I didn’t know what that looked like. So when I think about shifting my perspective, by the end of my addiction, so trauma led me to besides the obesity and all the health concerns if you know anything about trauma. I highly recommend you, if you’ve ever experienced anything and kind of wonder why things might still be difficult or nagging or, “Why don’t I see myself as enough?” I’m not saying that everybody has trauma, but a lot of people do and don’t talk about it or don’t even know, don’t have a name for it.

So I discovered, after a long-term addiction and wanting to die, I was diagnosed with four mental health diagnoses, and in all of my life - and then based on my own actions, I started to believe all the lies and became everything I hated about myself. So instead of, even though on the outside it looked like I had confidence, I was sassy, sometimes arrogant… I was trying to figure out just how to survive. And so when I went to prison, my brother killed himself and both my grandmothers died and I was looking at 87 years in prison for money crimes. Not a very good criminal! I’m Wisconsin’s dumbest criminal, turned myself in. I remember the investigator saying, “Gosh, we had no idea!” I said, “Trust me, I’ve committed these crimes here!” She’s like, “We can’t really lock you up for it because we don’t have any evidence.” I’m like, “I’m the evidence!” Because here’s where I was - I was at a point in my life where I either could not live with myself anymore… I was either going to have to die, or learn how to live. And that meant, when I say learn how to live, I’m not talking about without just drugs and alcohol. With the fact that I, as a human being, as an overweight woman, with all of my whatever people would consider “not enoughs”, or I was told weren’t enoughs, I was going to either have to figure out how to live with who I am and what I am, or die. And that was a jumping off place when I went to prison. So talking about shifting my perspective started there. And I remember laying in bed, and that’s an environment where everything says there’s something completely wrong with you, you’re not salvageable, there might be a handful of folks that work there if they have the time and energy to tell you maybe otherwise, but for the most part everything about the structure of that is about kind of breaking you down and getting you to fall in line. And I knew how to be broken down. I hated myself. I wanted to die. So I didn’t need to break anymore. What I needed to do was learn how to live. And I needed to somehow come to this place in my life where I may not be the, it would be one extreme to the other. I’d either have to be better than everybody else or less than everybody else. There wasn’t like this place in my life where I was just enough. So this shifting my perspective, or the things that I’m asking you to consider tonight, I’m here tonight because I don’t want to just share my story, but I want to tell you how it’s worked for me and whatever it might do for you if anything that we say tonight is beneficial for you. My hope and prayer is that you will look inside instead of outside at what’s happening is scary, but we can calm the storm inside of us. We can look inside and figure out, “Why is this so scary for me? What am I most afraid of?” Everything was going wrong to try and get on this even tonight! It was like, we couldn’t get online, my computer was shutting down, oh my God! I went and did the lawn today and dust was all in my face. And I was thinking I can still come to you with my heart, with all that I am, and offer to you an invitation to consider that you deserve, even in these really scary times, to develop a way that might help you, if it’s helpful to you, I”m not saying don’t have fear. I’m not telling you what to do or not do. What I’m suggesting is this is an invitation to think about how when these storms in our life come we either feed the storm or we look for the calm. We either get in the waves and go over in the boat or we calm the storm inside of us so that we can navigate what we’re going to do next. So I think about that, and what happened for me during prison was everything was breaking down around me and something inside me, and for me it was spiritual, something said, “You’re enough. You’re enough. And I’ve called you to do some things in this world and here’s your chance to do it.” So who would think prison, the box, one of the most ugliest places in my life I’ve ever been, one of the most difficult places I’ve ever been, would turn out to be the greatest gift I’ve ever gotten. That time to be with me, and spiritually with something greater than myself, to discover that I am enough. And what’s really going to allow me to feel like I’m enough is what I’m willing to do to become who I have always desired being. So when I think about what we don’t do as women, we take care of everybody else. Even during this time you’re all, some of you are mothers taking care of your children feeling like that’s not enough. Feeling like you can’t do that, you can’t get to the grocery store, some of you still have to go to work, is everybody going to be okay? How is my family? I can’t hug my people. I can’t be out there in the world. And all of that is nothing that I have control over, right? There’s no way for me to change that. But what I do know is I can use this time, I can shift my perspective from what I can’t do. Because I don’t know how many of you, if you’re like me, how many of you spend all the time - or when I’m really struggling, when I’m really hurting, I will get this, I will build a case about how bad everything is and it will just start to overwhelm me. And then all of a sudden, first it’s like, “Oh my God, I saw somebody at the store. They brushed past me, I’m going to die! I’ve got COVID!” Right? Before it takes me about an hour to convince myself that here’s where I am. And the truth is that right here in this moment, my life is really good. I have this little candle going - it says “blessed”. I’m blessed beyond measure. I have a sign for Hope Road. And what I’m surrounded in, in this moment, my life is really perfect.

So! Some of the things that I had the chance to do to kind of weed out those truths that were, that I was taught, that this is how you’re going to be enough, like we all were in some way, shape or form. So when we’re taught that we’re looking outside for the answer. We’re looking outside for the opportunity to continue to grow into enough. I think about that idea that you can’t work yourself into grace. You can’t work yourself into being enough. Someone’s always going to say it’s not enough. And I, what I’ve learned about trauma, is most of the time when I was out looking at other people poorly, it was because I couldn’t see myself well. I couldn’t see myself good enough so it was easier for me to notice things in other people. And my time in prison gave me this chance to either surrender and learn how to live, or die. And so shifting my perspective has been that way. Some of the first things, even in prison I could make a gratitude list. We’re going to talk about some of that tonight.

What I have this evening. I have three different kind of, two of them are worksheets so to speak. One is a self care assessment. Ladies, when was the last time you ever actually made a list about your *own* self care desires and hopes? Three o’clock in the morning maybe, for five seconds and then you start worrying about something else? The other thing I know is I cannot give all the love I want to give to other people if I’m not well. Which is ironic, right? Because the idea if I just take one more call or make a meal or I show up for my kids or I do this, whatever it is, if I do just this! Just let me do one more thing. And a lot of us spent a lot of time saying, “I don’t have time! I just don’t have time to do this!” Well, now we have the time! Most of us. I’m not going to say everybody, and I certainly know being a teacher at home and having to fill in in many different ways. But I wonder if we wrote down how much time we actually have - could we give ourselves - ourselves! Not everybody else - one hour to feed what we’ve always said we don’t have time for? Is that possible? And only you can answer that. I have a sheet if you want to do that. I sent this in. This is a self care assessment. This is just you, yourself, it’s 2 pages, it’s got spiritual self care, workplace and professional self care, balance in your life, physical self care, psychological self care, and emotional self care. And it’s really just you taking five minutes, ten minutes to look at yourself, to look at your life. And I would love to ask you this question, and I think this is really difficult for women… when was the last time it was okay for you to love you and when you felt like you were enough? And here’s the second question I would pose to you: When you speak to yourself, do you speak to yourself the way that you would speak to your children when you’re loving them? Or to your friends? Do the words that come into your brain, because they’re hard for me to still refrain but I’m doing it - that’s shifting my perspective again. As soon as something negative comes into myself about me, even trying to get onto this dag-gum Live, as soon as that happens I have to shift and say, “Take a deep breath!” Nobody’s going to die if we don’t get on Live, right? Hopefully. So I have to really put it back into perspective. What can I do? Here’s this. This is, Theresa said I think that we can put it on some sort of link to either the Sisterhood page? You’re going to have to ask her because I was kind of in the midst of that. So there’s this. That’s not it honey, we ain’t done yet! \*Singing\* We’ve only just begun! How about this one? So this I created. I started realizing that the people (I worked in Corrections, I’m actually getting a new job! You’ll be the first to know aside from my family), I worked in Corrections for 12 years. Spiritually, I thought I was done with that place, but I was brought back to that place to try and... what I thought I was going back for was to help the women and men who were incarcerated like myself. What I realized was I was back there to help staff in the same way, to love them in ways that maybe they hadn’t been supported or loved either. So it was really ironic spiritually that that happened in my life. And after that I started realizing how much most of the world doesn’t know they matter. I don’t care what you have as far as, I’ve achieved many things and lost many things. And what I have the most is the ability to be well enough to give all that I can when I can. And if I can do that, when I go to bed at night it’s the best sleep I’ve ever gotten is knowing that I’ve given out love that was given to me. What I realized in training staff and other people was, “Oh my gosh, there are so many people.” All of you can have a copy of all of these sheets. You can have whatever you want! So this one talks about just ideas for life is short. That’s what it says at the top - “Life is too short, do what you can with what you have right where you are.” So I know there’s a million other places we would rather be right now than tied up in our home even though we used to wish for a day off, now we got plenty, a least I do, in a row. But now I have this time and it’s almost like sometimes I don’t know what to do with it. So this is do what you can with what you have right now. And that would mean that would require quieting the storm inside of you. We talk about mindfulness, meditation, I don’t know if you’re familiar with those terms. Some people say they can’t do it, I didn’t think I could do it either but the longer I practiced the more it really helped me be in the moment instead of worrying about what I didn’t do yesterday or who I wasn’t yesterday or how I fell short yesterday and what I have no control over tomorrow. The only moment that we’re guaranteed is the one we’re in right now. And I want to live it to the fullest to the best of my ability! And I still fall short, I blow it all the time AND I want to be able to give whatever moment I’ve been blessed with the best of me so that when I go to bed at night I can sleep. And if I weren’t here tomorrow or an hour from now I would know that I gave what I could. And that’s not how I used to live because I didn’t realize THAT was success for me. To love like that. To live like that. It wasn’t what I owned or the car I drove or the title I had or any of those things. So this was very important for me and when people started asking me, “Tamra, how did that happen for you? You were in prison and now you’re here working here and now you’ve got this going on and how did you find peace after all that happened to you and what you did to others?” And it was how I began to live the way that I had always hoped to be. And it required me digging inside of my own spirit and looking into a belief system that had been kind of indoctrinated into me about the sexual assault, the traumas, all that stuff. Not knowing how to be. And then finding a way to survive in the world. And I don’t just want to survive, I want to thrive. I want to be available in the moments that are given to me to experience them with the people that I’m allowed to be with. Or that, like in this moment with you, I want to be with you in this moment. So this, people said, “Well what did you do?” So I put this sheet together for them. One of the things that I put on here that you’re welcome to have is just kind of a reminder for you to think about, and many of you please share what you use over here in the comments so that we can all benefit from your experiences and maybe practice things we didn’t know! We’ve all got so much information, we should all be on here. Everybody’s got so much experience, so much life. You all have so many skills and beautiful things that you can share with us and we can share with each other. Imagine a world that would do that, that would give to one another and we could practice and love one another. I’m working on that one. But this sheet here talking about life is too short, do with it what you can, what you have right where you are.

Number one is pay attention who you spend your time with at work and at home. Do they add to your happiness, your wellness, and have the kind of outlook that supports the desired life you have? Who do you spend your time with? And sometimes at work, so there are times at work, lots of people struggle, lots of people have vicarious trauma where we work anyway in incarceration, a lot of us have vicarious trauma. Some of us didn’t address our trauma so it spills over at work. I still have time to love and invite those people, *and* I have to make sure I’m well enough to walk into that room to have something to offer. So I thought about in my times, especially when I’m struggling, I have a network of people that will be with me and will allow me to be completely vulnerable and cry with that real snotty cry you know? \*Mimics loud crying\* That one? And they won’t laugh at me and they won’t tell me that I’m not enough. They’ll just, you know, well now they can’t wrap their arms around me but they’ll be with me and say, “I’m right here,” and they don’t try to fix it for me. They might ask if I want some suggestions because sometimes when we’re stuck in depression, I have four mental health diagnoses, sometimes we need some help out of the mire but it’s not my job to fix somebody, it’s my job to be with somebody. Empathy. I can only do those things when I am well enough to be there. Number two says share the successes you witness. When was the last time you went to a work meeting or some other place and everybody screams about the beautiful things that are happening? “Oh my God, I saw this girl!” For instance, we get our groceries delivered right now because I have those top three health concerns and this young man that came, and I try to tip well, I know that I don’t have a lot of money, I’m also worried about paying my bills. All of those things are still happening, but I’ve lost everything and I’ve had everything. When I had everything I nearly died. When I lost everything I found myself. So I’m not suggesting that we have to do that, but I also know that I have more in my life today, in my spirit and in my heart and in my world, that even if I wasn’t able to keep my house I’m not saying this is easy. Of course I want to keep my house, of course I want to keep my car, but what I think about spiritually, when I was in the dope house I was still on “holy ground” so to speak. I was never left then. Homeless. I was homeless, addicted to drugs, and I wasn’t left then. So why would I be left now? Why would, whatever you want, whatever your spiritual journey is, whatever you believe, something greater than ourselves, the good orderly direction, for me it’s God. But whatever it is for you, why in our most difficult times when we feel like we would be left now when we’re doing our best? At least that was some perspective for me, another shifting the perspective. So when was the last time you went somewhere and you were sharing all of the successes you witness? This guy who delivered my groceries I was telling you, they couldn’t find hand soap. So I left him a tip, we like to put a thank you card out there, sometimes some kindness rocks to tell them that we love them and we thank them and hope they’ll pick them up even though they’re scared! \*Laughing\* They’re probably like, “Is this corona?” so we wipe them off real good. But he couldn’t find any. He wrote me back and he thanked me so much for the tip and the card and the rock. And then all of a sudden like an hour and a half or two hours later, that person came by and dropped a note on my door with three little hand soaps from Aldi and said, “I found these for you, I wanted you to know that I was thinking of you.” Now those things are like so simple, right? But when was the last time you witnessed it and shared it and said, “Oh my God, it reminds me of how good things are.” It reminds me of how the world isn’t just the negativity we see on TV, right? And that’s what sells newspapers and sells media spots, right? All of the stuff. And I’m not saying that we don’t need to be informed, I absolutely think we need to be informed. One of the things I’ve done with the coronavirus is I’m only giving it a half hour in the morning to read the updates. That’s it. I can’t sit and wonder, I can’t worry. When I start to go off I shift my perspective again. I pray, I take a deep breath, I read a positive note, I check in with people on Facebook, sometimes I’ll come and do a song. I don’t know what your tools are but let’s share our successes with one another! Let’s lift each other up. The other thing is counter the thoughts when they bring you down. I’ve talked a lot about that. So immediately when I think, “Oh my God, this isn’t working.” All I think to myself is, “Okay, so 1 - nobody’s going to die. 2 - What can you do to get it working? And if it doesn’t work, was it meant to be?” That seems really simple, but it doesn’t mean I’m dumb, it doesn’t mean I’m stupid, which is what my mind will tell me. “You’re so stupid! What is wrong with you? Why can’t you??” That’s that old tapes that was taught to me about the things that had been done to me. And I bought those lies for a long time.

Alright, we also have focus on what you do have rather than what you don’t. Or what’s working in your life rather than what isn’t. So this computer wasn’t working, I was having a moment, and I was a little… \*angry noises\* You’d have to bleep out a couple of the words I was saying. And then I was like, “Alright, that’s all I can do.” And these women, Kari Ann, thank you, Theresa, everybody, Ashley, thank you for sending another update, so I could get on here. But it worked. And nothing happened! It wasn’t the worst thing that ever happened! But in the moment! And those things seem simple, right? When I wasn’t able to pay for my car? When I was laid off? Well, not laid off but I had to take off. They had the two month furlough. I don’t know if any of you know that. I also, with my mortgage. They have some relief for that so I don’t have to be ashamed to say I need help right now. I don’t have to be ashamed to say I’m a human being who doesn’t want to die just so I can go to work and then be buried next week. For me! Now those of you that have to go, thank you, please be safe. I’m not saying you should or shouldn’t. For me though, spiritually, I’ve been given this blessing day by day. It isn’t perfect, it isn’t comfortable, but I also know I’ve been through so many storms, right? I’ve been through *so* many storms and I made up so many things in my mind about what was going to happen that never happened. So that’s a lot of energy I’ve given to things that never happened! Thank God some of the things I wanted to happen didn’t happen. Like keeping some of my old relationships. I’m just saying!

And so we have that. I also have make a gratitude list. That seems simple. We all talk about it. When’s the last time you opened your journal and wrote something you were grateful for? When’s the last time in the midst of all the madness did you sit down and think, “Okay. Right now, look at my life. I’m in my backyard…” So it’s not hard for me to do though because I’ve been to prison, so I’m grateful for Charmin. Okay? Even if someone else has to deliver it! It doesn’t take me much to shift my perspective because the toilet paper there could kill you. Okay? Just saying. So I think about if I sit for one minute and look around me, I can start to define things that are beautiful in my life! I’m also not saying that there’s not a space for grieving. I know that those things have to happen too, and I believe, for me, I had to allow myself the opportunity to grieve so that I could honor all of my feelings. Because the other thing when you think about shifting your perspective, for me, if there was no pain… so grieving, when my brother killed himself, when both my grandmothers died, when I lost people now to an addiction, when somebody struggles with suicide or I watch my partner struggle with sadness or whatever it is, when I see all of that stuff I think about the shift that I can have when I’m in pain to honor the pain and to also recognize that the reason the pain is so great is because there was love there. Because there was relationship. Because there was connection. Because there was something meaningful in my life. So I can’t have one without the other, really. Which makes me more alive! Alright.

So I am getting reminded that I have a minute left and I might have to take a couple more minutes so don’t be mad at me please. If you need to go please go, but if you can stay, please stay. And then we’re going to go into, for some of you that go into the sisterhood to ask direct questions, please feel free to contact me if you would like to if there’s anything I can offer.

So make a list of things that are going right in your life. We said the gratitude list. Focus on what’s working. Do an inventory of your day. What went well and what would you like to improve on? Instead of bashing yourself about what didn’t happen, how about, “You know what? I’d like to do better at that tomorrow.” Reframing the way we speak to ourselves. Create a bucket list. Focus on the gifts that you have in your life. Those grow too. And know your role - what you can do and what you can’t do. What’s out of your control? What do I have control over? It’s usually only me. It’s me and the actions I have, I don’t have to - even if I’m a director of something I don’t really have control over people. Try to explain that to people in prison. We don’t really control people! My hope is that we invite them into the people they deserve to be and that we want in our community. I want that for every human being. That every person who wonders if they’re enough.

 So here’s the last thing. That dag-gum 30 minutes goes quick. So this is something if you’re interested, if you’re willing to commit to yourself to consider finding what really, taking at least a moment out of your time for self care, for wellness, for love for yourself. Two of these quotes on here - it’s called Personal Reflections and Shifting My Perspective for the Love of Me. That’s not selfish, in fact that will give more to others. The more that you have of you, the more that you have to make those moments even more special rather than running on empty. Your cup runneth over, right? So the quotes that I put in: “What if you simply devoted this year to loving yourself more?” When I’ve spoken to myself about my body, I used to hate it so much. Someone said to me one time, “Tamra, do you have any idea how big God had to make your body to hold the kind of heart you have?” And I was really moved. That was actually a sex offender that said that to me. And that healed some of those parts of me that had been hurt. The other thing that somebody said to me about my body was, “Tamra, why on earth would you hate it when it has carried you through sexual assaults, domestic violence, a drug addiction, and it has kept you here. Why?” And I said to myself, “Oh my God, I’m doing this wrong. I need to speak love to my body. I need to say, ‘I’m going to feed you something that cares about you,’ rather than spending my life hating it.” So what if you loved yourself more? And when things change inside of you things change around you. Because the perspective that we see the world through is different when we do it through self love and then it can be easier to love others.

So here’s what’s on this little questionnaire, this will be the last part. I promise I’m wrapping up. First question is, after this time that we have spent together this evening, what are three takeaways for you, what are three things that you’ll take away from tonight? Will you give yourself 15 minutes after this? What are three things you’ll take away that you might consider shifting your perspective on? No one’s asking you to change anything, but just consider - what are three things after we had this little bit of time together. The next question is what are three things I can and will do to keep hope alive and continue commitment to myself? So if I choose to do number one, then number two says what are three things that will help me do that? Number three says how do I build self care and self reflection more intentionally? Not accidentally. Oh, I got a minute now! And then pass out on the couch. How do I build it intentionally in my life? What am I willing to do when I get stuck or want to give up? And I think this is hard, especially for women. We’re so used to helping everybody else, sometimes we don’t feel worthy about asking for support and love. I’m going to tell you, I would never be here without the people who love me in my life and I thought I was a bad mamma-jamma riding a Harley and going to prison. Man, do I need you, I need everybody. I’ve loved everything that people have shared on this. Thank you again to Theresa and everybody for this. And number five, so there’s only six, number five is so if you’re in on this, what day will I begin this intentional commitment to myself? What day? So like, tonight? Tomorrow? I know like diets always start tomorrow. I don’t do diets anymore, I’m trying self love. And I’ve lost 100 pounds doing it that way. So date and the name of somebody you’re willing to tell this commitment to. Somebody that you trust. And the last thing is as I do this commitment to myself, with myself, for myself, because really when you’re doing it for yourself everybody wins! Everybody. This isn’t selfish, this is self love that allows you to love more. Who will I follow up with or connect with to share what I’m learning and experiencing? So like, somebody had talked about at one of the talks about an accountability partner, somebody had asked what is that. Really just somebody that you’re willing to be vulnerable with. You’re willing to share your successes with, you’re willing to share your fears with, and somebody who will hold a mirror up for you and remind you, “You are beautiful! You are enough!” when you’re not certain. And how exciting it is for more than one person to be celebrating successes! Imagine a world that ran around celebrating everybody.

At the end, here’s the last quotes - at some point you just have to decide to be the woman you’ve always known you could be. In order to love who you are, you cannot hate the experiences that shaped you. Which I did for a long time and hate almost killed me. Mostly hate for myself, what I realized in the long run. I was afraid that when I got to the bottom of all that I would discover I really was all those things people said. Truth is, I found me at the bottom. And realized that I want to love like that. I want to love people like I wasn’t loved. In certain circumstances, I was blessed beyond words with my mom. And the last thing is, she felt something click inside. She suddenly realized she was no longer available for careers, relationships, or thoughts that were not in alignment with her highest expression, desires, and truth. Her worthiness had grown roots and she was now unshakable in the belief that she was worthy of a life of magic. And she knew that the only person that could give her that was herself. So she put on her crown and got to work, baby! Shift that perspective!

I love you all! I wish there was something more that we could do but there will be questions in another place. If there’s anything I can do, please send the questions to - I don’t know if it’s Theresa or who? Because everybody’s doing something. So any way that I can give the love back to you or share it, let’s be there for one another. \*Singing\* Lean on me, when you’re not strong and I’ll be your friend! Thank you Women’s Empowerment Series! Talk to you later! Don’t forget - Ashley next week! Like and share if you want to win $100 for the Fondy Envision Fond du Lac group from Edward Jones. Please like and share. You’re all beautiful, I wish I could see your beautiful faces and we could be in a room together. You take care! Thank you so much!