

YES YOU ARE THAT AWESOME!

BY

ROBIN ROBERTS

Copyright © 2016

FOREWORD

The question isn't who is going to let me – it's who is going to stop me! Ayn Rand

TABLE OF CONTENTS

Caution empowerment zone ahead

Stick a fork in me I am done

Darling just f**king own it!

I am the architect of my own destruction

Inhale the future - exhale the past

Life is too short for bad vibes

Blow your own damn mind!

Know your worth

Think less live more

Aw hell no!

It's not about age it's about attitude

What if it works

Never walk backwards

Nothing is worth more than this day

I believe in me

I am not here to be average I am here to be awesome!

CAUTION EMPOWERMENT ZONE AHEAD

There you are, thinking you have your sh*t together, then something happens and bang, back to square one again. Oprah made it look so easy. You have a vision board, affirmations are stuck on the bathroom mirror, you have named your children Hope and Destiny – but still no lotto win or invitation to the Ellen show.

Well then you must be doing something wrong! I mean, if it is working for everyone else, you must be stupid or something – right? Surely enlightenment is just one ‘Om’ away? Here’s a newsflash – not everyone’s brains are wired the same. A lot of people have OCD tendencies or depression or are dragging so much family-of-origin garbage behind them that they struggle to lift themselves up under the weight of it all.

The last thing you or I need is to fail at some 30-day miracle cure which was never going to work for us to begin with. We don’t need, as women, another reason to beat ourselves up. God damn it, I don’t want to feel guilty for eating the last piece of chocolate cake, wishing a plague of locusts on my boss, or not being able to manifest the perfect life.

I simply want to be able to look in the mirror and go, “Yes, you are that awesome.” I don’t need accolades or awards or the best job in the world. My

needs are very basic. I want to like myself, find moments of joy, and have some peace in my world – isn't this what all of us really want?

Peace... a moment where you can let go of the breath you have been holding in, drop your shoulders, and exhale the worries of the day. It would be nice to rule the world, but I would be happy conquering my housework. It would be awesome to manifest fame and fortune, but I would be overjoyed if I could manifest a genie to wash the dishes at night.

We all want to feel empowered, but not all of us are chasing our 10 seconds of fame on Oprah or the Sharks den. Having it all is society's definition of success, but success can be many things. Raising children to be good adults could be a mother's definition of success. Serving the community and helping others reach their potential may be another woman's success story. Just because you don't have a bulging bank account, a big house, and the 'perfect' relationship doesn't mean you aren't awesome.

Throw the ruler you have been measuring yourself by out the window. You don't have to measure up...you just have to show up. Screw what anyone else thinks, it's not about them. When the last breath is taken, what others thought about how we lived our life won't matter. What will matter is how many moments of happiness we crammed into every day. Our awesomeness comes when we live an authentic life according to what OUR PURPOSE on this planet is.

I never used to say much when people complimented me, preferring to deflect the attention onto others. But now I respond with, “Yes, I am awesome – thank you!” It is not being egotistical; it’s acknowledging your achievements. Not only do I have my own back, I am also my own cheering squad.

Empowerment is not about giving people a magic wand to make all the bad stuff go away. It is about getting people to believe in their awesomeness. It is not about building perfect lives but learning to live with our imperfections.

It is very easy to ‘believe’ you have your shit together and have worked through all of your stuff. Some of us have a story so convincing we believe it ourselves. It’s not until someone starts peeling back the layers that we realize there is more work to be done.

But again, just because you have anxiety, fears, doubts, or a box full of ‘haven’t dealt with it yet crap’ doesn’t mean you aren’t awesome. Yes, that’s right – awesome isn’t lots of money or stuff or Facebook likes or the perfect makeup and the dreamy partner. Awesomeness is the light which shines so bright from within that others are drawn to it.

So I warn you now – you are about to enter the empowerment zone. By the end of this book I want to hear you say out loud:

Yes – I am that f**king awesome.

STICK A FORK IN ME I AM DONE

We all have days where a short jump off a big cliff looks appealing. Life has sped up and it's hard to keep up. The 'hold it all together' mantra of the modern-day woman is failing us.

We try not to let others see the 'fall to pieces' moments. We try not to let others see the anxiety or fears we wrestle with on a daily basis. We putty up the cracks with bright smiles and waves of the hand. We want others to think, "This woman has her sh*t together."

The reality, however, is quite different. Lots of women collapse under the weight of intense emotions or challenging life situations. We are well versed in putting on a mask and showing the world the confident, successful woman everyone expects to see.

It isn't deemed attractive to collapse in a heap and declare, "Stick a fork in me, I am done!" And if you do collapse, you are likely to have your breakdown attributed to a hormonal imbalance of some kind. Apparently, real women simply get on with it.

I would argue, however, that awesome women are brave enough to acknowledge they don't have their sh*t together. They don't brush aside emotions, and they know when they are out of their depth. It takes a lot of courage to admit you are done and the tank's empty.

Being vulnerable isn't easy, especially when the expectation is that you need to suck it up and keep it all together. Bringing out the ugly cry – the snotty-nose, dripping-down-my-face ugly cry – well, no one wants to see that. They would rather see the cut-and-paste smile with the grin-and-bear-it attitude.

Especially if you have never shown any signs of emotional instability before. In fact, a lot of people get incredibly uncomfortable when faced with a woman having an awesome meltdown of epic proportions. They avert their eyes, make excuses to leave the area, or simply run like hell! It's those reactions which we, as women, try to avoid. We would rather suck it up and pretend everything is fine than let the dam break and deal with whatever happens.

DARLING JUST F**KING OWN IT!

If it's yours, own it. Don't pussyfoot around pretending you are the Queen of perfection when actually you are the Queen of "I don't know what I am doing." You don't do yourself any favors by not being honest about your life and the part you are playing in the drama.

People screw up all the time. It's a fact. No one is perfect and most of us have family skeletons in the closet. The worst thing you can do is to cover up the pimples of your life so no one else can see them. You have to acknowledge where you are before you can get to where you want to be.

Awesome people own their sh*t. They don't run around hiding it from people. If you drink too much – you drink too much. It's not, "Oh, I am under a lot of pressure at work and need a release." If you are scared of being abandoned – you are scared of being abandoned. It's not, "I didn't commit because it wasn't the right time." If you can't cope with your new baby – it's, "I can't cope with my new baby." It's not, "I wasn't fully prepared for motherhood, but I am sure I will learn as we go along."

Own your sh*t. Step right into it. Embrace your drama, be open about the part you are playing, and don't shy away from being human. It doesn't matter what anyone else thinks about you. Most people envy those who can be authentic and honest about their lives. And if you get that one person who shakes their

head and judges you, walk away; they aren't the kind of people you want in your life anyway.

If you don't own it – you can't fix it. If you don't acknowledge you have a problem, you can't work towards finding a solution. Unresolved issues become anchors which keep us from our greatness, which is the next step up from awesomeness.

No one likes to admit they drink too much or smoke too much or sleep with the light on or are scared to death of never finding anyone to love. No one likes having to shatter the illusions of those who love them – friends, family, lovers, children, or co-workers.

Society tells us being honest with ourselves isn't nearly as fulfilling as creating the illusion of a perfect world. It's a load of B.S., but we buy into it. Let's tell our friends we are doing fine. Let's not tell anyone our husband has walked out, the children are getting into trouble at school, or we are drinking to stop ourselves feeling. Hell yeah, let's simply drag ourselves through another day, pretending we have it all under control.

Darling, just f**king own it. It doesn't matter if it isn't pretty; most stuff isn't. It doesn't matter what anyone thinks of what is happening to you, around you, or with you. This is not about setting yourself up to be judged. Authentic people live happier lives because they don't have to worry about appearing more than what they are.

You need to be honest about your situation. You need to be able to love yourself warts and all. You want to be empowered, look into a mirror and see yourself...really see yourself. Who is this person? What is she running from? What does she need to own or take responsibility for? What is she hiding?

I am under no illusions of how hard it is to admit to yourself you screwed up or you feel you don't measure up or there are things you haven't worked through or things about yourself which you don't like. But you can't change what you aren't willing to see.

How awesome are you? Awesome enough to look in the mirror and say, "I own it, all of it."

I AM THE ARCHITECT OF MY OWN DESTRUCTION

Free will is the ability to choose differently. We can whine about what others haven't done or have done, but more often than not, we are the architects of our own destruction.

Hands up, anyone who has not listened to their inner voice and jumped headfirst into a puddle of regret! Me too! How many of you have entered a relationship and your body has gone, "Whoa, back the truck up – we shouldn't be here," yet you stayed anyway?

We can play 'pin the blame' on our parents, but they stopped being the blame once we stepped outside the door and became adults. We can blame the past, but the past doesn't decide the future; the choices we make in the present do. The devil didn't make you do it; you did it all on your own!

It's the next step in owning your own sh*t – recognizing the things you have done, said and implemented which have brought you to where you are.

You can't do differently, unless you are aware of what you could have done differently.

Awareness is always the key to opening the door to unlimited possibilities. Find out why you always shoot yourself in the foot and self-sabotage.

Figure out why you keep picking people with more hang-ups than you for partners. Stop saying it is just the way it turned out – no, it's not! Is figuring your sh*t out easy? No, it is NOT! If it were, we wouldn't have therapists or psychics.

At some stage, however, we have to look in the mirror as the awesome women we are and go, “Yep, I f**ked that up, didn't I!” Nine times out of ten, when our life train gets derailed, we were the ones holding the steering wheel. We are the ones making the decisions, speaking the words, or not speaking the words, as the case may be. Awesomeness involves some self-awareness.

We have all had the ‘how did I get here?’ conversation with ourselves. Often, we throw others under the bus. “If my partner only did what I wanted, then all of this could have been avoided.” Or, “If my family wasn't so screwed up, I wouldn't be the mess I am.” It is much easier to shift blame than accept it.

So how do we become architects of our own destruction?

Firstly, we stop listening to our soul voice and start listening to our fears, doubts and ego voice. Instead of believing in ourselves, we start believing what others tell us. Instead of leaving the past behind, we drag it into the future. We make decisions when we are emotional, tired or stressed out. The list is endless.

We have all been down paths which have led us to places which are dark and soul-destroying. Then,

once there, we have continued to follow the path because that's all we knew.

Some of us had a 'F**k this shit' lightbulb moment and turned our lives around by making better choices and listening to our soul voices. Some of us are still walking down the dark path, blaming everyone else because they left the door open and we walked through it.

Other people don't create our future – choices do.

We all have choices; even doing nothing is a choice. We choose what we think and we choose what we do. When we start to believe we have no power and there are no options left for us, that is when we get into trouble. Our awesomeness kicks in when we begin to understand how the little things we choose to do every day, in every moment, influence the quality of our lives. Awesome women understand they are not powerless because every moment presents an opportunity to do things differently.

I am the queen of self-sabotage, and it's not until I get out of my head and start listening to my soul voice that I am able to make God decisions. You know, the ones which align with who you want to be and where you want to be.

Awesomeness is brought out by understanding we have the God-given gift of free will. Free will is the key to building a life of purpose and abundance. You can choose to wake up angry at the world – or you can choose to wake up counting your blessings. You can

choose to stay where you are and be miserable – or you can start stepping towards a life of happiness. YOU can be the architect of your own destruction, or you can be the builder of dreams.

It's time to pull up our big-girl panties, throw on our Wonder Woman bra, and start addressing the choices we are making. It's time to recognize our awesomeness, take advantage of this gift of free will, and start building the life we deserve. And you can do it... one moment and one choice at a time.

If you want to lose weight, choose one piece of cake instead of two. If you want a better job, choose to excel at the one you have to show the Universe you are ready for bigger things. If you want to feel happy, choose to think happy and be a joy to be around. Think about all the little choices you make in a day or even a moment. Every one of those choices is laying the foundation for your future. Every word out of your mouth, every thought in your head, and every action you choose to take is, in its own way, pushing you towards a path – which path depends on you.

INHALE THE FUTURE - EXHALE THE PAST

There are women in their 70s who are still dragging the past behind them. They have the same 'if only' list I used to have:

If only my parents had cared more

If only I hadn't been abused

If only I had been loved and supported...and so on

When I hit 40, I realized this was a very convenient list to carry with me. When things got tough or didn't work out the way I had planned, out came the 'if only' list.

But one day I had this 'Grasshopper moment' and realized the list should have read:

If I had believed in myself.

If I had had the courage to take a risk.

If I had loved myself enough.

If I had taken that first step, found help, found solutions.

Somewhere along the line, I should have taken back responsibility for my life and been accountable

for my choices. My parents were not responsible for the choices I made as a 40-year-old woman.

I had taken aboard a whole heap of negative, sucky messages from my childhood about who I was and what I deserved. But I didn't want to end up a bitter 80-year-old woman, full of regrets and blaming everything on what my parents did rather than looking at what I never did.

Awesome women aren't afraid to cut the ties of the past. They aren't afraid to step away from the 'if onlys'. They understand their experiences do not define who they are or what they deserve.

Your parents may have f**ked up, not been there, made poor choices, and given you a shitty start in life. But once you walked out into the big world, the only power they had was that which you gave them. It is easy to find someone to blame; it is easy to shift responsibility for bad choices onto others. It's way harder to own our own sh*t and take responsibility for our lives.

The past can become an anchor which keeps us from fulfilling our purpose – and we all have a purpose on this planet. You can drag your childhood behind you for the rest of your life, or you can cut it loose and create a new reality. You can load up all your emotional baggage and dump it on the next person you find to live your life with, or you can leave it at the next exit.

Exhale the past – inhale the future.

Don't let mistakes you made in your 20s be the reason you can't find happiness in your 40s. Awesome women aren't the ones who never make a mistake; they are the ones who grow and learn, then move on.

The reality is the past ceased to exist a long time ago. The only true moment is the one we are in right now. This moment, and what you decide to do with it, is all that counts.

You can fill it up with the past and leave no room for anything else. Or you can let the past go and, with it, all regrets, fears, and failures. Be awesome, be fearless, fill your moment up with what you deserve and desire, not what hurt and disappointed you.

The past cannot be erased. It is part of your history, but it doesn't have to be part of your future. Let go. Take a breath... exhale the past, inhale the future.

LIFE IS TOO SHORT FOR BAD VIBES

Bad vibes aren't simply a 70s cliché. We have all experienced being around people and situations which give off a 'bad vibe' or energy. Sometimes we will walk into a room and get a sense that something is not quite right, or we will be introduced to someone who makes the hairs on our neck stand up.

Sometimes we get an uneasy feeling when people start gossiping about others or hurt someone intentionally.

Vibes are energy. Energy attaches to people and things. It's how, as a psychic, I can pick up an object and tell you everything about the person it belonged to. It's why you feel drained after someone emotionally vomits all over you.

Negative vibes can suck the awesomeness out of anyone no matter who they are.

Life is too short for bad vibes. You need to surround yourself with people who bring out the awesome in you. People who encourage you to chase dreams and step into your greatness.

Sometimes we let people into our lives simply to fill our lives up. We don't care why they are there, as long as they fill the hole which our loneliness creates. We know they are vampires sucking the awesome from us with each insult, put-down, or sarcastic comment. But what we forget is energy

sticks. Once it is thrown at us, it sticks like mud and dirties our own energy. Then we begin to feel drained, unimportant, and unworthy of anything better.

How awesome you feel is often related to how awesome the people around you make you feel. True awesomeness comes from within, but being surrounded by people with good vibes doesn't hurt either.

Ever sat at a table listening to women gossip about someone, tearing them down to make their own lives seem better? Ever sat at a table listening to women talk about their dreams, plans, and the blessings in their lives? Which energy do you think would lift you up, and which would drag you down?

You can waste a whole heap of time on people and situations which you know aren't good for you. Awesome women are all about the vibe! Let's face it: we all know when something or someone is giving off a bad vibe. Really, we do! We have all had that "I need to get the f**k out of here" feeling. Yet we still hang around people who are bad for us and stay in situations which are no good for us.

We have limited time on this planet, a point lost on youth, but not on those of us who have passed the 50 mark. Time is precious. Awesome women get this and don't want to waste their time wading through other people's negative sh*t or hanging around people who don't want to take responsibility for their lives.

Awesome women refuse to let people emotionally vomit all over them. They support and encourage their friends but don't enable them or keep them a victim in their own lives. They don't engage in pity parties or go down the "all men are bastards" road. They don't blame everyone else for their choices.

It takes an awesome woman to admit, "I screwed up and didn't heed the bad vibes I was getting about a person or situation." Sometimes we can let our emotions overshadow our intuition. Sometimes we want to look for the best in people, not the worst. Sometimes our NEED for something or someone blinds us, and we don't see things and people for what they truly are.

Bad vibes bring our energy down and draw to us the things we don't want. You don't want to be around negative people all the time. You don't want to be stuck in negative patterns of behavior or negative ways of looking at the world. Life is too short to spend it being miserable.

Awesome women create a vibe which says, "I am in love with life." They are someone others want to be around because they focus on what's good in their lives, not what's wrong with their lives.

BLOW YOUR OWN DAMN MIND!

When I held a physical copy of my first book – it blew my mind. How on earth could someone like me have achieved something so awesome as writing a book! Years before, I had blown everyone else's mind by selling up all my possessions and hopping on a plane to Canada with just a suitcase and a heart full of faith.

There are millions of stories of people who have done things they never thought they would. We hear about the 300 lb woman who loses the weight and runs a marathon. Or the cancer survivor who throws in her teaching job and travels the world writing. Or the single mother who goes back to school and starts a multimillion-dollar company. These are women who have blown their own damn minds.

When something blows your mind, it excites, shocks, amazes, or surprises you. So when someone says to you, 'Blow your own damn mind,' they are saying get out of your comfort zone. See what you are capable of, extend yourself, reach for the stars. You will never know what you are capable of until you try.

As a woman, you will always have more awesome inside you than you think you have. But you will never know how much until you push yourself to try new things and meet new people.

Your awesomeness is not meant to be a single event, such as a college graduation, the birth of a child, or a new promotion. You are much more than a

scattering of 'well done me' moments. The only thing that will stop you from having new adventures and trying new things is fear. We have the ability to talk ourselves out of anything but lack the ability to talk ourselves into doing something.

Blow your own damn mind. Do the thing you have been putting off doing. Take the trip you have been planning for years. Go back to school, learn a different language, take dancing lessons, change jobs, step out of your comfort zone and into your awesomeness.

We all need those moments where we go, "Holy f**k, did I just do that?" I am not saying everything you do will end up changing the world. But wouldn't it be awesome if you could rock your OWN world every now and then?

I mean, how on earth are you going to know what you are capable of if you never push yourself beyond your limitations? Maybe you have some hidden talent which you didn't know about. Plenty of people have started painting in their 50s and ended up famous. Maybe something out there will ignite your passion and get you excited about life again. All you have to do is be willing to give it a go, as we Aussies say.

When other people blow our minds, we are in awe of either their talent, courage, determination, or ability to overcome obstacles. We cheer on the woman who survived stage 4 cancer and is running the marathon. We feel pride in the woman who feeds the

homeless while working three jobs. We applaud the single mother who graduates with honors or the young girl who lost her leg but is competing in the Olympics.

Awesome women doing awesome things and blowing our minds in the process. The irony is you are that f**king awesome. Yes, you are. Don't deny it because we all know it's true. You may not see it but it's there and all you have to do is be willing to take a step beyond your comfort zone.

Every day, try something new you have never done before or go for the dreams you have stashed in your pocket. Go on, I dare you – blow your own damn mind!

KNOW YOUR WORTH

If someone asked you, “What are you worth?” what would you say? Seriously, what would you say?

Are you the one who puts everyone else’s needs ahead of your own?

Do you start out with great ideas, then dump them because someone else told you they were stupid?

Do you settle for near enough and second best, because you don’t believe you deserve any better?

Do you give up on your dreams to allow someone else theirs?

Do you speak up when someone crosses your boundaries and treats you disrespectfully?

If we as women cannot see our own awesomeness, how can we expect others to recognize it? If I do not value myself, no one else is going to either.

Do you know your worth – as a woman and a walking miracle of creation? How high is the bar in terms of how you expect others to treat you? A lot of us grew up believing we didn’t deserve things like love or respect or money or even happiness. We were told we weren’t worthy of those things and we bought into the lies.

Nice girls don't argue; they submit. Women aren't meant to have opinions. Your needs aren't as important as everyone else's. I had someone push up into my face once and say, "Who the hell do you think you are?" The expectation was that I would get back into my box, know my place, and life would go on.

But instead, I responded with, "I am someone who deserves better than this." I said it – I believed it – then I began to live it. Once you know what you deserve, you can start living your life differently.

Once you believe you deserve to be happy, you will pull things into your life which make you happy. Once you believe you deserve better, you will raise the bar and expect people to treat you better. Once you believe you have something valuable to add to the conversation, you will find your voice again. Once you believe your dreams are important, you will go after them.

It's hard to bring the awesome out when you don't believe you have value. What are you worth? I know you are worth the effort. I know you are a walking miracle of greatness, deserving of abundance in all of its forms. Not because of what you are, but simply because you were born.

No one is more worthy than someone else. We all deserve love, happiness, and abundance. Just because someone TOLD you that you didn't deserve it doesn't make it true!

Self-esteem is your God-given birthright – you heard me. No one can take the awesome from you – no one. You were born lovable. You were born all cute and cuddly. You came into a world which was created for you. Your worth is not determined by someone else; it's determined by what you BELIEVE about yourself. Awesome women know their worth.

THINK LESS LIVE MORE

Women think lots. We worry about what others are thinking about us, we stress over what our futures will look like, we even think about stuff that doesn't belong to us! Sometimes in our push to be our best awesome selves, we marinate ourselves in thoughts.

You can't not think, unless you are a Tibetan monk which I am not. But you can choose what you think about and how long it stays in your head for.

Arguments are a perfect example. How many people carry on a conversation in their head, with a person, who has long left the room? How many keep that conversation going for days even weeks?

You could say to yourself, "I am letting go." Grudges are anchors which keep us from our best selves. You could resolve things when they happen so you don't have to carry them in your mind all day.

Think less – live more.

Easier said than done. Most of us are already into the next day before the day we are in has ended. We are compiling to-do lists, penciling in appointments, and barely giving the present moment a passing glance.

Trying to let go of thoughts simply brings more in, because most of us don't like letting go of control. It is not easy to let go of tomorrow. We like our worlds to run like clockwork, for things to fall into place as

they should. We like organization. The problem is the only moment we are guaranteed is the one we are in. And if we are simply walking through it without paying attention, then we are missing out on moments where memories could have been made.

I always tell people, “The things you will take into your next life after the last breath are all stored in your heart, not your house, head, or garage.” People who know they are dying know the importance of the moment they are in. People who aren’t dying tend to pay little attention to it.

Think less – Live more.

Awesome women know they don’t have to be supermoms or Wonder Women. They know how to switch off and let the world rotate without them. They are not afraid to stop mid-flight, take off their shoes, and splash in the puddles. They can let tomorrow go in favor of today, and they don’t need to drag the past behind them. They know the dishes in the sink can be left for a day and that when their children drag them into the lounge to play forts, there is a memory about to be made.

Live more – become fully immersed in the moment you are in. Give your full attention to that someone or something which is here right now. Use your senses to taste, smell, touch, hear and see what is going on around you.

Live more – let tomorrow go; it will come soon enough. Stay in the present moment and treasure it as

the gift that it is. Take an extra minute to listen to your child or partner. Stop and listen to the song on the radio which reminds you of your first date. Remind yourself not to hold your breath, to let it go, and breathe in the white light of divine creation.

Being awesome is NOT about being perfect. You are going to have moments of endless thoughts – it's a given. Awesome women don't beat themselves up for being human. It takes practice and awareness to be fully awake in the present, or now, moment. But the more you do it, the more color you will add to those moments.

When you live more and think less, the people around you live more and think less. It's a proven fact that awesomeness can rub off on others. When you engage others on a deeper level, they will respond in ways you could never have imagined.

Don't skim through life, barely touching the surface because you are caught up in what will happen tomorrow or what happened yesterday. This moment right now requires your attention. Get out of your head and into your life. Make each moment your new best friend; hug it, love it, and never let it go.

AW HELL NO!

How awesome would it be if we, as women, could say “no” without feeling guilty about it!

“No, sorry, I’ve got to fill my own self-care tank today... maybe I can help you out next week!”

“No, I can’t add any more commitments to my month – but good luck with the project!”

“No, I can’t; my family has to be the priority right now.”

But we don’t say ‘no,’ do we? We say ‘yes’ because we are taught that saying no means we are either selfish, uncaring, or simply a bitch.

We overcommit and overdo it. Our head says, “You know you are going to regret this.” Our soul whispers, “Say no,” but the old tapes we grew up with say, “Say yes, they won’t like you if you say no,” or, “Say yes so they don’t think you are a selfish cow.”

Aw hell no!

Saying no doesn’t make you an uncompassionate, heartless bitch. What it makes you is someone who knows their boundaries, values themselves, and understands that self-care is as important as helping others.

Saying ‘yes’ all the time to someone, even when you want or need to say no, is called... wait for it –

enabling. The friend who continually borrows money will never learn how to manage theirs if you keep putting your hand in your pocket. The teenage child who leaves their clothes all over the floor will never learn responsibility if you keep picking up after them. The sister who dumps the preparations for the family reunion on your lap will always do so if she knows she can guilt you into it.

But what really happens when we don't say 'no' when we really want and need to say 'no'?

Well, if we continually push ourselves, we could end up sick, and then we will be no good to anyone. If we rush around trying to fit everything in, we could end up having an accident or causing one. If we keep doing for others what they should be doing for themselves, we aren't honoring their journey. We might even be preventing them from learning and growing.

We need healthy boundaries and healthy boundaries are tied into the ability to say 'no' every now and then.

When your house becomes a B & B for stray relatives, it might be time to back the truck up and say, "I love you, BUT you can't come and stay this week." When your friend, for the 20th time this month, bails out of carpool but still expects you to pick her children up – it's time for a 'no' boundary.

Saying no does not make you a bad person. Saying yes when you really mean no is way worse, as then you are adding a lie to it.

Have you noticed we also have a need to tell long stories about why we can't do things when we are trying to say 'no'?

"I am really busy; you know how it is. The kids have practice, the dog needs to go to the vet, and I am swamped at work."

"I would love to but my third cousin twice removed is coming this weekend and you know how it is."

F**k that. Being awesome is about not having to make up some lame excuse for why you can't do something. I can't do it – sorry. Short, sweet, and to the point. Here is the thing: people who respect your boundaries will go, "Okay, no problem." Friends who value your friendship will go, "No worries, I will find someone else."

No one should do something out of guilt. We should help people out of compassion, maybe kindness or because we have the time and energy to give and we WANT to help.

Awesomeness is saying 'no,' stepping back, and being okay with it. It's not about being racked with guilt the next time you see the person or hiding behind your curtains because you don't want them to know you are home. The ability to say no without guilt

is vital to your spiritual, physical, and emotional well-being!

IT'S NOT ABOUT AGE IT'S ABOUT ATTITUDE

Some of the most awesome women I have met have been in their 90s. Awesome doesn't have an expiry date.

Age might slow you down but it shouldn't stop you from chasing dreams and climbing on rainbows. 90% of what we achieve comes from what we believe.

If we believe dreams die after a certain age, then die they will. If your mindset is I can't – then you won't. It is far easier to talk ourselves out of things than it is to talk ourselves into things.

Society has a list of stereotypes we are all meant to conform to.

Don't dress a certain way after you turn a certain age.

Don't act a certain way after you turn a certain age.

Don't do this and don't do that and heaven forbid if you should challenge these preconceived ideas of what women should and should not do.

It's not about age; it's about attitude. If you are 90 and you want to dye your hair pink and wear high-heeled boots, then why the hell shouldn't you! Life is about creating moments of happiness and joy, and if

being out of the norm floats your boat, I say go for it! As long as you are doing it for the right reasons and are not hurting anyone in the process, then it's your God-given right to get a tattoo of Dr. Phil on your left butt and hike through the Amazon forest!

Sometimes we get caught up in the expectations of others. Oh well, you are thirty now; the biological clock is ticking, better get to it. Oh well, you are forty now; time to plan for your retirement and get those government bonds. Oh well, you are fifty now; time to pull on the grandparent hat and put those dreams away. Oh well, you are sixty now; time to slow down and recognize you are beyond your prime. Oh well, you are seventy now; better look into the old people's homes to save your place. Oh well, you are eighty now; death is just around the corner, so start planning your funeral and who you are going to leave the good china to!

Yes, age wearies our bodies and it may slow down our minds but it is our minds which determine if our dreams live or die.

Are you slowly dying inside? Are you using age as a cop out to not step outside of your comfort zone and do all the things you have dreamed of doing?

I am not advocating jumping out of planes, although I have seen 100-year-old women do tandem jumps. I am not saying you need to dye your hair purple and join the Hells Angels because you have turned 50 this year. All I am saying is don't become old before your time. Don't use age as an excuse not to

get fit, not to dream big, or not to do the things you have always wanted to do.

It's not about age; it's about attitude. You can have the attitude that your life is over at 40 and it's all downhill after you have children or after you retire. Or you can wake up, kick some arse, and get your act together.

Age is probably the biggest comfort zone we have. We use it constantly as an excuse to not do the things our souls are yearning to do. What about you? Are you old before your time?

WHAT IF IT WORKS

Those of us who don't believe in our awesomeness at times get caught up in our what-ifs. What if I get the job and I don't like it? What if I go out with them and start to fall in love and they bail on me? What if I go after my dreams but it doesn't work out?

It is much easier to find a negative than a positive. I mean what if you get the job and it turns out to be your dream job? What if you fall in love and live happily ever after? What if you chase your dreams and wonderful things happen?

Fears creep up on us particularly if we are going out of our comfort zone. What better way to convince ourselves we should stay where we are than to predict the end of the world!

Don't get me wrong; sometimes sh*t will happen. But part of being awesome is taking a chance and living with no regrets.

What if...

What if you believed in your awesomeness... what if you trusted yourself to take a chance? No one wants to take the last breath wondering what could have been.

You do not want your what-ifs to turn into "I wish I had..."

What-ifs are predictions which come more from the stories we tell ourselves than from any facts. It's one thing to figure out what the possible consequences of our choices may be, but quite another to dive into a river of worst-case scenarios.

Our ego minds are very good storytellers, often taking things and blowing them way out of proportion.

Like the time we wanted to leave our shitty job and follow our dreams, but didn't because:

What if our new boss might turn out to be an arse?

What if we don't get on with our new co-workers?

Or what if we screw up or can't do the job?

What-ifs are the anchors which keep us from truly finding our purpose in life. There are always going to be what-ifs – there are no guarantees in life. But you will never truly know what might have been if you allow the what-ifs to prevent you from stepping out of your comfort zone and taking a risk.

To stand in your awesomeness is to recognize that life is not without risk. But aren't you worth taking a chance on? If you are not happy where you are, if you know there is something bigger out there for you – why let your fears stand in your way?

There is also such a thing as a self-fulfilling prophecy. It's where we actually manifest what we

don't want by directing all our thoughts and energy towards it. What if he leaves me... what if it doesn't work out... what if I can't do it?

What if... is a doubt... a fear. Awesomeness is when you have fears and doubts, but you trust and do it anyway. It may not work out, but you know you will learn and grow from the experience and be a better person because of it.

When you find your ego self telling stories and throwing up what-ifs, say out loud:

BUT what if it does work out!

NEVER WALK BACKWARDS

We have to keep moving forward towards something if we are to truly live a fulfilled life. This could be a goal, a dream or the end of the rainbow.

How many of us have been in a shitty relationship, taken two steps forward and then been dragged back by promises of good behavior and undying love?

How many of us have hit a roadblock chasing a dream and given up, running back to the place we just left?

How many of us are tied to the past? How many of us keep reliving it?

You have to let your awesomeness guide you towards the life you were born to live. Don't let your fears and doubts bring you back to the dark places you left behind. Don't look backwards to what was but forward to what can be!

Manifestation is taking a step each day towards the life you wish to create. Yes, you will make mistakes and there will be obstacles, but at least you are moving toward something. I know the easy option is to run back to the safety of the familiar, because there is a certain comfort in knowing what each day will bring – even if it's negative and unfulfilling. BUT the more awesome option is to keep moving forward with faith and a belief in yourself and the Universe.

It's a well-known fact that sharks have to keep moving to keep the water flowing through their gills; if they don't, they slowly die. As spiritual beings, we are no different – we have to keep moving toward something, we have to keep belief and hope flowing through our hearts, or we die a slow spiritual death inside.

It is much easier to get up every morning and be positive when you are moving toward a dream or a goal. Happiness tends to grow in a heart which is full of purpose. Confidence will grow in a mind which is seeking answers and solutions, not dredging up regrets and disappointments of the past.

It is much easier to take the next step if it is leading you toward something rather than away from something. I always say, "When you leave a person or a job or whatever, it should be because you are running towards something, not because you are running away from something."

How awesome would it be to wake up and know the next step you take is going to help you fulfill your dreams and create the life you deserve?

How awesome would it be to wake up and know where you are going and to have that sense of control over your destiny? Pretty darn awesome!!!!!!

There will be days when you may take one step forward and two steps back. We all have them. BUT you should never assume this means you are being pushed back from where you want to be. If you keep

holding onto your dreams and the belief that you can do it, that faith will hold you steady and prevent you from slipping back into negative thoughts and bad choices.

Every step you take will bring you a lesson, a gift of learning, even the ones which appear to take you backwards. Every step is a piece in a bigger picture the Creator may not have revealed to you yet. Don't let fear stop you, don't let the voices of others stop you, and don't let a few bad days stop you.

You know you are awesome enough to keep moving forward. You've got this – the Universe has your back!

NOTHING IS WORTH MORE THAN THIS DAY

As a Medium, I know more than anyone else how true this statement is. Mother Teresa said it perfectly: “Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.”

We are a society which moves onto the next moment before we have even noticed the one we are in. The next day, month, or year is perfectly planned out. In our heads, we are already onto the next appointment, the next task, the next thing we need to do!

The day, the moment we are in, gets forgotten. Nothing is worth more than this day. You won't get it back; once it is gone, it's gone forever. And trust me, the older you get, the more important those moments you let escape are.

Awesome women want their days to be as full and meaningful as possible. They know how much is missed by allowing yourself to be dragged into the past or pushed into the future.

THIS day is the day your dreams begin.

THIS day is the day you create those precious memories to be stored in your heart and brought out on the days when the world seems against you.

THIS day is the only day you are guaranteed to have. Tomorrow may not arrive!

Today you have an opportunity to tell someone you love them.

Today you have an opportunity to say all those things you have been wanting to say. "Seize the moment!" I see people all the time who say, "I wish I had told Dad how much his support meant before he died," or, "I wish I had spent more time with my mother before she got too sick."

Nothing is worth more than this day....

The argument you had with your boss yesterday isn't worth giving today up for.

The long to-do list you have tomorrow isn't worth giving today up for.

The regrets you have about things not accomplished aren't worth giving today up for.

The past isn't worth giving today up for.

Live fully today. Fill your moments up with as much laughter, happiness and joy as you can find. Be kind, compassionate and loving to as many people as you can.

Value each moment as if it were your last – because it may well be. Value each breath as a God-given opportunity to do what you were put on this

earth to do. Ask yourself constantly, “Am I honoring each day as the gift it is?”

Be awesome in every second of every day. Don't wait for a someday to come... make this day your day! Make this day count! Don't be like the people I see who are so busy complaining about the past or living in the future that they forget to be fully present in the now!

Even in our darkest hour, there lies an opportunity to find gratitude for something. Even on our worst days, there is always an opportunity to walk towards better days. At the end of each day, do a mental inventory:

What did I do today which brought joy?

What did I do today which brought others joy?

What memories did I create to store in my heart for the journey home?

Did I give this day the attention it deserved?

Make your days count because they won't ever come back again!

I BELIEVE IN ME

You can have 1,000 people who believe in you, but if you do not believe in yourself, nothing will change. I tell women all the time, “If you could see what I see when I look at you, then you would never doubt yourself again!” BUT unless they truly believe in their awesomeness, truly see the woman I do, my words will fall away and disappear.

Until you see the magic you hold within, it will be impossible to move mountains and reach the stars. Belief brings with it the power to change the world.

It doesn't matter what others believe about you – it only matters what you believe about yourself.

I believe I have what it takes to get the job done.

I believe I can overcome my fears and take the next step.

I believe there is nothing I can't achieve with the right tools and mindset.

You have to believe in yourself, in the divine miracle of creation that you are. The Creator didn't make one person awesome and go, “Okay, I am done now.” There is a seed of greatness within every human soul. Everyone has the potential to create a life of magic and beauty.

It's nice when people compliment us and become our cheering squad, but unless we have the same belief in ourselves as they have in us, nothing will change.

One thing women do not do well is pat themselves on the back. We don't do it because we are brought up to believe 'nice' girls do not stand out but blend in. BUT a pat on the back is necessary if we are to build confidence and belief.

I stepped out of my comfort zone – pat on the back and a well done me.

I spoke my truth and stood up for myself – pat on the back and a well done me.

I took a small step towards my dreams – pat on the back and a well done me.

I faced my fears and did it anyway – pat on the back and a well done me.

What you are doing is watering the seed of greatness/awesomeness within you. If you want a seed to grow, you do not neglect it and assume it will just grow without help. NO, you nurture it with tender loving care.

You pull out the weeds around it:

I don't believe I can get the job – pull the weed out.

I don't believe I will ever find someone to love me – pull the weed out.

I don't believe I can get past this obstacle – pull the weed out.

You feed the seed with words which will help it grow strong and healthy:

I am strong enough to walk through any storm.

I am fearless.

I can build the dreams I hold in my heart.

I love myself enough to want the best for myself.

I BELIEVE IN ME

It's not egotistical to honor the divine miracle of creation you are. Your new mantra should be: this little light of mine, I am gonna let it shine. Because when you believe in the woman you were created to be, you inspire those around you to believe in their awesomeness.

By believing in yourself, you teach people how to treat you. You have a clear message of, "I deserve your best, not your worst."

Belief is not a static thing. It is something we have to work on constantly. We have to learn to let the hurtful words of others roll off us and disappear into

the wind. We have to learn to listen to our soul voice instead – the voice of the Angels and the Creator.

Self-belief arises when we truly GET that there is a reason we are on this planet – a purpose we have yet to fulfill. We do not need to be perfect; no one is. We will have weaknesses and strengths; everyone does. But we were born to manifest a life of abundance, every one of us.

I am a Psychic/Medium, so listen to me when I say, “If you could see what I see when I look at you – you would never doubt yourself again!”

I believe in you... now I need you to believe in you.

I AM NOT HERE TO BE AVERAGE I AM
HERE TO BE AWESOME!

When people say to me, “You are awesome,” I don’t go, “No, I am not, but thanks anyway.” I stand tall and go, “Why, thank you!”

When people compliment me, I don’t shy away from my awesomeness and refute what they obviously see in me.

Letting your light shine doesn’t dull the light of others, it allows them to see what is possible if you believe in yourself.

Yes – you are that F*cking awesome!

Be proud of your achievements, be your own cheering squad, pat yourself on the back, and yell to the Universe, “Well done me!”

Being awesome isn’t about being perfect. Awesome women have been known to burp, fart and forget to pick the kids up from school. Awesome is walking through your fears despite being scared shitless. Awesome is waking up every morning and doing what needs to be done, even though you would rather be on a beach on a deserted island somewhere.

Awesome is being the best version of you. Awesome is the moment you realize, “F**k yeah, I’ve got this!”

Awesome is the moment you are able to look at your reflection in the mirror and truly love the person who looks back at you.

Awesome is when you don't care anymore what others think about you and start living your life according to what you were put on the planet to do.

Awesome is understanding who you are and what you want and going after it.

We all have women friends we look at and go, "Oh my God, I wish I was like her!"

"She is so strong, or so smart, or so calm, or so fearless."

You are like her; you simply haven't realized it yet. Your awesome may have gotten covered in untruths and hidden behind unhealthy stories you have told yourself – but it's still there!

I can't uncover it for you. I can only tell you about it. YOU are an incredible woman of unlimited potential. Even on your worst days, you have the ability to be truly awesome! Not perfect, but f*cking awesome!

Go look in the mirror, see the woman I see, and let me hear you say it out loud:

YES, I AM THAT F*CKING AWESOME!

If you enjoyed this book or received value from it in any way, then I'd like to ask you for a favor: would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

[Leave \(review\) here](#)

ABOUT THE AUTHOR

Robin Roberts is an Australian Psychic and Medium currently residing on Vancouver Island off the coast of British Columbia, Canada. Over the last 30 years, she has sought to bring what she terms 'simple wisdom' into the lives of the people who come to her. She hopes, through her writing, to lead people to the corners of their souls so they may rediscover the people they were born to be. As a Psychic, she offers a unique perspective on personal transformation and the challenges facing all of us.

Find out more at robinrobertspsychic.com

