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YOUR BRAND MANAGER

"Self-care, because you are Brave, Evolving, Empowered, Exceptional & Revolutionary...and because you deserve it."

I AM a messenger of love sent here to remind you to stand tall in our authentic brilliance. Why? Because you are worthy. Knowing your value shifts your intention. Clarity about your life's purpose, changes how you move through life. When you are clear about who you are, your brilliance becomes evident. Being authentic transforms the possibilities. As your confidence grows so do your expectations. Be brave, expect more. Expect excellence.

Loving yourself teaches others how to love you. Be empowered, it teaches people how to treat you. Reimagine living a life of calm, joy, love, and fulfillment. **Visualize a life where you are brave.** One where you live in awareness in order to evolve. Imagine the extraordinary life you can have if you healed from trauma, relieved of unnecessary stress, and unburdened by unrealistic responsibilities. You are worthy. You are an exceptional human

I could list a lot of words to make me look "important" and "successful," but that is not why I am here. What you really need to know about me is, I don't claim to be a "guru." I just love my tribe. I intrinsically care about people, women - women of color. I am committed to each of us loving ourselves, and each other so we can all live free. I want women to have the freedom to be authentic in all the spaces they enter. I want women to thrive in any and every way that brings them satisfaction. I want women to prioritize self-care, master self-love, and grow in joy.

So, no matter the role I'm in, speaking, leading a workshop, writing books, managing my business, or mentoring the next generation of dynamic leaders, please know that is all in service to the same thing...**Women Empowerment.** Together, we are revolutionary.



Emotions that speak to me today

Acceptance

Admiration

Adoration

Affection

Afraid

Agitation

Agony

Aggressive

Alarm

Alienation

Amazement

Ambivalence

Amusement

Anger

Anguish

Annoyed

Anticipating

Anxious

Apathy

Apprehension

Arrogant

Assertive

Astonished

Attentiveness

Attraction

Aversion

Awe

Baffled

Bewildered

Bitter

Bitter sweetness

Bliss

Bored

Brazen

Brooding

Calm

Carefree

Careless

Caring

Charity

Cheeky

Cheerfulness

Claustrophobic

Coercive

Comfortable

Confident

Confusion

Contempt

Content

Courage

Cowardly

Cruelty

Curiosity

Cynicism

Dazed

Dejection

Delighted

Demoralized

Depressed

Desire

Despair

Determined

Disappointment

Disbelief

Discombobulated

Discomfort

Discontentment

Digressed

Disgust

Disheartened

Dislike

Dismay

Disoriented

Dispirited

Displeasure

Distraction

Distress

Disturbed

Dominant

Doubt

Dread

Driven

Dumbstruck

Eagerness

Ecstasy

Elation

Embarrassment

Empathy

Enchanted

Enjoyment

“Believe. You’re brilliant.”





Emotions that speak to me today

Enlightened	Helpless	Loathing
Ennui	Homesickness	Lonely
Enthusiasm	Hope	Longing
Envy	Hopeless	Loopy
Epiphany	Horrified	Love
Euphoria	Hospitable	Lust
Exasperated	Humiliation	Mad
Excitement	Humility	Melancholy
Expectancy	Hurt	Miserable
Fascination	Hysteria	Miserliness
Fear	Idleness	Mixed up
Flakey	Impatient	Modesty
Focused	Indifference	Moody
Fondness	Indignant	Mortified
Friendliness	Infatuation	Mystified
Fright	Infuriated	Nasty
Frustrated	Insecurity	Nauseated
Fury	Insightful	Negative
Glee	Insulted	Neglect
Gloomy	Interest	Nervous
Glumness	Intrigued	Nostalgic
Gratitude	Irritated	Numb
Greed	Isolated	Obstinate
Grief	Jealousy	Offended
Grouchiness	Joviality	Optimistic
Grumpiness	Joy	Outrage
Guilt	Jubilation	Overwhelmed
Happiness	Kind	Panicked
Hate	Lazy	Paranoid
Hatred	Liking	Passion

"Believe. You're brave.





Emotions that speak to me today

Patience	Scared	Surprise
Pensiveness	Schadenfreude	Suspense
Perplexed	Scorn	Tenderness
Perservering	Self-caring	Tension
Pessimism	Self-compassionate	Terror
Pity	Self-confident	Thankfulness
Pleased	Self-conscious	Thrilled
Pleasure	Self-critical	Tired
Politeness	Self-loathing	Tolerance
Positive	Self-motivated	Torment
Possessive	Self-pity	Triumphant
Powerless	Self-respecting	Troubled
Pride	Self-understanding	Trust
Puzzled	Sentimentality	Uncertainty
Rage	Serenity	Undermined
Rash	Shame	Uneasiness
Rattled	Shameless	Unhappy
Regret	Shocked	Unnerved
Rejected	Smug	Unsettled
Relaxed	Sorrow	Unsure
Relieved	Spite	Upset
Reluctant	Stressed	Vengeful
Remorse	Strong	Vicious
Resentment	Stubborn	Vigilance
Resignation	Stuck	Vulnerable
Restlessness	Submissive	Weak
Revulsion	Suffering	Woe
Ruthless	Sullenness	Worried
Sadness	Suspicious	Worthy
Satisfaction	Sympathy	Wrath

"Believe. You're evolving."





Emotions I'm proud of feeling today

"Believe. You're empowered.





Emotions that need my
attention today

"Believe. You're exceptional."





Morning Gratitude

Date: _____

Today I want to feel...

Today I will spread kindness by...

3 things I'm grateful for today are...

"Happiness is a habit."





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