

## **Boss Lady Grind's Tactics to Self-Empowerment While on your "Career Minded Entrepreneur Journey"**

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So, I wanted to achieve Self-Empowerment while on my journey. I wanted a clear vision, a new "attitude" and daily tactics to help me get to where I was going. Enter the Land of personal/self-empowerment. So you want to know how I did it. Assess granted! Well, here are my steps to bringing life to Boss Lady Grind. If you follow these simple steps I assure you, you will see the difference pronto!

First off I learned that a self-empowered individual does not let go of the power as the expert of self. The main characteristic of self-empowerment is peace.



### **Move in the Now Era "Stop nursing old wounds"**

To reach our highest potential in anything we have to learn to let go! Forgiveness is not for the other person it's for us. So in order to move toward your destiny you have to move past last week, last year or yesterday's valley. A great Book I read and audio is *"Who Moved My Cheese"* this book is an excellent resource to help you get own and over. I highly recommend it. Because holding on to things will not help you move forward in your journey, it will do the reverse hinder your peace.

### **I Got a New Attitude! Check your Mindset**

Dwelling on negative loss, let downs, and business aspirations will put your mind in the gutter, so try this instead. Also, dominate your thoughts will positive affirmations and habits, keep all the negative stuff out. Because whatever we think becomes us and our thoughts become our life! So the next time negative pops in your little pretty head, SHUT it down, ASAP!

Next,

## Identify Your Own Ability

Recognizing who YOU are, is crucial in where you get your power. Once you IDENTIFY your PASSION and what really drives you (abilities) you can and will achieve the ultimate Self-empowerment you are seeking. It will all come full circle. So, Identify and embrace the strengths, gifts and talents. ***You know, the things you are good at.*** ONCE, THIS IS DONE ACKNOWLEDGE IT, IT WILL SPEAK VOLUMES TO THE UNIVERSE.

## Did I say Relax?

Aww, we all need to relax, relax, and relax. Are Do we? YES we do! Take time out of the hustle, grinding and nonstop social media, and emails and just.....RELAX. I great way to start id take 5 minutes out of your daily routine and meditate. I initially thought this is a waste, but after continuously taking time out to clear my mind, it hit me. This was exactly what the doctor ordered. I can't say enough about relaxing and shutting out the daily tasks and meditate for 5-10 minutes. I found you can join Meetup groups in your area to join other people after or before your daily grind, most are free or only a few dollars to join. Also, you can do this at home, before your day begins or in your office. Nether less to say, take time out to relax and connect with self and nature, your attitude improves and your nights are more restful. Studies have shown that, meditation decreases the levels of the stress hormone cortisol.

## Take Responsibility

Take responsibility for you and your destiny this will stir the way to be empowered and independent. Don't let anything or anyone deter you! **Boss Lady Grind's Moto is "The Only Way to the Top is to get off your Bottom"**

## **BONUS: You are Awesome Share it!**

This sounds so obvious, yet most of us don't share what you know with others. Knowledge is Key and to share it with other individuals allows other people to see how great you've become and most likely will ask HOW CAN I GET WHAT YOU GOT! You tell them, check out Boss Lady Grind's Empowerment sessions. **Peace, Love and Happy Grinding.**

## **Boss Lady Grind's**

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**EMPOWERED**