



YOUR IMPACT
— IS YOUR —
SUPERPOWER!
(No spandex suit required.)



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**Get Up
And
Dance!**





Welcome!



**Willing
And
Able**

Able



Willing



Ever try to give another
woman a compliment?

*You're like
really pretty*

Knowledge is Power.



If I told you...

**You HAVE the power
to do more, be more, and
impact more people.**

How would you feel?

Potential vs Power



You are
destined
to make
an impact!



4 things to Take Back Control and Grow Our Impact

- Be Willing to Change
- Embrace Hard Things
- Be Your Own Superhero
- Take the Risk



what you seek
is seeking you

Change is
Not going
anywhere.



Let's Play
a Game!



A pair of hands is silhouetted against a vibrant sunset sky, with the fingers curled to form a heart shape. The sun is positioned directly behind the heart, creating a bright, glowing effect. The sky is filled with soft, horizontal clouds in shades of orange, yellow, and blue.

Look for the Why.



“The most important thing a man can take into battle is a reason why.”

-- Movie, 12 Strong

My
“WHY”
Was
Clear.



A close-up photograph of a Black woman with curly hair, smiling warmly at the camera. She is holding a young child with curly hair, who is also looking towards the camera. The woman is wearing a green sweater, and the child is wearing a yellow sweater. The background is a soft-focus outdoor setting with trees and foliage, suggesting a park or garden. The lighting is warm and natural, likely from sunlight.

**What
Is Your
Why?**

Embrace Hard Things





The Dojo

The Place of the Way.

3 Thoughts on Conquering the Dojo

A close-up, slightly blurred photograph of two martial arts practitioners. They are wearing white gi (uniforms) with orange belts. The focus is on the belts and the lower part of the gi, with the upper bodies and faces out of focus. The background is a soft, out-of-focus indoor setting, likely a dojo.

- **Courage.**

The willingness to try new things.

- **Grit.**

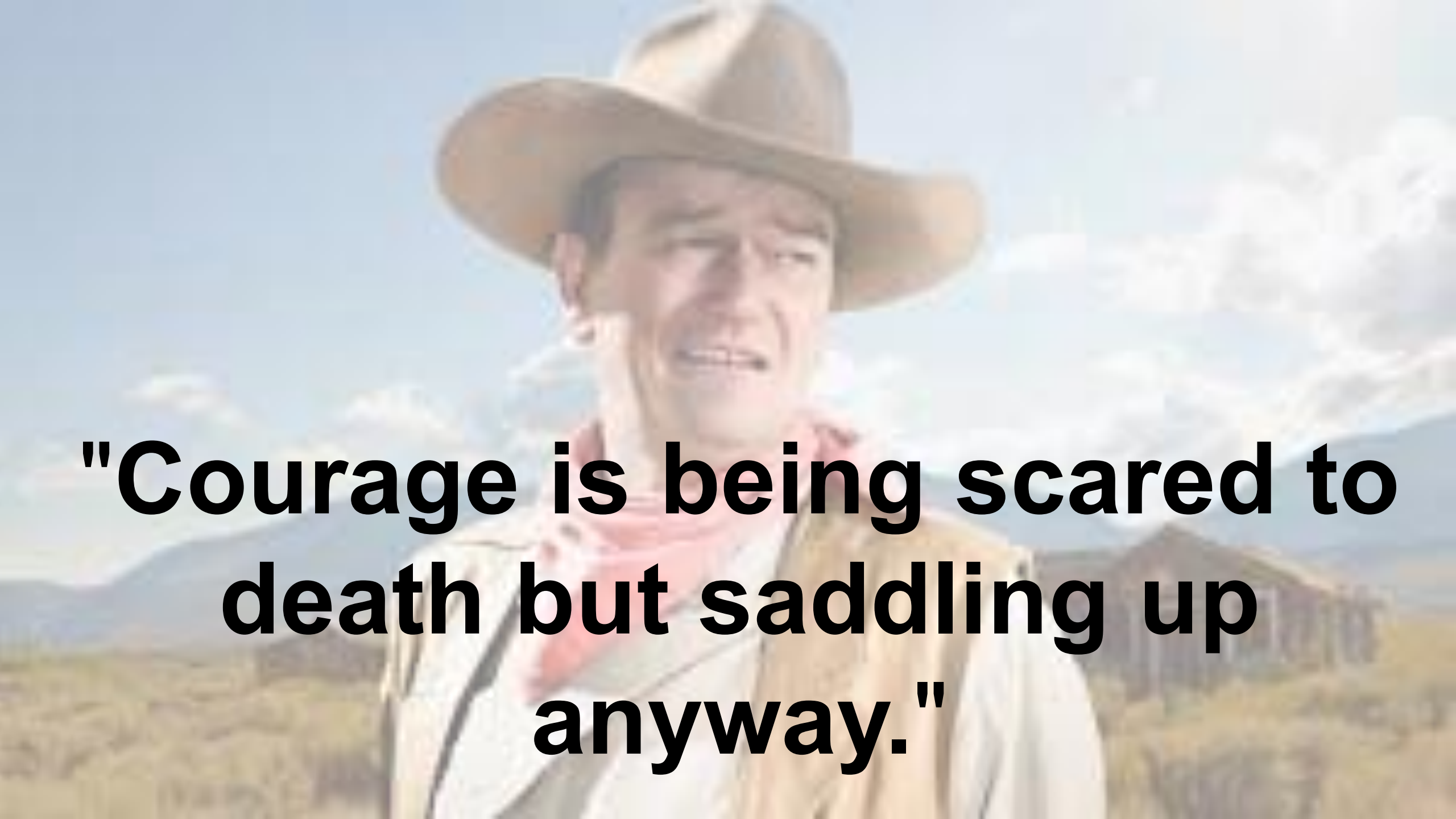
We persevere even when it gets hard. (And it will.)

- **Choice.**

Choose our attitudes and actions throughout.



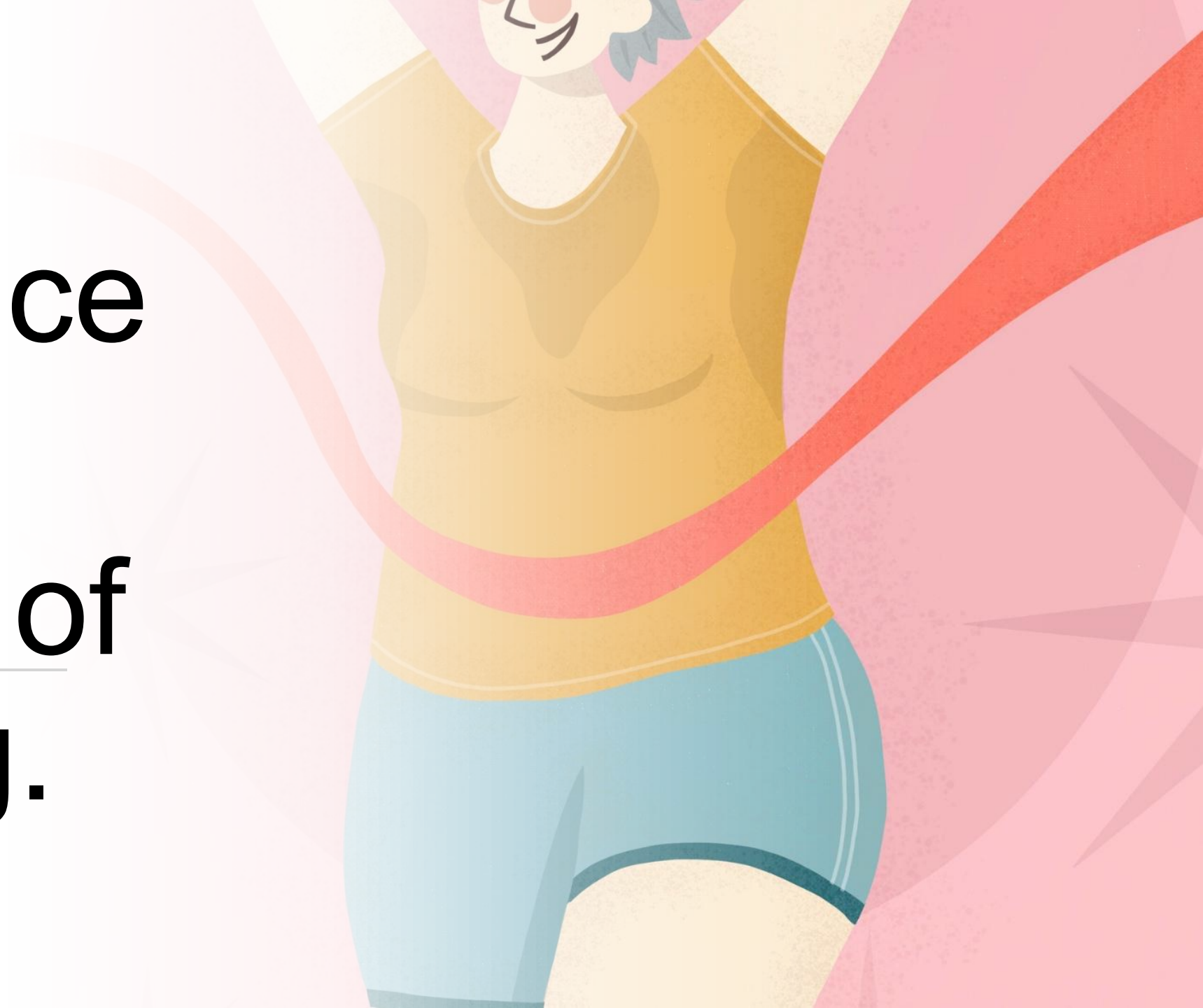
Have Courage Not confidence.

A man wearing a brown cowboy hat, a light-colored shirt, and a tan vest with a pink scarf. He has a pained or distressed expression on his face. The background is a blurred outdoor scene with mountains and a wooden building.

"Courage is being scared to death but saddling up anyway."

—

Confidence
is the
memory of
winning.



Grit.

We keep going.

Nothing breaks us.





Our attitude and actions
Are a **CHOICE**.





Crab Mentality



Actions are How you Respond

Being Flexible
Continue to Grow
Stay Relevant



You CAN
Do Hard
Things.
You ARE
Powerful.



YOU are Thumb-body!





Who is
YOUR
Hero?

My Handsome Hubby!

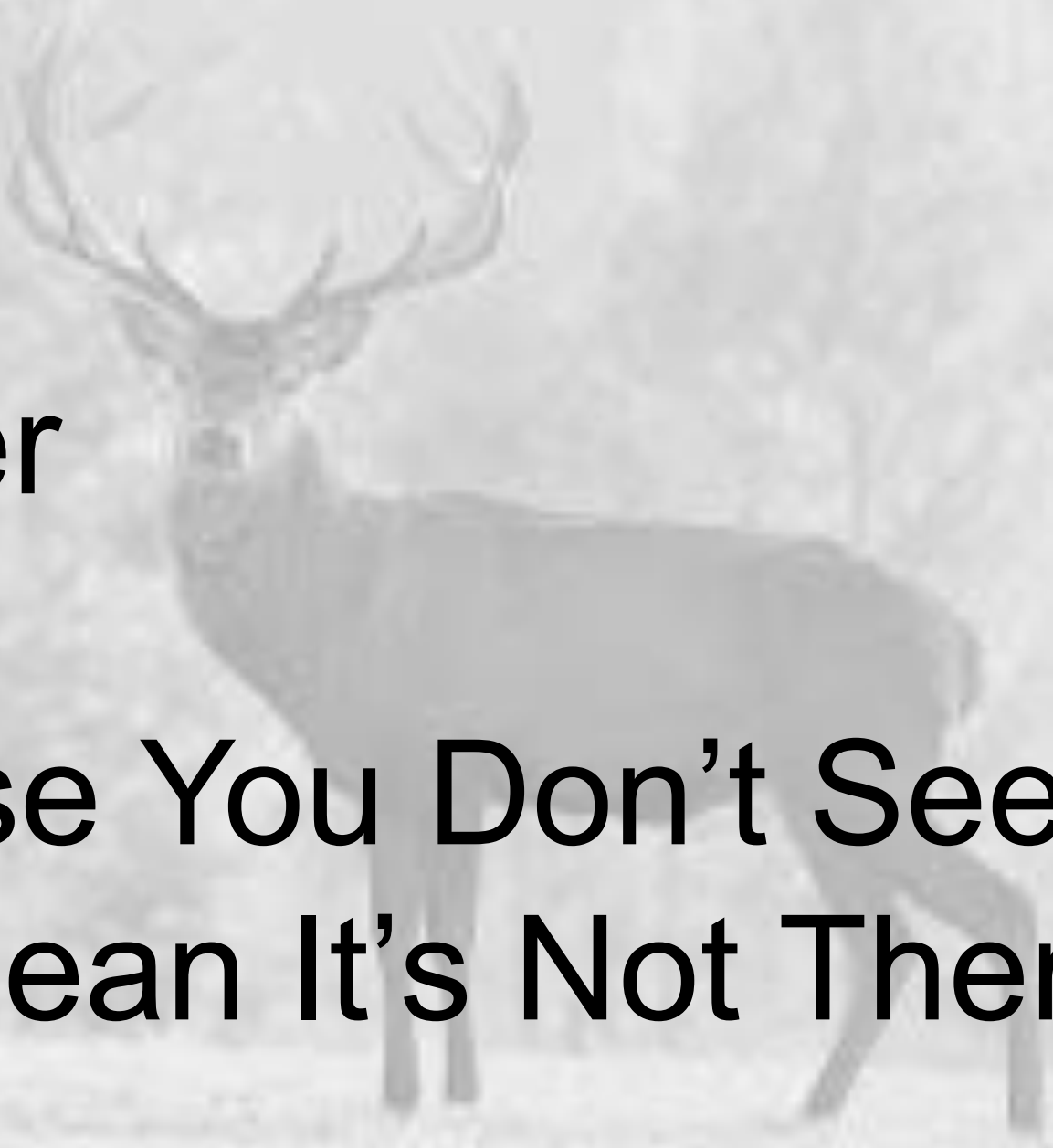




Be Patient

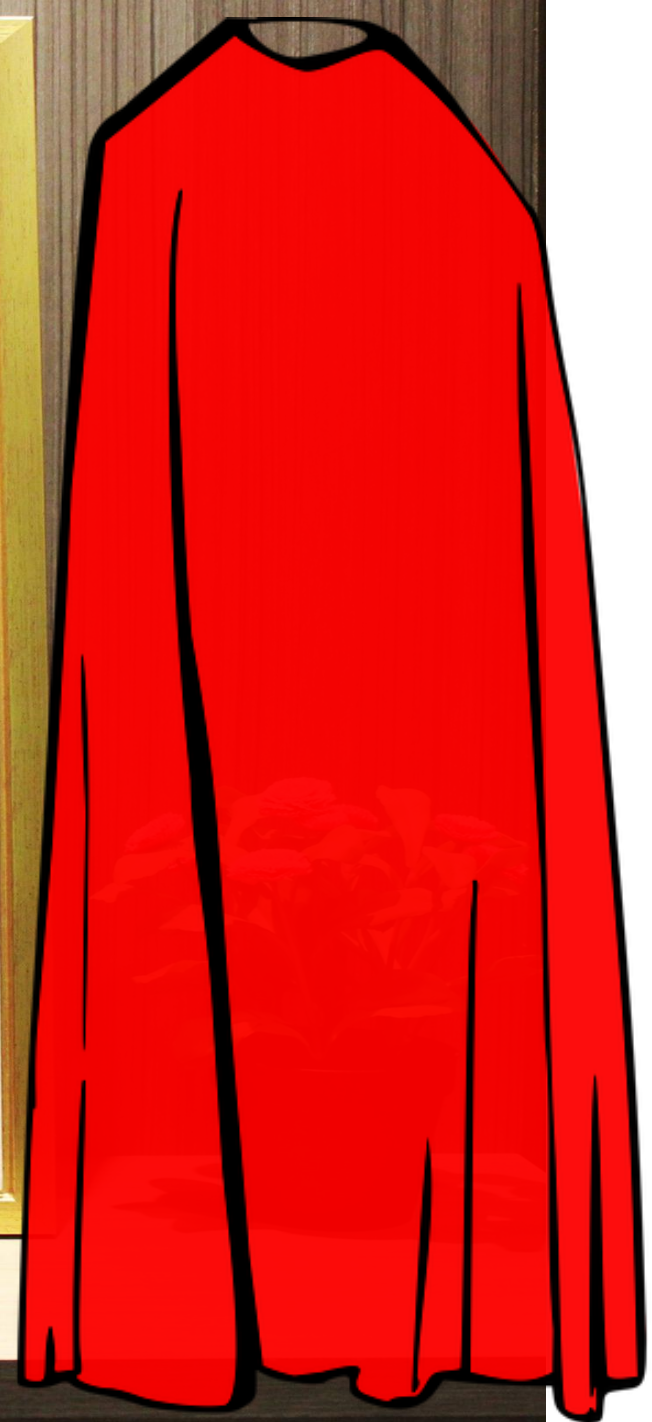
Look Deeper

**Just Because You Don't See
It Doesn't Mean It's Not There**



Where
are my
BRAVE
Chicks?

I
AM A
WOMAN.
WHAT'S
YOUR SUPER
POWER?



**Step Outside
Of Your
Comfort Zone.**



**Dance Like
No One is
Watching.**

I Hope You Got Lots of Ideas!



I would LOVE your feedback!
Scan the QR Code

(And get a free super cool communication tip sheet!)



My adorable Sister!

Dolphin Diploma





You Have to Pet Your Dolphin!



PetYourYourDolphin.com
(Get your own dolphin diploma!)



**Making an impact isn't just
about you!**



I Hope You Got Lots of Ideas!



I would LOVE your feedback!
Scan the QR Code

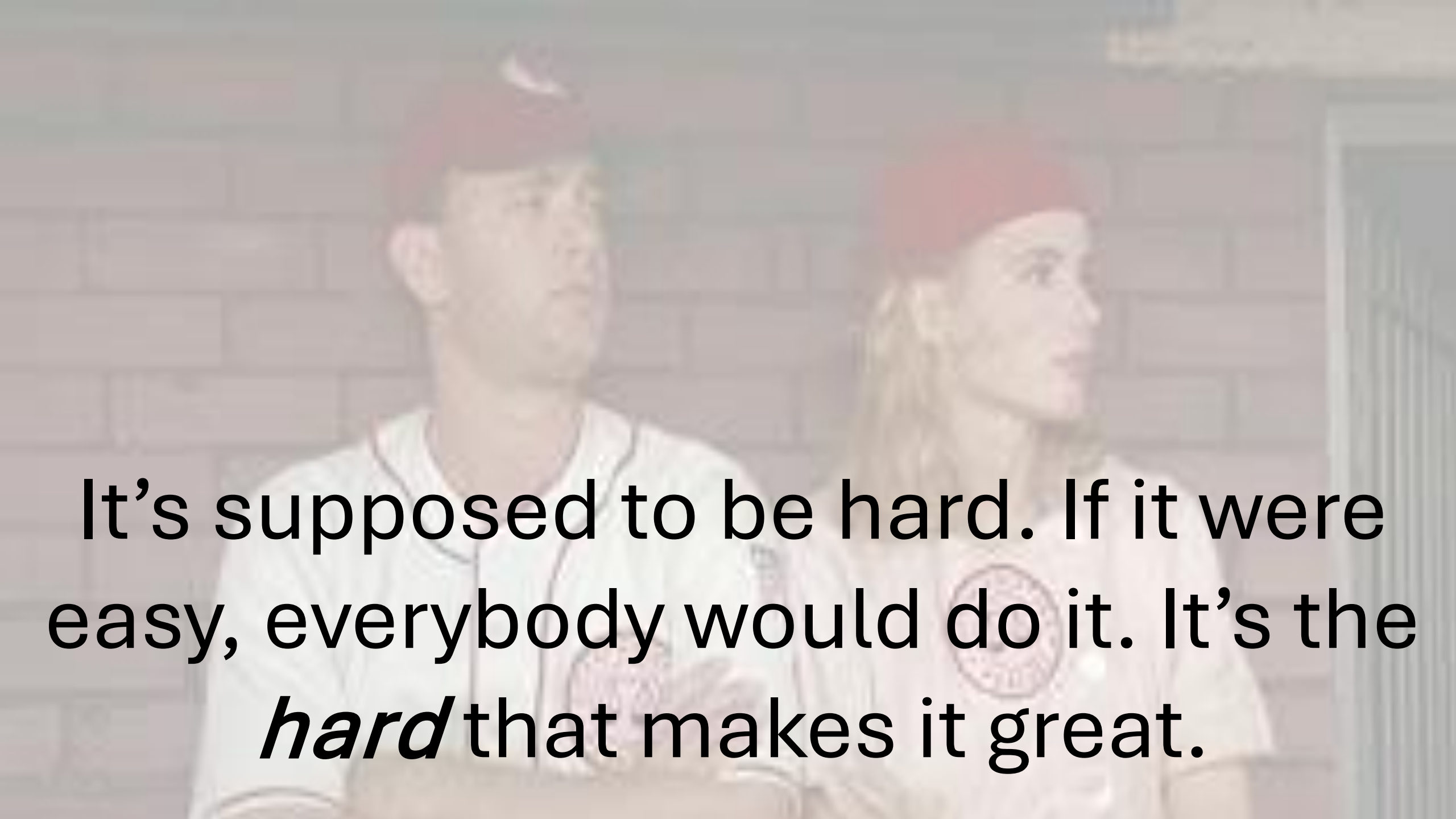
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It's supposed to be hard. If it were
easy, everybody would do it. It's the
hard that makes it great.

Exhaustion is
not a Stop Sign.

It's a
Check Point.

