

SPECIAL REPORT:

**SECRETS OF SUPER
SUCCESSFUL WOMEN**

***AND THE TRAIL THEY LEFT FOR
YOU TO FOLLOW THEM***

KIM MCDANIEL, CPC

A VIBRANT LIFE COACHING PRODUCT

VIBRANT LIFE COACHING

SPECIAL REPORT:

SECRETS OF SUPER SUCCESSFUL WOMEN

There were two warring tribes in the Andes, one that lived in the lowlands and the other high in the mountains. The mountain people invaded the lowlanders one day, and as part of their plundering of the people, they kidnapped a baby of one of the lowlander families and took the infant with them back up into the mountains.

The lowlanders didn't know how to climb the mountain. They didn't know any of the trails that the mountain people used, and they didn't know where to find the mountain people or how to track them in the steep terrain. Even so, they sent out their best party of fighting men to climb the mountain and bring the baby home.

The men tried first one method of climbing and then another. They tried one trail and then another. After several days of effort, however, they had climbed only several hundred feet. Feeling hopeless and helpless, the lowlander men decided that the cause was lost, and they prepared to return to their village below.

As they were packing their gear for the descent, they saw the baby's mother walking toward them. They realized that she was coming down the mountain that they hadn't figured out how to climb. And then they saw that she had the baby strapped to her back. How could that be?

One man greeted her and said, "We couldn't climb this mountain. How did you do this when we, the strongest and most able men in the village, couldn't do it?"

She shrugged her shoulders and said, "It wasn't your baby."

VIBRANT LIFE COACHING

Let me tell you why I get a thrill every time I reflect on this story. It reminds me of the power, integrity, and ingenuity in the palm of the hands of every woman. When we need to get the job done, it is often done by second nature and ask questions later. In our natural flow, we can see the mission and come up with dozens of ways to accomplish it. We focus on the how we cans and not the why we can'ts. When we are "stuck" and short on options, we are usually not in sync with our natural flow. We are straining and stressing and even stretching too far.

I do not even have to strain to find great examples to demonstrate the strength of women throughout history. Winning women come through the pages in so many different roles and responsibilities, yet, each on a special assignment - just like you. Stroll with me as we reflect on the impact of the lives and leadership of a few of our sisters.

**"If you want anything said, ask a man.
If you want anything done, ask a woman."**

~ Margaret Thatcher

There is no doubt that the first female Prime Minister of the United Kingdom knew what it took to get the job done. And like many strong, successful women, she often worked in the face of opposition, determined to make the hard choices. What a vivid example she left for women around the world - there's "talk" and there's "walk" and when it is all over, the "walk" is what makes all the difference.

VIBRANT LIFE COACHING

"You can never survive on your fears. Only on your hopes."

~ Benazir Bhutto

Fears close us down and hope opens us up. Fear tells us all the reasons why we shouldn't and hope gives us all the promises of why we should. Fear is compressing and hope is releasing. And you get to choose which path you will take. In the face of these high theoretical hopes, you would think Bhutto had the luxury of sitting back and waiting for her ship to come in. But on the contrary, before her fortieth birthday, she witnessed her father's execution, suffered imprisonment and exile, and returned triumphantly to her homeland to become the first woman to govern a Muslim nation since the 13th century.

In the face of all of this chaos, she was still able to be motivated by hope, which really translates into "a better tomorrow".

"Don't compromise yourself. You are all you've got."

~ Janis Joplin

What happens if you take a little piece off here and shave a little piece off there - over time, there is no real you left. Just a shadow of who you were meant to be. Not only are you worse off, but so is the world, because we do not get to partake of the gift you were sent here to bring us. Janis Joplin, one of the greatest musicians in history, lived too short a life to really let us in on her fullness. Unfortunately, she cut her life too short, too soon, in the midst of her own journey of self-discovery.

VIBRANT LIFE COACHING

Is she much different from many women throughout time? Many are among the sleepwalkers, who are going no deeper today than they have in the past 10 years. Just living on the surface. No depth, no passion, no new discoveries. Doesn't sound like much of a thrilling alternative. The good news is you can always re-write your script.

**A bird doesn't sing because it has an answer,
it sings because it has a song.**

~ Maya Angelou

What is your song? Do you have one? Of course you do. Some of us are busy running around trying to find a stage, accompaniment, or the right key in which to sing. I am here to warn you that you don't have all day - just take a deep breath and sing a cappella if you must. Just sing! Let it out. Take heed of the audacity of the bird, who flows in her gift and doesn't even ask permission to sing. And if you shoo her away, she goes to another locale and sings there - she will not allow the offering of her gift to be denied.

Maya Angelou, one of the most prolific authors of modern times, knew about seizing the moment and making the best out of the situation in which you find yourself. Just listen to the titles of some of her works and you can feel the victory in the wording:

Singin' and Swingin' and Gettin' Merry Like Christmas

The Heart of a Woman

And Still I Rise

A Song Flung Up to Heaven

VIBRANT LIFE COACHING

Wouldn't Take Nothing for My Journey Now

These titles shout, "NO REGRETS". Are you positioning yourself to make the same claim? "I've done it all; tried it all; walked my course and been all that I was supposed to be. I am now ready to leave, empty, with no regrets."

Will this be your swan song?

One cannot consent to creep when one has an impulse to soar.

~ Helen Keller

When I was in the military, it was easy to become lax after a hard day's work. You may have wanted to slip on a more comfortable pair of shoes after wearing boots for 10 hours, but you couldn't let your hair down until you were ready to change 100% into civilian gear. Otherwise, someone could rightfully charge you with being "out of uniform". In other words, "You know what you are supposed to be, and you are impersonating or misrepresenting the personage you should be upholding." That is very similar to creeping, when you are supposed to be soaring. You are out of sync and if there were an authenticity patrol on the streets, you could be fined and maybe even jailed. Sometimes we become so busy playing who we are *not*, that we forget who we are. Though the road back to our true selves may seem too daunting, trust me, it is worth the journey.

Being in your zone is priceless.

Helen Keller knew the difference between creeping and soaring and never consented to move backwards, once she exposed herself to making positive choices for her life. Though shut off from the world at 18 months, against overwhelming odds, she waged a slow, hard, but successful battle to reenter that world. No excuses. The inarticulate deaf and blind blind girl grew into a

VIBRANT LIFE COACHING

highly intelligent and sensitive woman who wrote, spoke, and labored incessantly for the betterment of others. She knew something about soaring.

I am a woman above anything else.

~ Jacqueline Kennedy Onasis

And what exactly does that mean, former first lady? Well, we have both opportunities and freedoms to define our own roles and outline our goals. We can change our mind and redirect our mission. We are great multi-taskers, wonderful listeners, and natural networkers. Women are strong and tenacious and tough. We have lost our children, raised our grandchildren, supported our husbands and taken care of our parents - and still we press on, wondering if that is all. Is there anything else left for us to do? Does anyone else need anything?

Well, truthfully, the answer is YES! **WE need something**. We need to redirect some of that overflowing, nurturing, insightful energy towards ourselves. Woman, heal yourself. Stroke yourself. Feed yourself. One of my favorite pictures is a sketch of a woman in a fetal position with the following headline:

I am a Woman Giving Birth to Myself

How wonderfully reassuring it is to know that today, you can become the woman who decided to go for her dreams. The woman who is choosing to be authentic, first to herself and then to the world. That is another strength giving quality about successful women - they are great role models and we look at them and say, "If she can do it, maybe I can too." I want to be very clear on this because as you are looking to others for inspiration, someone may set their sights on your journey and be inspired to go the extra mile, following your footsteps.

VIBRANT LIFE COACHING

I'm sick and tired of being sick and tired.

~ Fannie Lou Hamer

How can someone work in the field, starting at 6 years old, have 19 siblings, grow up in the racist south, get just a 6th grade education, and go on to become known as the “spirit of the Civil Rights Movement”? Using her gift of organizing others, Ms Hamer helped to make an unprecedented difference in the political face of the south. Because of her doggedness, she was once beaten so badly in jail that she became permanently disabled.

What are you willing to fight for?

Where will you draw the line?

Are you sick and tired yet of being sick and tired? Or are you willing to go another 5 years or so and then see how you feel? That certainly is an option. Just another 260 weeks, 1,826 days, 43,829 hours - can you hold on that long? The choice is yours and the voice is yours.

Are you sick and tired of being sick and tired - yet?

In reviewing the breadth of experience of these select women I chose to examine, we can see that we surveyed leaders and artists and activists - certainly women in the public eye. But in many cases I could have selected your foremothers and grandmothers and mothers. Maybe not world renowned, but heroines, nonetheless. Marked by courage and consistency. Characterized by determination and devotion. When it comes down to it, it isn't about titles or territory or even talent. Our gifts will make room for all of those things. This superwoman syndrome starts with us getting started. And here are some simple steps to help put you in motion:

VIBRANT LIFE COACHING

1. Recognize that your contribution is worthy.
2. Appreciate the reality of this statement:

If you have the will, you can get the skill.

3. Work from your center, to be aligned with yourself and not so much with focusing on pleasing others. We have to get out of the “yes game”.
4. Understand that this is a process, not an instant makeover. The good news is that processes can be enjoyed as you witness your own personal transformation.
5. Remember that tomorrow is not promised and that you want to make the best out of every opportunity. Either take chances or make chances, but don't wait for the best scenario to present itself.
6. Realize that the world is waiting on your gift. Your sharing it is your special assignment and nobody can do it like you can.
7. Know that we are connected. Being your best helps me to be my best. You win and I win. Marianne Williamson says it very effectively in her poem entitled, “Our Deepest Fear” (which is in full copy on the next page):

VIBRANT LIFE COACHING

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.

Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.

We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.

It's not just in some of us;
It's in everyone.

And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.

My hope and desire is that you receive what I have shared with you and pull it into your spirit to make it your own. As you run with it, I believe you will have tremendous growth and success and those who know you will salute

VIBRANT LIFE COACHING

the remarkable woman that you become. This woman may be new to them, but you will have to admit that she was hiding inside all along, just waiting to be invited out, to share her brilliance.

Cheers to your Amazing Success,

Coach Kim

P.S. Reach out to me to let me know how this Special Report has made a difference in your life - maybe even just one takeaway. Our stories of perseverance are so very encouraging to each other - creating a habit of speaking life and victory is half the battle.

Follow me on my [Facebook Group](#) to stay connected because it is valuable to put good seed into your soul.