

I KNOW THAT...

there is more to you than what meets the eye. There is enough courage, confidence, and talent inside of you to make your dreams come true. I want to help you to discover the personal essentials needed to live a power-packed life!

S. Renee

“Courage is when you are willing to fall, knowing that you have the power within to get up.”

What's Inside

Acknowledgments	7
Introduction	10
Chapter 1	13
HUMAN UNIQUENESS: PREPARING FOR THE FIGHT	
Get to Know the Real You	14
Don't Follow the Crowd	22
You Are Unique With a Divine Purpose	24
Chapter 2	29
SELF-IMAGE: YOU HAVE THE POWER	
A Positive Self-Image is Trusting Your Opinion of Yourself More Than You Trust Other People's Opinion About You	30
Words Only Have the Power You Give Them	32
Don't Panic When People Say Negative Things About You	33
Know Your Value	36
Take It Easy, Slow Down, Enjoy the Process	40
Don't Let Rejection Stop You	42
Learn the Lesson and Get on With Life	46
You Are Perfect For Your Purpose	48
A Positive Self-Image Doesn't Mean You're Going to Be Perfect	51
Chapter 3	53
DECISION MAKING: IT'S ALL UP TO YOU	
What's Your Guarantee?	54
Get Focused and Stay on Track!	56
The Choice Really is Yours	62
Eliminating Fear-Based Decisions	65

Making Destiny-Directed Decisions	67
You Can Still Have Peace of Mind	71
Chapter 4	77
TIME MANAGEMENT: IN THE INTEREST OF TIME	
The First Step to Successful Time Management Is Change	78
Procrastination: The Number One Time-Wasting Tactic	80
Chapter 5	87
ATTITUDE: YOUR REPRESENTATIVE	
Do You Have the Right Stuff?	88
Change is Good	90
Let Your Positive Attitude Overshadow Adversity	95
Chapter 6	101
NEW PERSPECTIVE: DON'T CHANGE WHO YOU ARE JUST CHANGE THE WAY YOU THINK	
Your Options Are in Life	102
You Need a Plan	102
Why Have a Plan?	109
Make the Principles Work for You	112
Chapter 7	119
THE TREASURE IS IN YOUR HEART	

Chapter 1

HUMAN UNIQUENESS: PREPARING FOR THE FIGHT

*When my purpose and why it was my purpose connected, it was electrifying.
My eyes were opened and I knew the worth of my experiences and pain,
what I had, why I had it, and what I had to offer because of it.
At that moment, everything began to change.*

Who are you? What do you stand for? What is your purpose? What is your plan? What choices will you make in various situations? Discovering who you are is a journey. Life is dynamic and as it changes so do you.

Who I was at thirteen, I wasn't at fifteen. And who I was at fifteen got lost somewhere between eighteen and twenty-four. At thirty-something, defining who I am is harder than ever before. Why? Because I have more experiences to draw from. Good and bad experiences are rapidly shaping me, just as your experiences are shaping you. Yet, internally I'm doing all that I can to hold on to what I want life to be versus what it's trying to force me to be. In a nutshell, when you live in a world full of contradictions, immorality, and uncertainty it's hard to go for what you know is right. I know this because, like you, I've had my share of disappointments, feelings of uncertainty and loneliness, and fear of change. And I'm still not immune from experiencing these emotions again. But I decided a long time ago that I wanted to live life on my terms.

I've learned that this desire is possible, but there is a price to pay. Taking control and being accountable for your life requires discipline, focus, and sacrifice. At times, it means standing alone. My saving grace was a conscious decision to embrace the process, to grow through the process while holding onto my self-worth despite my hurt and disappointments. Bottom line, after realizing that I had to like myself before anyone else would like me; I learned how to fight for the person living inside my skin.

I was willing to fight for her because I got to know her. I liked her. I understood her. I began to see her value. I viewed her as a good person. There wasn't a doubt that she wasn't worth fighting for. Maybe you don't like who you are right now. Let me suggest that you're not looking at what makes you special. It's unfortunate that many people will use every breath they take fighting for a relationship that doesn't mean them any good, but don't give a second thought to the unique person living inside of them. Perhaps because they don't realize that there is such a being within them? Oh, but there is!

There's a person of personality, character, and substance. A person that was born to make an impact. A person destined for greatness. A person that can handle every obstacle, challenge, and perceived defeat. A person who doesn't have to emulate someone else to feel important and be accepted. A person who refuses to get attention through retaliation or by acting out someone else's pain. A person like this lives inside of you!

GET TO KNOW THE REAL YOU

Our primary purpose on this earth is to solve the mystery of our own soul and to find the rhythm of our own heartbeat so that we can be of good service to others. There are rich resources within us—the blueprint to our life journey, the solution to overcoming our weaknesses, and the light source that enables us to live and understand life on a

5. I'm naturally good at...

6. I enjoy reading about...

7. I enjoy talking about...

8. I can see my uniqueness when I...

9. My unique qualities are...

10. I will celebrate my uniqueness by...

Chapter 2

SELF-IMAGE: YOU HAVE THE POWER

*I knew that it was my fight and only I had the weapon to win.
So, I didn't talk about it.
I just fought with prayer, affirmation,
and the vision that God had already shown me for my life.*

Everyone's talking about self-image. I'm referring to what some people have defined as "feeling good about yourself." As a teenager, I was an avid reader of self-help books, but still wondered what feeling good about myself really meant. I needed to understand its meaning in the simplest terms. When do I really feel good about me? What makes me feel good about me? How am I supposed to feel when I feel good about me? And what would I be doing if I felt good about me?

As far as I was concerned, feeling good about me would come and go based on the moment. If the experience was good, I would relish in a pool of pride. When the experience didn't produce the desired outcome, I would, in detail, replay in my mind everything I did wrong. I would question my ability and wonder what the nay sayers (play haters, as they are called today) were saying about me.

better.

In less than thirty days after my fiancé walked out of my life, I was fired from my job. I was being bullied by my supervisor—humiliated in front of my staff, described as a premadonna, and told I couldn't write. I was the director of public relations at my alma mater, Delaware State University (DSU). It was a challenging and exciting time in my life. After seeking help from the director of human resources and the university president, I was granted medical leave due to the tremendous amount of stress that they knew I was experiencing. The stress affected my health. I went to the doctor who diagnosed me as being depressed. He prescribed an antidepressant. Yes, I felt like my life was crumbling out of control, but everything about my life up to this point told me that God had prepared me for this personal and professional challenge.

Despite feeling alone, scared, and hurt I threw the antidepressants in the trash, made up my mind that my life was going to change, and began my journey back to myself by closely guarding what I fed my mind and who I affiliated with. When I returned to work two weeks later, the president told me that they would not be renewing my contract and that effective December 31 I would no longer be employed. My self-esteem went to its lowest point ever. I remember wondering how it got to this point. I was a student of developing and maintaining a positive self-image. I taught others how to develop and maintain theirs. What happened? I was numb. I couldn't feel myself anymore. I was deaf to my own voice. All I could hear were the people in my personal and professional life whose actions were saying, you're not good enough. I was now a student of my own teaching.

Everything that I had learned over the years about connecting with God, confidence, winning, and persevering I retrieved from my spirit. I would sit on the floor in my bedroom, look myself in the mirror and with a river of tears streaming down my face, I would painfully scream for Renee like she was in another room. I would wrap my arms around

myself and remind myself of how much she was loved and that she would rise again. I didn't know where she was, but my sole purpose every day was to find her. Day after day when I woke up I would jump out of bed and run to the mirror hoping to see her. Before I went to bed I would say to her, "I'll see you in the morning." During the day, I would pretend that she had it all together.

I wasn't pretending because of people. I knew that it was my fight and only I had the weapon to win. I didn't talk about it. I just fought with prayer, affirmation, and the vision that God had already shown me for my life. It was all I had. Yes, my mother, father and other earthly angels tried to reach me, but I was in a place that only God and I could go. And I'm so thankful that He was there. The pain was so deep that I couldn't win the battle with external stuff and people. It was there, in that place, that I found that *There Is More Inside*.

In the end, I was asked to sign a letter of resignation, which was written by someone in the president's office. I refused to sign it, and left with a renewed surge of energy and optimism for my future. The president was impressed with my ability to be positive despite the circumstances. What he didn't know was that I decided a long time ago that rejection was only a part of refining my character - not defining my direction.

LEARN THE LESSON AND GET ON WITH LIFE

The journey back to myself didn't end there. It continued for nearly two years. I had to rebuild, reshape, and refocus. When I finally came out I was better, stronger, and wiser than ever before. I definitely had a new perspective about who Renee was and where she was going.

What did the events of 2001 teach me? Four very significant lessons that I would like to share with you. First, understand the meaning of "To thine own self be true." You have to listen to your own heart. No one can decide what is best for you. Do not *ever* surrender who you