

# NavigateHER

*The SheBoss Unlimited Quarterly E-Newsletter*



## The Season Is Now!

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It's time to stop playing small when you have BIG dreams. This is the season for you to make your debut and introduce the world to the woman you have been hiding for way too long.

As we enter the 2nd half of 2019 and the third quarter of the year, it's time to turn things up a notch. I know you might be scared out of your mind, but that's natural. If your goals don't scare you, they're not big and challenging enough. Turn that fear into energy and start working towards creating a life you absolutely love.

At the beginning of the year, I encouraged you to set some challenging, yet realistic goals that will catapult you onto a new level. I even enticed you to step outside of the box you have been bouncing around in and make some bold moves. My hope is that you really did set some SMART goals and that you have at least stuck one foot out of the box. Now, it's time for some action! Women are doing some amazing things these days. It was 108 years ago when the first International Women's Day was launched and it has been recognized every year since. This day celebrates the social, economic, cultural, political and professional achievements of women all over the world. It reinforces the call to action for gender equality in every area that effects women. So much has changed since

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then, and if women like you and I have anything to do with it, there will be more changes.

The "Me Too" Movement gave voice and courage to women of all ages, ethnicities, and demographics to speak up for themselves, to tell their story, and to not back down. The season is now to have that same courage as the women of that movement and to show up as the woman you have been predestined to be. Someone has been waiting for you to arrive. You have exactly what they need. The season is now for you to put yourself first. It's ok to be selfish sometimes. You deserve to focus on yourself, your goals, your dreams, and your happiness. No one can fulfill any of these things but you.

The season is now for you to be bold in your stance and live authentically on purpose. You probably have spent more time making other people's dreams come true than working on making yours come true. You have put your heart and soul into a job that may not be rewarding or recognizing you the way you will be rewarded for the hard work you put into your own business. If not your own business, maybe it's time for you to seek other career opportunities that will put you on a trajectory for career growth. It's the season to do things differently. Do them in a way that makes a difference in YOUR life.

You have been thinking about writing a book but don't know how to get started. The season is now to figure it out! You have wanted to start a non-profit organization but have been worried that you don't have what it takes to do it successfully. The season is now to move past your fears! You have dreamed of becoming a motivational speaker but have been deterred by the fact that there are so many others. The season is now for you to realize that no matter how many motivational speakers are out there, none of them will be able to deliver like you. The season is now for you to love yourself enough to start doing what you need to do to live your best life.

Remember, seasons change. Don't get caught in between seasons and miss your harvest time. You have been sowing in silence, now it's time to reap. Don't miss your season! The season is NOW.

Be Blessed Always!

Jackie

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## BE INTENTIONAL



Being intentional is a prerequisite for living an authentic life. When you are deliberate and strategic about your intentions you have more control over the outcomes. There is nothing random about intentionality. When you are intentional, you do things that you have already thought through and have already determined what the outcome will be. Intentional folks do things that will get them the results they want. Now, this is not to say that things will always turn out the way you expect them to every time, however, it does enhance your level of focus and will take you closer to reaching your goal, even when things don't go as planned. With that in mind, it's important to realize that you must also be flexible when your acting intentionally.

When you are intentional, you have clarity on what it is you want to achieve and you will commit to doing or participating in things that align with that clarity. Being intentional causes you to laser focus on specific things and not get distracted by anything that has nothing to do with helping you achieve your goal (s). Intentional people sometimes are misunderstood because they rarely will involve themselves with anything that does not serve much purpose for them. They can be seen as self-centered or boujie because they don't waste a lot of time with situations, circumstances or people who are not on their same level of intentionality. They are goal-driven and on a mission. Anything that does not align with what they are trying to do will not get much of their attention.

Those who live intentionally take calculated risks. They might even do things they have never done before, if it aligns with the specifics of their goals. One of those things is saying "No" more often. No to certain events, no to certain opportunities, no to certain proposals, etc. You cannot be focused and live intentionally and say "Yes" to everything that comes your way. The whole essence of being intentional is being picky and selective.

Whatever it is that you want to do, be intentional with the strategies and tactics you deploy to make it happen. Be intentional about the friends you request on Facebook, who you follow on Instagram and Twitter, what Meetups you join, what events you support, and what activities you participate in. Alignment is necessary for intentions to be met. Being intentional requires you to set boundaries and not cross them or let others cross them. You have ambitions and dreams so you must do your best to not let anything get in the way. Of course, life happens. You might run into an unexpected obstacle or some other unforeseen circumstance. In this case, you handle what needs to be handled and then get back on track. Just because you are intentional doesn't mean the journey will always be smooth.

When you have a clear understanding of where you are now, where you want to go, and what you need in order to get there, it will be easier for you to act more intentionally and realize better results.

If you have been living by happenstance and just accepting whatever has been presented to you, it's not too late to take control and be more intentional. Successful people are intentional about almost everything they do. Remember, time is a precious commodity. Once it's gone it cannot be replaced. Be sure that you are using the time that you have been blessed with wisely by living deliberately and intentionally in your purpose.



## BRING MORE JOY INTO YOUR LIFE

What do you do when you're feeling low and want a quick boost or feel like your joy has left the building? A recent university study tested 3 different methods for finding relief. They found a solution that costs nothing and delivers results in 12 minutes or less. These things can help you bring more joy into your life.

Researchers at Iowa State University asked college students to walk around campus practicing specific mental techniques that were later compared. The options were loving kindness, interconnectedness, and downward social comparison.

Loving kindness turned out to be the clear winner. If you're looking for a safe and effective pick-me-up without any calories, try these strategies for yourself.

### Practicing Loving Kindness:

The happiest students were those who looked at others and wished for them to be happy. You can keep it that simple or build on that foundation.

Slow down. Start by focusing on your breath. Find a comfortable position and breathe slowly and deeply. Put your hand on your heart and think about feeling relaxed and cared for.

Recite something. Put your friendly wishes into your own words. Invent a few phrases that are meaningful for you. You might find inspiration in your favorite prayers or song lyrics. Quote an affirmation that makes you feel good.

Extend your reach. Start out with close family and friends you already feel affection for. Try to generate similar feelings for acquaintances and strangers. With enough practice, you may discover that you want peace and joy even for those you find difficult.

Begin now. If you're wondering if you have to cherish everyone before this method will work, you can relax. The Iowa study found that loving kindness was effective for a wide range of personality types.

### Practicing Interconnectedness:

Students who focused on what they had in common with others felt a bit more connected. Develop your own habits to fight loneliness.

Express gratitude. Look for the positive qualities in others. Think about how they enrich your life. Let them know how much you appreciate them.

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Cultivate compassion. If blaming others seems automatic, pause and change your perspective. Put yourself in the position of someone who cut you off in traffic. Recognize that you probably do the same thing sometimes.

Deepen your conversations. Dare to be vulnerable so others can get to know you. Talk about your hopes and beliefs.

Share your interests. Group activities also help us to become more familiar with each other. Join a Meetup group or start one of your own. Sign up for a class or play team sports.

Connect with yourself. Your relationship with yourself matters the most. You'll be more successful at building mutually beneficial relationships if you can enjoy your own company. Develop a hobby you can do on your own. Take a quiet walk just to enjoy the scenery.

### Practicing Downward Social Comparison:

The students who thought about how they were more fortunate than others didn't seem to experience any benefits. The researchers warned that competitive mindsets can be stressful.

Increase your awareness. You may not realize how often you judge yourself and others. Pay attention to your self-talk and challenge yourself to be more accepting.

Seek contentment. List the blessings in your life and be grateful for them. Be at peace with what you have instead of complaining about what you don't have. There are people in the world who would be happy to live your life.

Limit social media. The internet has made comparisons too easy now that you can see others posting about their exotic vacations, their booming businesses and careers, and gifted children day and night. Take pleasure in your own achievements, family, and blessings and limit your social media usage if you tend to feel inferior to the online personas of others.

If you're searching for joy and happiness, wish for others to be happy. Check the energy you are putting out into the universe. Be cognizant of your surroundings and what you expose yourself to. Incorporating loving kindness into your daily routines will help to protect you from depression and anxiety and cause you to feel more joyful.