

A young girl with blonde hair in pigtails, wearing a white t-shirt and a denim skirt, stands on a sandy beach. She is holding a string attached to a small, colorful kite flying in a cloudy sky. The ocean is visible in the background.

*be free!*

**Release**

The  
Words  
Holding  
Your  
Dreams  
Hostage

*MamaRed Knight*

**Be Free:  
Release the Words  
Holding Your Dreams Hostage**





# Legal notice

*"Be Free: Let Go of the Words Holding Your Dreams Hostage"*

Published by igKnight Your World Publishing | 203.626.2054.

Copyright ©2020. Fourth Edition. All Rights Reserved.

Design and Writing ©2020, Jerilynn Knight.

No part of this publication, including the design, may be reproduced or transmitted in any form, by any means (email, forums, electronic, photocopying, recording, or by any information storage or retrieval system) without explicit written, dated, and signed permission of the copyright holder. Any unauthorized reproduction of this intellectual property is subject to legal action and is protected by federal, state and local law.

For questions, call the publisher at the number listed.

While reasonable attempts have been made to ensure the accuracy of the information provided in this publication, the author does not assume any responsibility for errors, omissions, or contrary interpretation of this information and any damages or costs incurred by that interpretation.

Given the changing nature of laws, rules, and regulations, and the inherent hazards of electronic communication, there may be delays, omissions, or inaccuracies in the information provided.

This information is provided with the understanding that this is educational by nature and that the authors and publishers are not engaged in rendering legal, accounting, or tax advice or services and are held harmless from any use of this information.

Do not use this information as a substitute for consultation with professional, competent advisers. Neither the author or publisher assume any responsibility or liability whatsoever for what you choose to do with this information. Use your own judgment and all information is used at your own risk.

The author may make changes to the information contained in this document at any time without notice and reserves the right to improve or change information.



# Acknowledgements

There are soooooo many folks who've helped me on my journey, and I mean no disrespect if I miss someone (this is by no means a complete list).

I'm so grateful for ...

- the shared courage of the unnamed thousands who shared their LifeRecipe in a book, an audio, or video (what DID we do before file sharing sites?)
- the clients who've given me the gift of sharing AND learning while stepping into their most powerful version of themselves
- ...all those others whose names would make for an entire book or three!

And these extra special folks who have put up with me, loved me, cared for me and reminded me, in the midst of the deepest darkest despair, that I am loved, I am loving, and I am lovable.

- My mom, **Barbara**, who has put up with me most of her adult life and taken more grief and hassle than any woman needs in 5 lifetimes. She has been there when it felt like my whole world was falling apart and shared the joys with me when I was flying high.
- My son, **Matt**, who has taught me the meaning of giving, forgiveness, creativity, and laughing for no obvious reason. He taught me how to enjoy a good movie even when I didn't think I liked the genre. And to listen to the words of a song I might not otherwise have heard because it was not the "**right**" kind of musician. You've taught me more than you'll ever know son. Your generous heart humbles me and inspires me.
- My best friend, **Betty Ann**, who has opened my eyes to many different views of her AND me. Who has loved me, the true me, hidden behind the layers of doubts and fears. You know sweetie, we started off on the oddest footing in that course we took, eh? And who knew that years later we would be supporting each other in ways we never dreamed possible. Thank you, from the bottom of my heart, for believing in me when I didn't and taking a stand for everyone whose life you touch. And that's a bunch of them!



# Contents

|                                |    |
|--------------------------------|----|
| How to use this book .....     | 6  |
| The power of your words .....  | 7  |
| Why release these words? ..... | 13 |
| “Not Worthy” .....             | 15 |
| “Must” .....                   | 19 |
| “Coulda/Shoulda/Woulda” .....  | 23 |
| “Always” .....                 | 27 |
| “Yes” .....                    | 30 |
| “Can’t” .....                  | 33 |
| “But” .....                    | 36 |
| “Try” .....                    | 40 |
| “Have To” .....                | 44 |
| “Too Little or Too Much” ..... | 48 |
| Some practice options...       |    |
| The Excited LittleOne.....     | 52 |
| Some practice options...       |    |
| By the Numbers .....           | 55 |
| Something to noodle on.....    | 58 |
| How about we connect!.....     | 61 |
| About MamaRed .....            | 62 |



be free!

## How to use this book

Any damned way you want to!

You're in charge here, although here's some food for thought to get the brain juices flowing ...

- Print it out and highlight the words that strike you as the ones you're ready to let go of.
- Skip around as you are led, knowing you'll find exactly what is important at the moment.
- Jump to the specially designed exercises and see what comes of "starting at the end" (believe me, you'll learn tons). You'll find [Some practice options...The Excited LittleOne](#) on page 52 or [Some practice options...By the Numbers](#) on page 55.
- Add your notes, comments, insights, and personal words of wisdom and other stuff on the notes pages (if you're saving paper, the latest version of the free [Adobe Reader](#) let's you add notes to the electronic version).

You've got the wisdom of the ages within you and know everything you need to know, even if what you know is to ask for help from someone who has been there before you and gotten out of a tight spot.

What **does** matter is that you realize your own power and use it in a way that inspires and motivates you to be the best you possible.





*be free!*

## The power of your words

**Have you ever noticed how different words have different energy? How they have the power to raise you up, send you running for the hills, or curl up in a ball?**

**And the more emotion behind them (whether from the emotions of today or a long-lost yesterday), the more power they wield.**

Words are so powerful they change the world. In fact, our words are so powerful they are one of the big differentiators for humans ... we speak and things move (although we are often unconscious of what direction things are moving).

Words (and our names are words, of course) are so powerful that members of some Native American tribes never share their “real” name, knowing that to do so gives another power over them.

They have a name that is only shared with a very teensy, tiny group of people, those so trusted they are part of their inner circle.

And those who receive the gift of their true name realize they’ve been given a gift more valuable than all the gold in the world.

Think of a time when you heard the words of a song or read the words in a book that moved you to tears.

Or action.

Or anger.

The time when the words you heard gave you the next step on your path or made you feel like you were nothing.

Underestimating the power of your words is akin to underestimating the power of your gifts and unique LifeRecipe™.

And believe me, this world needs your gifts and your wisdom, whether *you* believe you have them to give or not.

## The power of self-talk and natter-ings

The thing is so many of us know the affect of words when we hear them or share them with others.

And we forget the affect of the words we use when we're natter-ing (muttering) to ourselves or allowing the inner critic to ruin our day.

Don't become a victim of yourself.

Forget about the thief waiting in the alley...

What about the thief in your mind?

~ Jim Rohn

Heck! Ruin our lives!

How many times have you muttered to yourself, whether out loud or not, "I'm not worthy" or "I can't do this."

Or maybe it is "why should I bother" or "I'll never amount to anything."

Or maybe it is "I'm not enough" or "I'm too much."

You're probably not even aware of the thousands upon thousands of times you're reinforcing the negative and completely ignoring the positive (and I promise you there is a **ton** of positive about who you are and what you bring to the world).

Whose words are those?

Who in your past has said those words and you've assumed they are truth with a capital "T", never questioning them because some powerful person in your past uttered them with total confidence and authority.

Or they were said with such hate, so much venom and emotion, you assumed *you're* a piece of crap, worth nothing. That is was your "fault."

Deserving nothing.

And what control are you giving that person today?

Never give up on something that you can't go a day without thinking about.

~ Unknown



By the power of the words said days, weeks, *maybe even decades ago*, you're leaving your dreams on the table.

You're allowing them to control you **now**.

Remember, when we're little ones, the adults have all the keys: food, drink, shelter, safety.

**You're** an adult now.

**YOU** have all those things.

And you, and only you, have the choice to change it **NOW**.

## The power of love, the power of YOU

Let me tell ya something sweetie. You're an Amazing Person.

**YOU** are loved, you are loving, and you are lovable.

**YOU** are the *most* beloved being.

**YOU** are worthy of every single bit of love, happiness, care, joy, and success you can dream up for yourself.

I don't give a damn what people have told you in the past.

**You are loved, you are loving, and you are lovable.**

And when you take the teensiest, tiniest step toward believing that for yourself, your world opens up.

You get to feel what it is like to give yourself the gift of words that uplift and take you toward the most magnificent gift you are to this world.

## Your ingredients are unique

And know this too ... every single experience, every single word uttered by others to you and by you to yourself, has shaped the unique recipe that is **YOU**.

Every word used is also part of your recipe for success.

With even one of those ingredients left out, well, let's say the recipe wouldn't be near as taste.

And **you are a taste dish darlin'**, don't you ever forget it!

You ARE loved  
You ARE loving  
You ARE lovable.

~ MamaRed

The past is the past. It is what it is.

You have now. And this moment. And **NOW**.

## So you get to be a Conscious LifeChef

When you're in the midst of despair, feeling like the entire world is against you, you may think you have no choice. About anything.

The way you treat yourself sets  
the standard for others.

~ Sonya Friedman

In fact, **the one thing you always control** are your thoughts and how you feel about what is happening.

That one has been a toughie for me, for some days I find it ever so much easier to be the victim ... blaming others for the situation or how I feel or because I've failed or anything else that feels better in that moment.

Ever felt that way?

What I've learned, through a long journey to the interior of my soul, is the joy that comes from truly absorbing, living, and, most of all, **believing** that truth.

That you are at choice.

Always.

You are a magnificent creation with the ingredients (life experiences, gifts, talents) to create any recipe you want to create.

**YOU** are the one who chooses what happens with the ingredients on your shelves.

**YOU** get to choose which ones have expired and get dumped in the trash, to be replaced with fresh new ingredients used for cooking up new recipes.

**YOU** get to choose what recipes you'll cook up and what ingredients to use and in what proportions.

**YOU** get to choose what words you let go of so your dreams are no longer held hostage.

**YOU**, my dear precious soul, are at choice from here on out, no matter what you've done, or not done, in the past.

**YOU** can choose whether to remain a victim of what was said in the past—whether to you or by you—and by choosing, create a new **YOU**, a spiced up recipe with new proportions, different ingredients, serving yourself and others in a whole new way.

Don't compare your path with anybody's else's. Your path is unique to you. Whatever path you take, it's God calling.

~ Ram Dass

## Say yes!

Piglet: "How do you do you  
spell LOVE?"

Pooh: "You don't spell it, you  
FEEL it."

~ From Winnie the  
Pooh

Yes, your words are that powerful.

Choose them carefully.

Say **YESSSSSSSSSSSSSSSS** ...

... to being a powerful, Conscious LifeChef, cooking up a delicious recipe.

... serving that recipe to you,

... to those you love.

And, by doing so, transforming the world.

One word at a time.



*be free!*

## Why release these words?

There are many words with a negative or energy-lowering effect in our language today.

These are a few of the words I've found during my "navel gazing" as my dad used to call it.

As I took a peek at my inner self, and the inner self of co-sulting clients who trusted me with their journey, these are the words that popped in to have their say most frequently.

They aren't, by any means, the only ones lowering your energy, making you feel less than, and destroying the path to your unique gifts and purpose.

Once you learn how to check your own energy around words, you'll find others you can release and replace.

In the meantime, use these words to start you on the path to **YOUR** vision of your highest you.

It is truly amazing how much negative self-talk we do throughout the day and the first step to discovering these patterns is **awareness**.

When we tootle along, doing our daily thang, doing what we've always done, we don't realize how much words play a role in our lives.

We don't realize how many words we're using to keep ourselves down. They hide our fear of success, cripple our joy, and block our happiness.

When we become aware of how unkind we are to ourselves, we can make different choices.

Feel differently.

And, by doing so, discover the words holding our dreams hostage.

Whoooooooooooo hawwwwwwwwwwwwwww.

**You're so rockin' awesome** I can barely sit still.

Let's do this.

Let's **join hands and hearts** and step into our Amazingness, together.

And in each moment, of each day, **may you be igKnighted by passionately powerful possibilities!**

Hugs&Blessings

MamaRed

With the new day  
comes new strength and  
new thoughts.  
~ Eleanor Roosevelt





be free

## Word #1...Freedom from “Not Worthy”

This is one of the absolutely most insidious, stealthy ways to stay on the down side of life. The words may be different; the feeling is the same.

How does it sound to you?

How many places is it showing up in your life?

### maybe you do this

- Oh gee, this old thing? I've had it for a billion years and got it for negative 50 cents.

(I'm **not worthy** of your compliment.)

- Nah, I'll never make any money. No one in my family ever has, why should I?

(I'm **not worthy** of making money. Besides, I wouldn't have any friends then.)

- Now doncha get too big for your britches li'l miss thang. Who do you think you are anyway?

(I'm **not worthy** of making money, besides, someone might not like me if I get rich and famous.)

- Oh, I've screwed up so many times, I'll never have a partner again. Or I'm a loser, who could love me?  
(I'm **not worthy** of your love because I didn't get it "right" the last time.)
- Oh gracious, I've got more kids than the old woman in the shoe, who would want me in their life?  
(I'm **not worthy** of love or a new partnership because I've got a bunch of kids and no one has that much love to give.)
- Who could possibly love me? I'm soooooo fat and XX only loves YY.  
(I'm **not worthy** of love because I don't fit Madison Avenue's skinny ass model version of perfection or the latest copy of "GQ." If I check too closely I might a flaw).

## check it for yourself...

Your problem is you're too busy holding onto your unworthiness.

~ Ram Dass

What happens when you read the examples?

Do you feel fantabulous?

Do they remind you of something you've said to yourself?

Have you ever sat in the corner (like the shy wallflower at the school dance), waiting for THE version of the perfect you?

Knowing you "just" need to do something more so you'll find that perfect love.

Have more money. The perfect house.

Have that "whatever it is you really want and don't think you deserve."

## when you're ready to release the lies

When you're ready to let go of these lies, check out...

- [Some practice options...The Excited LittleOne](#) on page 52
- or
- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self

## how 'bout some alternatives

- Wow, thanks for the kind words. I so love it when I find a bargain.
- Money is slipping into my hands even as I speak. Wow, look there, a penny on the ground. I got a reminder already.
- Wow, bringing in the money I've dreamed of gives me a chance to help my favorite cause! (And yes, that is YOU first, then others.)
- Well hot diggety dog, I didn't realize there was a whole group of **folks** who love nice, round curves. Wheeeeeeeeeeeeeeee.

Wonder where I find more of them!

- Well bloody hell 'luv, you mean I don't have to spend a fortune to become "Mr. GQ dude?" I didn't realize there's a group of folks out there who prefer blue jeans and country twang!

The next time you feel unworthy, inadequate or inferior, remember that these experiences have nothing to do with humbleness, any more than lowering yourself to connect with another individual has to do with humbleness.

There are no lower or higher individuals in the perception of a humble person.

There are only souls.

There is only love.

*~ Gary Zukav*



be free

## Word #2...Freedom from “Must”

You must? Really? Says who?

Who is telling you “you must” when you’re an adult, fully capable of making choices and weighing the consequences?

If you’re still listening to “**musts**” without making a choice based on what you want in your life, I invite you to look carefully at that one and see whether accepting it as a *fate accompli* is really truth, for you.

Whether it is something trivial like “you **must** go get me a coffee from Starbucks” or you **must** take this medicine with these horrible side effects, you are *still the one who gets to choose*.

Or maybe you’re “**musting**” on yourself.

Is that truth with a capital “T”?

### maybe you do this

- You **must** live in an abusive marriage since you promised to stay married until “death do us part.”

(I made a commitment, so I must stick with it, even at the risk of my life or the lives of others. Really?)

Lend yourself to others, but  
give yourself to yourself.

~ Michel de Montaigne

- You **must** stay in this job because it is the only one you can get and I mean really, with the economy the way it is ...  
  
(I'd rather play it safe because what if ... and besides I don't know how to do anything else.)
- You **must** be a good parent because you're a woman and that's what a good woman does.  
  
(Hum, now there's one to noodle oh, is this TRUTH? Is it automatically true?)
- You **must** be a good provider because you're a man and that's what a good man does.  
  
(So what happens if the woman wants to be the "good provider" and the man wants to be the "good parent?")
- You **must** do the heavy lifting and the outdoor work; you're the guy after all and by the way, why don't you get a real job (even tho' I know you injured your back)?  
  
(And we all know we're all the same, right? And roles "never" change 'cuz that's the way it's always been.)
- You **must** get one job and stick with it until you retire.  
  
(What will people think if you job hop? Egads! Have they looked at the job stats lately?)
- You **must** do it all, bring home the bacon, raise the kids, care for the house. That's what women's lib was all about wasn't it.  
  
(Hum, wasn't it about having a choice?)



## check it for yourself

What happens when you read these examples?

- Do you feel on top of the world?
- Do they piss you off? (Arrrrsomeeee!)
- Does it bring up other examples where you "musted" on yourself, or let someone else "must" on you?

I freed a thousand slaves...I could have freed a thousand more if only they knew they were slaves.

~ Harriet Tubman

If we're really the creators of our own LifeRecipes, now that we're adults, we get to choose, regardless.

We may not always like the choices in front of us and we get to weigh the consequences and then live with our choice.

I grant you, sometimes it feels easier (at least in the short run) to let someone else take care of things. In the long run, it sucks toads and drains you to the nubbins.

## when you're ready to release the lies

When you're ready to let go of these lies, check out...

- [Some practice options...The Excited LittleOne](#) on page 52
- or
- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self

## how 'bout some alternatives

It is good to have  
an end to journey towards;  
but it is  
the journey that matters in  
the end.

~ Ursula K. Le Guin

- I dreamed I would live with this person forever. AND I didn't realize the toll it would take on me, or my family. It's time to weigh the pros and cons and make a considered choice.
- There are so many new jobs out there...wowser, with all this techie stuff and the Internet and cheap long distance, what if there were something else I could do?
- Thanks for sharing, I appreciate your comments and will add them to the list of things when I do my meditation.
- Thanks for sharing. I've made another choice.
- Or, a personal favorite: "Thanks, now that I'm adult, I've got this handled." (OOPS, did I admit that one!)
- Hells bells, how just plain ole' "no."



*be free*

## Word #3...Freedom from “Coulda/Shoulda/Woulda”

These are some of the most uilt, shame, and blame-inducing words on the planet. Painful words. Words that drag you into a pit of despair.

By definition, they’re in the past, right? So how in the world can ya change what’s past?

These words keep you lookin’ behind, instead of in the here and now. They have an “outside lookin’ in” component which, in essence, gives you permission to feel bad, stay where you are, and point to someone, or something, else.

We can’t change what is past.

We can’t change what others think or say.

AND we can make a choice as to what we’re doing in the future. We CAN **choose** to take what someone else says (using these words) and decide whether we want to change or adapt what we’re doing now.

Now, like any other word, there’s the pro/con or positive/negative side. How do you tell?

And why does it always “depend”?

Well, ‘cuz each of us are different folks, right? Would you really want everyone to be ‘xactly the same? Whew, didn’t think so.

## maybe you do this

- I coulda had a V8.
- I coulda been a dancer.
- I coulda gone to college.
- I coulda been president.
- I coulda gone to Africa if I didn't buy the big house.
- I shoulda gone to college.
- I shoulda had a salad instead of ice cream.
- I coulda, shoulda, woulda, done something else and I didn't.

## check it for yourself

What does it do to you when you say these words, especially out loud.

- Stronger? Weaker?
- Happy? Sad?
- Regretful?
- Less than?

And no one will listen to us  
until we listen to ourselves.

~ Marianne Williamson

A big chunk of the time we're either making an excuse for something we didn't do or just plain old not paying attention to the effect it has on us 'cuz we're so used to it.

We've become immune!

And we're all different, **so always** follow your intuition, check it out, and then choose based on what's best for you.

Give it try ... stop reading right now and check into it.

## when you're ready to release the lies

When you're ready to let go of these lies, check out...

- [Some practice options...The Excited LittleOne](#) on page 52
- OR
- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self

## how 'bout some alternatives...

There's no such thing as  
coulda, shoulda, or woulda.  
If you shoulda and coulda, you  
woulda done it.

~ Pat Riley

I'm not a big fan of presenting a problem (ok, fine "challenge" if we're gonna do the politically correct thang) without a solution, especially when it comes to changing lives.

So what could you say instead? How about...

- I did not become a dancer.
- I chose not to become a dancer.
- Being a dancer wasn't for me, I chose to be a banker because it fits my gifts.
- I love living free because I am aware and I choose my moments.
- When I listen to others, I discover other ways to do things.
- In the future, I'm listening to my intuition...seems my energy and interest are lower when I listen to what others tell me.
- I promise to give myself more time to think through things so I don't have so many regrets and recriminations.

Gratitude unlocks the fullness of life.

It turns what we have into enough, and more.

It turns denial into acceptance,  
chaos to order, confusion to clarity.

It can turn a meal into a feast,  
a house into a home,  
a stranger into a friend.

~ Marianne Williamson





be free

## Word #4...Freedom from “Always”

Is there such a thing? Really?

I’m not sure if there is that much permanency. AND I know there are some places where always can work, or maybe not.

The thing is this: when we use always type language, it leaves no room for something else to come in. Or it puts us in a bind (think about what happens when you say “I’m always tired”).

Always and never are two sides of the same coin, eh?

I do know the one **always** I believe in: Love is **always** the way. What say you? Are there places where you feel always is really true?

### maybe you do this

- I’m **always** so tired.

(This assumes there is no moment of any day, **ever**, that you’re energized or, at the least, *not* tired.)

- I’m **always** screwing stuff up.

(Really? You’re always screwing things up? You’ve *never* done anything right in all of your years on this planet?)

- I'm **always** impatient.

(I bet there are times when you're ever so patient, even when you're impatient with *some* things.)

- I'm **always** yelling at my kids. They always push my buttons.

(This assumes you're yelling at your punkins 24/7. Is that really true?)

## check it for yourself

Stop and check in with yourself when you say *always* and ask yourself this question:

Is there ever, if even for the briefest second or two, that you're not doing this always thing?

If you've **ever** been patient, or kind, or clear, then it's possible and now's the time to switch your focus to those times and build on them.

When you find the positive, you can build on it the same way you've reinforced the things making you feel less than.

Words are the guides to acts;  
the mouth makes the first  
move.

~ Rabbi Leon da Modena

## when you're ready to release the lies

When you're ready to let go of these lies, check out...

- [Some practice options...The Excited LittleOne](#) on page 52

or

- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self

## how 'bout some alternatives

- Boy oh boy, I get tired when I haven't had enough sleep or given myself some down time. Given how tuckered I'm feeling, that's my clue to take a break.
- OOPS, that didn't work out so well. What can I learn from this situation so I don't feel like this again?
- Whew, patience is something I get to work on. Hum, I wonder, what *does* patience look like for me?
- Seems like the kids get on my very last nerve. Maybe it's time to take a time out for *myself* and give the kids a break from me. Then we'll have a bit more clarity and can see why we're pushing each other's buttons!

It takes courage...to endure the sharp  
pains of self discovery rather than  
choose to take the dull pain of  
unconsciousness that would last the rest  
of our lives.

~ Marianne Williamson



*be free*

## Word #5...Freedom from “Yes”

My goodness, why in the world would I put a word like “yes” in here?

Isn't **yes** a good thing? Like all other words in our language, there's a positive and negative sound.

Think back a minute. Have you ever say “**yes**” to something when it was a “should” or “have to” or a “don't wanna?”

Or when you know you're already underwater and overwhelmed with the number plates spinning in the air?

Or maybe you've said “**yes**” even when the wise voice within is saying “oh hell no, not a ‘yes,’” again, because you think someone will like you.

Really? You think that will do it? (Believe me, it doesn't. Tried it too many times.)

“**Yes**” IS a good thing when you're saying it to the right things **for you**. The thing I've learned during my years as human being on this planet and as a coach and consultant is that when we say “**yes**” to something, something else is an automatic “no”.

Many of us have a big habit of saying “**yes**” as a “should” or a knee-jerk reaction to being asked to do something. We're forgetting our dreams. Focal points. Priorities. Goals.

(Oh, did that little inner voice go off, telling you you're "bad" if you don't say **yes** to everything? Wheee...tell her to go play for a while so you can decide what's right for you.)

And **yes**, it takes courage to learn to say "no." I know you can do it!

## maybe you do this

- Yes, I'll be on that committee (even tho' I'm already overwhelmed and living on 2 hours of sleep).
- Sure, I'll take on that new project since XXX forgot about it.
- Oh wow, dinner guests at 7 tonight? Yup, I'm on it. I'll let John know there are going to be 10 more for dinner.
- You don't like working on that? Sure honey, I'll do it for you. What's the deadline again?

When you say "yes" to something you don't want to do, here is the result:

You hate what you are doing, you resent the person who asked you, and you hurt yourself.

~ James Altucher  
The Power of No

## check it for yourself...

With the right intent, with the right inner "NO" the "YES" you've always been looking for happens.

~ Claudia Altucher  
The Power of No

Yes **may** be the right answer at the right time. So this is where your personal discernment comes in.

This is where taking a few deep breaths before saying "yes" helps you make choices that give you more energy. And when you do, you're giving someone else a chance to do what they do best!

Make sure you're saying "yes" to the things that raise your energy, create your definition of success, and move you *toward* what you envision ... living a life where you're skidding down the hallway to grab a cuppa and get your day started is a kick-ass day, eh?

## when you're ready to release the lies

When you're ready to let go of these lies, check out...

- [Some practice options...The Excited LittleOne](#) on page 52
- or
- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self

## how 'bout some alternatives

Get kick-ass clear on what YOU want...you, and ONLY you.

Then give yourself permission to have it and to let go of anyone, or anything, that isn't in line with YOUR "Yes."

~ MamaRed

- Thanks so much for thinking of me for the committee chair position. It sounds like a great opportunity.  
AND when I take a look at my Top 5 Passions, it doesn't take me toward them. Maybe there is someone else in our group who would be a better fit.  
  
(**Note:** I used a form of this when asked to be on a committee. The woman who was asking was so enamored of the response, she asked if she could steal it for herself!)
- It's unfortunate that XXX didn't get that project done. I would be happy to take a look at the requirements and see what it would take. That means YYY won't get done if I do it. Is that OK with you. (Or another one is a simple "no!")
- Dinner guests at 7? Let me take a look at my calendar (then count to **at least 3** before you answer).
- Gee, glad you feel my skills are so strong in that area. At the moment, I'm already booked. You might want to check with ...



*be free*

## Word #6...Freedom from “Can’t”

Oh yeah, this is a great one isn't it?

“I can't.”

Now, here's the rub. There many be things we don't choose to do, or don't want to do, or maybe we feel are beyond our limits at the moment.

That's kewl. No really.

AND make sure the words aren't dragging ya down and makin' ya feelin' less than, 'k?

If ya think about it, people without legs have walked, run marathons, played piano. So if that's our challenge, we “can't” (oops!) necessarily say we “can't.”

We could say something more empowering. Yes?



- I **can't** come to your party. I need to pluck my eyebrows and take out the trash and clean up my neighbor's dog doo-doo.

(Really, I don't want to come to your party and am finding excuses 'cuz I'm not quite ready to say "Sorry sweetie, not my cup o'tea today.")

- I **can't** learn computers, I'm just too dumb.

(I've made some mistakes when I use computers and they totally overwhelm me! Or, frankly, I don't want to learn the blasted thing.)

- I **can't** live my passions, everyone would think what I love doing is too weeny or unworthy.

(I'm scared to live my passions. *Everybody* says I can't make a living doing "that" so I'm sure it's impossible.)

- I **can't** do physical stuff anymore and feel like I'm such a waste.

(When you have physical limitations, it can feel overwhelming. AND what *can* you do is the next question.)

The greatest pleasure in life is doing what people say you cannot do.

~ Walter Bagehot

## check it for yourself

I do it because I can...

I can because I want to...

I want to because you said I couldn't!

~ Unknown

When you say "**can't**", see if that is truth with a capital "T."

Is it something you don't want to do?

Then switch your language around and say something like "this isn't something I choose to do right now."

Or see if there is something you can do that feels right for you, in alignment with what you want to be, do, and have in this lifetime. If you don't know what that is, let's get you kick-ass clear on that first.

With that ingredient in your recipe box, it makes it a wholllllllleeeeeee bunch easier to make choices toward it, eh? AND it makes it a lot easier to choose "I can do" or "I chose to do" when the time comes.



## when you're ready to release the lies

When you're ready to let go of these lies, check out ...

- [Some practice options...The Excited LittleOne](#) on page 52
- OR
- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self

## how 'bout some alternatives

- Thanks for the invitation, I sure appreciate it. And that doesn't fit my schedule right now.
- Computers are so complex, I wonder if there is a way to learn them a *do-able* step at time? Or maybe I could have someone else take care of that for me?
- My passions are so important, even if others don't think they're as important as I do. I'm taking steps toward them no matter what anyone else thinks.
- Wow, what can I do **even though** I have some physical limitations? Hum, what if I could ...

"Can't" doesn't cut the mustard.

~ Greg Hickman



*be free!*

## Word #7...Freedom from “But”

“But” is a perfectly good word, isn’t it? I mean it’s in the dictionary after all and we were taught as youngsters how to use it and all that jazz.

And yup, it is a perfectly good word ... until you listen carefully to how it is used in our everyday language.

This is one of those words that easily negates whatever came before it. Or, if there are two good things it is separating, one of them gets lost because we tend to only hear the last one.

“But” is one of those big “work on” words for those who step into my programs. In fact, I laughed so hard I about spit my coffee across the room when one of my BizGuests shared this story:

I was chatting with my mom the other day and every time I heard “but,” I corrected myself. After about an hour or so of this, my mom said “would you pleeezeeee just talk like a normal person for a change?”. Without missing a beat, this dear darlin’ said “mom, no one likes a big butt in the middle of a sentence!”

Pretty much says it all, eh? She helped her mom switch her language and use "and" to bring things together.

Like the other words in this book, and in your own language, how it affects **you** is what is important.

Remember this tho': if you're focused on raising your energy and making a connection...then "**and**" is your word!

## maybe you do this

- She's really beautiful, "**but**" she is so fat.  
(Hum, those two don't go together?)
- He really makes a damn fine salary "**but**" look at the flab on that dude.  
(So which do you tend to remember? Talk about writing off a human being in a few short words!)
- She is has a college degree "**but**" she is sooooo stupid when it comes to using her common sense.  
(Last I checked a college degree doesn't automatically give ya common sense. In fact, it seems to me that the *last* thing a college degree does it given ya common sense or a way of dealing with everyday stuff!)
- Did you hear that Dr. Jones is a good surgeon, "**but**" he barely can string two words together.  
(Which would you rather have from a surgeon? Lotso talk or great skills? Geez!)
- She is a nice person "**but**" her kids are little hellions, aren't they?  
(Which part of the sentence did *you* remember?)

## check it for yourself

Understand that the right to  
choose your own path is a  
sacred privilege.

Use it.  
Dwell in possibility.

~ Oprah

By definition **"but"** is a conjunction (a part of our English language that hooks two things together, just like "and"). The thing is, our ears and mind tend to process the second half of the conversation and ignore the first part or throw away the first part. Practice it ... what happens to your thinking when you do?

If you really mean both things, use "and". This is true even when both parts of the equation are positives (got asked that question one time and really noodled on it before I came up with what it felt like).

Do you really want a **"but"** in the middle of your sentence? If not, this could be one of the ones for you to tackle.

## when you're ready to release the lies

When you're ready to let go of these lies, check out...

- [Some practice options...The Excited LittleOne](#) on page 52
- OR
- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self

## how 'bout some alternatives

- Isn't it wonderful to see how beautiful and talented that woman is?
- I'm so grateful Dr. Jones is the best of the best when it comes to his specialty ... especially since he's the one in the operating room tomorrow!
- I'm not sure about doing this college degree thing. Seems to me common sense is needed in this situation.
- Wow, did you know that John is scrambling to keep his great salary and be an amazing single parent. He must be a great juggler.
- She is such a good mom and I know how challenging kids are. Whew. Wonder where those college courses are on parenting!

Every one of us has in him a continent  
of undiscovered character.

Blessed is he who acts the Columbus to his  
own soul.

~ *Unknown*



be free!

## Word #8...Freedom from “Try”

Dang it all anyway, what **CAN** I say Mama!

...Anything that raises your energy in a way that makes you happy.

How's that?

**Try** is another of those insidious weebly wobblies because it isn't a commitment. It isn't "I'll do x" or "won't do y".

It gives you an out, a back door. And what I've learned is that it also gives ya another way to beat the crap out of yourself.

Either because you said "I'll **try**", then didn't.

Or didn't and felt you *should* have. Or some such thing.

Listen carefully when you say it and **pick what you really mean.**

- Maybe it is "no."  
or
- "I'll check my calendar"  
or
- "That doesn't sound like fun."  
or
- ... Or maybe something else?

## maybe you do this

- I'll **try** to learn that new software.  
(Do you really want to or is this a delaying tactic?)
- I'll **try** to come to that party on Friday.  
(Do you want to go to a party or does the mere thought of it make you cringe? Is it time to push yourself or is it time to retreat?)
- I'll **try** to be a better parent or spouse or partner.  
(Is this what YOU want? And what does being a "better" something or 'tother mean? Get specific if you're ready to take on this challenge.)
- I'll **try** to stop XYZ.  
  
(Is this a hidden *should*? Is it something you want? Would you be healthier if you did XYZ? If so, try is not a very motivating or rewarding way to get 'er done.)

The strongest principle  
of growth  
lies in  
human choice.

~ George Eliot

## check it for yourself

Feel into this one.

It is a biggie and has a lot of energy around it for so many people (you can't see it and my hand is wagging in the air).

We have to learn to be our own best friends because we fall too easily into the trap of being our own worst enemies.

~ Roderick Thorp

It is a way to pretend you're committing and when you do that, it hurts **YOU**.

Frankly, I don't give a damn whether you commit, or don't.

I DO care, a shit-ton-lot about how **you** feel about **you** and what you're bringing to the world.

What would happen if you said "Yes" or "No" or "Let me noodle on that one."

Then set a date for getting back with folks or reconsidering or whatever you're ready to commit to. Commitment is the biggie here, not the answer itself.

Because, in reality, the commitment is to you. And those commitments are essential to your well-being.

## when you're ready to release the lies

When you're ready to let go of these lies, check out...

- [Some practice options...The Excited LittleOne](#) on page 52

or

- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self



## how 'bout some alternatives

- Ya know, I've been thinking about learning that software. Thanks for giving me a shot at it. I'll review the docs tomorrow and let you know whether this is something I'm ready for.
- Thanks for the invitation. And I've got other plans for Friday. (Maybe the plans are to take drink a great cognac in the hot tub. Or stare into space. No matter. Those ARE plans sweet pea!)
- I really don't like myself much when I'm inconsiderate. I choose to make that a priority for today. (Then get clear on what that word means to you.)
- I'm stopping XYZ on November 5th at 9 pm, may I count on you to help me succeed?

I know nothing in the world that has as much power as a word.

Sometimes I write one and  
I look at it until it begins to shine.

~ Emily Dickinson



*be free!*

## Word #9...Freedom from “Have To”

Ever finding yourself bristling when someone says “you have to” do x or y or z?

Or do you find yourself automagically jumping to attention and doing it because someone says “you have to?”

Boy, can I relate to those! I’ve been known to jump to attention like I was taught as a little girl, only to realize later I’m an adult and get to think differently. React differently.

Geez, go figure, eh?

Or, my other reaction is often to say “no” simply because of the language used and my notorious Irish “stubbornness” and the little girl inside who says “you can’t tell me what to do, nah nah nah boo boo!”

Not sure an all-or-nothing approach is the one that gives more energy (which is the goal). Raise that energy, no matter what.

Because when we’re living from that positive, powerful, igKnighthed spot, we’re doing more of what we came here to do.

The other thing with this one is it negates **choice**. And everything is a choice, whether we consciously make one or not. Whether the options are particularly pleasant, or not.

That reminds of the time I gave my son, now an adult, the **choice** between a spanking and a time out.

His response? "Mom, you said I always have a choice and I don't like either of those."

My response? "I never said all the choices were fun or pleasant!"

## maybe you do this

- You "**have to**" sleep 8 hours a day.  
(Or else what? What if you don't need 8 hours of sleep? What happens if you sleep 7 hours and 55 minutes or 8.5 hours?)
- You "**have to**" get to Inbox Zero the last thing before you leave the office.  
(Say who? Is that what really works for you?)
- You "**have to**" get a regular J.O.B. or you'll never amount to anything in this world.  
(Don't tell that to the thousands, if not millions, of people who ditched their J.O.B. to become rich and famous or more fulfilled every day.)
- You "**have to**" put your kids to bed at exactly 8 p.m. or...  
(Funny. Something akin to this was in the parenting book my mom used while I was growing up. Now there is some new pearl of wisdom from some authority somewhere.)

The way you treat yourself  
sets the standard for others.

~ Sonya Friedman

## check it for yourself

With the new day comes new strength and new thoughts.

~ Eleanor Roosevelt

Tell yourself you “**have to**” do something and check your immediate reaction to the command. Check your mind’s reaction and your body’s reaction, for that is where you’ll find the truth, for YOU.

- Do you jump to it?
- Say “screw it?”
- Find a billion other things to do instead?
- Do you feel better when someone says you “**have to**” because it takes a load off your shoulders?

Check it for yourself, see how it affects you (because, my darlin’, **YOU’RE** the most important person ever).

Yes, you are, ‘cuz I said so and you “have to” accept my compliment, right? Please say “yes” or I’ll “**have to**” whine (har har).

## when you’re ready to release the lies

When you’re ready to let go of these lies, check out...

- [Some practice options...The Excited LittleOne](#) on page 52
- or
- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self

## how 'bout some alternatives

- I think I'll test out this 8 hours of sleep a day thing. Heck, maybe I'll check out the "go to bed before 10 pm" thing too and see how I do. I'm sure there is a perfect length for me to be my best me.
- Ya know what, there are thousands of folks who've been successful without a J.O.B., why the heck don't I give it a shot? The Universe gave me one of those noodges anyway, might as well take advantage of the opportunity.
- My kiddo seems tired these days, maybe there is some truth to getting her to bed earlier, then again, maybe not!
- I *get to* make the choice that works best for me. (By the way, shifting "**have to**" to "get to" is a great way to check out the energy of this word.)

At times our own light goes out and is  
rekindled by a spark from another person.

Each of us has cause to think with deep  
gratitude of those who have lighted the flame  
within us.

~ Albert Schweitzer



be free

## Word 10...freedom from “Too Little or Too Much”

Uggggggggg, this infamous duo rarely sings a beautiful song.

It's tends to have a bit off-key-ness to it.

Why?

Cuz you're in the **wrong**, no matter what.

Too fat, too skinny. Too tall, too short. Not enough of this, too much of that.

How that heck does *that* leave ya feelin' grand and glorious and making a kick-ass difference in the world?

Seriously, what *is* that norm so many prattle on about?

This is a particularly challenging one for me 'cuz it seems like I hear it in my head at least 10 of my waking hours. Or, it was my #1 challenge until I started really thinking about it, thinking about things in an alternate way.

Then I began realizing it was a constant way of comparing myself to some freaky “norm” set by someone, somewhere in time. And no matter how hard I twisted myself into a pretzel-like shape, I was never going to “win.”

## maybe you do this

- You're **too skinny**. You need to gain some weight.  
(Based on some chart or on your own health?)
- You're **too smart**, you intimidate people.  
(Their problem or yours?)
- You're **too shy**, what's wrong with you?  
(By whose standards? Is it keeping you from what you want to do?)
- You're **too tall**.  
(And what's to be done about this one? Cut off something?)
- You're not living up to your potential.  
(Hum...that's a possibility, although is it **truth** and is that my purpose in this life?)
- You're **too fat**.  
(Now, if we're talking health-related stuff, this may be a good one to take a look at. If it's so someone else thinks you're the "right" size, maybe not.)
- You talk **too much**, or **too little**.  
(By what measurement? Your inquisitive nature in the first grade when all the teacher wanted was silence, not questions? Because others don't get a word in edgewise? And is "too little" because you prefer to listen? Where the hell do these definitions come from anyway!)

Don't let anyone steal your dream.

It's your dream, not theirs.

~ Dan Zadra

## check it for yourself

If you really put a small value upon yourself, rest assured that the world will not raise your price.

~ Ram Dass

So check it out for yourself (always!) and see how you're doing.

- Are you comparing yourself when it isn't serving you?
- Are you using this as a way to make excuses for what you aren't?
- Or does it motivate you to keep on truckin' and improvin'?

There is no one right answer that fits everybody, just like there is no one size of clothes (can ya imagine someone 6'7" scrunching into a size 2?) and no one right food for everyone.

The answer: **it depends.**

That's true in my business too, although many folks would prefer a hard-and-fast simple response.

What is *truth*? For **YOU**?

What is *right*? For **YOU**?

## when you're ready to release the lies

When you're ready to let go of these lies, check out...

- [Some practice options...The Excited LittleOne](#) on page 52  
or
- [Some practice options...By the Numbers](#) on page 55 for some ways to gently and lovingly recognize your true self



## how 'bout some alternatives

- Wow, I'm not feeling as great as I would like. What is a good weight for me to have the energy and stamina I want to have?
- Boy, I'm lucky I love to learn and I love hanging around people who enjoy that part of my gifts.
- Isn't being tall great? I don't need a step stool to grab things from the top shelf and my wife and I enjoy the jabs of there go "Mutt and Jeff."
- What would it take for me to live my purpose? Who can I use as a great model?
- (Or you could use the one that pops into my head when my strong-willed little girl is out: "Screw you!" Grin).

You always do what you want to do.

This is true with every act.

You may say that you had to do something, or that you were forced to, but actually, whatever you do, you do by choice.

Only YOU have the power to choose for yourself.

~ W. Clement Stone

*be free*



## Some practice options... The Excited LittleOne

When you wonder whether the words you're using are "worth" releasing, give this exercise a try.

Envision a little one standing in front of you, whether a little boy or little girl.

Joyful, laughing, carefree, powerful.

With that amazing childlike innocence.

The stunning acceptance children often have.

Dancing. Skipping.

That beautiful balloon brings so much joy.

The bubbly bubbles are blowing in the wind with all their pretty colors.

Envision her with your color of hair.

Your beautiful eyes.

Your perfect body.

Your beautiful self.

Your ChildYou is eagerly waiting to hear your words.

Laughter brings out the  
child in all of us.

~ Bill Cosby

Excited to hear what you have to say.

And out of your mouth fall hateful words.

Discouraging words.

Dismissive words.

Words that may not directly sound hateful and discourage, yet carry the same painful energy.

These are the words you say to your AdultYou on a regular basis.

That precious, extraordinary little one is your ChildYou. The one who is with you always, no matter your age or size or looks or powerful job or position in life.

Watch that little face. Does it crumple? Do the tears start? Does ChildYou shrink into a small ball, trying to be so small she gets out of the way and doesn't cause "trouble?"

Would you *truly* speak to a child like that, with those words? Would you tell her to "buck up" or "grow up" or "get over it?"

I didn't think so ... and yet that is what so many of us unwittingly do, on a daily basis.

Given your druthers, I bet you would pull ChildYou to you, give love. Give comfort. Share joy. Share excitement.

Revel in the beautiful innocence.

When you look at your ChildYou like this, you find the words hurting you and causing you to be "less than." They may be the same words you find in this book or they may be ones with a specific hurt buried in them from your life.

When you see that face crumple, you've found the words to let go of or switch out so your ChildYou is laughing, playing and, once again, bringing joy to you and others!

We need more kindness,  
more compassion, more joy,  
more laughter. I definitely  
want to contribute to that.

~ Ellen DeGeneres

Some of my BizGuests (whom I also consider family members given what we discover together) find this a lot easier to do when they ...

- Grab a doll or teddy bear that touches their heart in some way and place that in front of them. It is truly powerful in it's simplicity.
- Let that LittleOne have a say and write down everything she wants, without judgment and figure out which thing you can do within the next 24 hours.

In fact, one of my BizGuests was excited when I invited her LittleOne to sit on my lap and have a chat up about what she really wanted to say and do.

There were no rules. No words off limits (meaning she could swear like a sailor if she wanted to. And she did!)

She had spent years being afraid of what LittleOne would say (her LittleOne was about 8) and refused to listen to her.

She was truly stunned at the dreams, questions, and wisdom LittleOne shared.

By listening to her, she realized how many hurts she was hiding from and how many things she was ready to let go of.

When we got to the end of our time together, I asked LittleOne what she wanted most and that is what my client did, within 24 hours.

She said it was an amazing experience and lightened her heart in ways she could never have imagined. She then took some of the other requests and did them, always saying "This is for you LittleOne, I heard you!"

How would this, or something similar, work for you?

Would you enjoy doing an exercise like this to lighten **YOUR** heart? It would be my honor to share that time with you if that is what helps you take your next step.

**Send me an email** (mamared@mamaredspeaks.net) and let's igKnight your life RIGHT NOW!

You are worried about seeing him spend his early years in doing nothing.

What!

Is it nothing to be happy?

Nothing to skip, play, and run around all day long?

Never in his life will he be so busy again.

~ Jean-Jacques Rousseau



be free

## Some practice options... By the Numbers

There are so many different ways to see if what you're saying, whether out loud or to yourself, is raising or lowering your energy.

When you become conscious of your words and what they're doing to you, you can make choices as to what your next step is.

If you stay unconscious, you end up dragging yourself around all day, wondering why you feel like crap.

Not a great way to live, eh?

When you're ready to live the full out, on-fire version of you, you start paying attention to all sorts of things, both large and small.

Here is a way to check out what you're doing when you choose specific words or actions.

If you prefer a less methodical, logical (left brain) way to figure this out, check out the exercise [Some practice options...The Excited LittleOne](#) on page 52.

Or use them both, who knows what works best *for you* until you give multiple methods a go?

One of the biggest gifts of your **private session** is that we use the ingredients **YOU** need to create the life that works for **YOU**.

## What you'll need...

- A piece of paper to write on (or you can use the journaling pages included when you purchase the book and journal set)
- Something to write with (colored pens or pencils are fun!)
- 5-15 minutes of quiet time

## step by step...

Passion is energy. Feel the power that comes from focusing on what excites you.

~ Oprah Winfrey

As soon as you're "awake" (or conscious, if you will) and aware that you're ready to do something different ... use the following steps to figure out what is most important for you to work on **right now**.

**Note:** We'll use a scale of 1-10 in this exercise, where "1" equals "I feel like doggie doodle" and 10 is "I feel like I'm on top of the world."

- 1 Ask "On a scale of 1-10, how do I feel right now?"

Don't think about your answer, simply ask the question and let your heart answer immediately. How do you know if you're answering from your heart or your head? Ask the question, then take (without question), the first answer that comes to you. If you start noodling, *you're thinking, not feeling!*

- 2 Write down your answer.

- 3 Take a deep breath.

Breathe as if you're pulling the air from the middle of the earth. Deep. Long. Full. Breathe from the deepest part of you.

- 4 Blow out your breath and visualize yourself blowing so hard it goes around the world.

- 5 Take two more deep breaths, blowing them out deeply and fully.

- 6 Ask yourself "On a scale of 1-10, how do I feel right now?"

- 7 Write down your answer.

- 8 Now say, out loud if possible, one of the words from this book (or one you want to check out).

- 9 Ask yourself "On a scale of 1-10, how do I feel right now?"

The energy you give off is the energy you receive. I really think that, so I'm always myself—jumping, dancing, singing around, trying to cheer everybody up.

~ Cara Delevingne

- 10 Write down your answer.
- 11 If the number is lower than the previous ones, that's an indication that the word you used reduces your energy.

If the number is higher than the previous ones, that's an indication that this word raises your energy.

- 12 Repeat this process for other words on your list and pick the word you'll work on for the next 21-30 days.

Hint: the word closest to "1" on the scale is the word that reduces your energy the most and, if possible, is the one to shift as quickly as possible.

- 13 Pick a word or phrase (or multiples!) you can use to replace the word you're working on.
- 14 Write them down.
- 15 Post them everywhere.
- 16 Whenever the old word pops into your head, replace it with your replacement word or phrase.
- 17 Repeat until you're feeling better and your number is as high as possible.
- 18 Rinse and repeat for each word that drains you of your energy.

Words are singularly the most powerful force available to humanity.

We can choose to use this force constructively with words of encouragement, or destructively using words of despair.

Words have energy and power with the ability to help, to heal, hinder, to hurt, to harm, to humiliate and to humble.

~ Yehuda Berg





be free!

## Something to noodle on

There are several words included in this book and I'm sure you'll find some unique to your own LifeRecipe begging for your attention.

Working on all of these at once has a **very** high probability of failure.

So pick one and focus on it until your old habit is replaced with a new one (21-30 days-ish). That gives you a chance to celebrate your baby steps, which makes it easier to start recognizing your Amazingness and focusing on what makes you feel better.

After all, you deserve joy, right?

And **every time** you choose another word that raises your energy, celebrate—even if with a simple “yeah” or “great job darlin.”

Really ready to step into loving and celebrating yourself?

What if you got one of those Atta Girl- or Atta Boy-type Kudo Boards we use to encourage little ones when they're trying on a new behavior or you want them to do something different.

You know the ones I mean, right?

The kind where for everything you did toward your goal, you got a sticker and after you got so many of them you got extra applesauce or playyard time or something.

The difference with *this* board is that **you're** picking what to work on, not being given something to work on (which, quite often, was soooooo totally not what you gave a damn about, right?).

Now what if you did that and gave yourself something you *really* wanted? Whether time off, a favorite movie, lighting a candle, taking a warm, comforting bubble bath, riding your motorcycle,



camping out, your favorite flowers ... something that reminds you what you've done and what you're working for.

It may be a little sumfin' sumfin', or a great big sumfin'!

(By the way, my Kudos Board, whether at home or school, usually revolved around some form of "be quiet" or, less kindly, "shut the hell up." Things haven't changed much now that I'm in the second half of my life!)

Whatever you do, make sure you find a way to celebrate the Itty Bitty Steps each day. Without that, you'll find yourself feeling like a failure.

And that definitely is NOT the goal for *Be Free!: Release the Words Holding Your Dreams Hostage*.

## Why do something so childish when you're a grownup

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

~ Lao Tzu

Because buried deep within your Spirit is a LittleOne, A ChildYou, waiting to be recognized. Waiting to be thought well of.

A LittleOne who didn't get that reinforcement when he was little and still craves it.

Buried deep within that adult-sized body is a LittleOne who craves love, acceptance, and

encouragement.

We're still trying to please that adult who was soooooo important to our survival. That one who held the purse strings and the "yes" strings to our hopes and dreams.

The one who said "no" when we wanted them to say "yes" and forced us to share our toys when we wanted to keep them all to ourself.

You may not have gotten the love and kudos you wanted as a little one and there is absolutely no reason why you can't give it to yourself now.

Right now. Every minute of every day if that's what you need.

Unconditional love really exists  
in each of us.

It is part of our deep inner being.  
It is not so much an active  
emotion  
as a state of being.

It's not 'I love you' for this or that  
reason, not 'I love you if you love  
me.'

It's love for no reason, love  
without an object.

~ Ram Dass

And no, before you go there, this isn't "selfish" or "self-centered" or any of those other negatives running through your head (yup, I'm a mom, I've got eyes in the back of my head and am peaking at you across the digital highway. Grin).

We *all* need reminders of how well we're doing and if we're not gonna get it from others, then by damn, we get to give it to ourselves!

You may never hear those words from that powerful being ... ever.

Maybe you no longer speak to them.

Maybe they've moved on.

Maybe they've transitioned.

## Pleeeeeeeze don't wait on someone else to love you

Whatever the reason, pleezeeeee don't wait on someone else to give you what you need.

When you give it to yourself, it is always wonderful and right there. Whenever, and wherever, you need it.

If another shares with you. Wunnerful. Fantabulous. Kewlsie wewlsie.

If they never do, do you really want to go through the rest of your life without that love and encouragement?

Didn't think so!

To your joy. To understanding what it means to love yourself first. You're part of the family now!

Please do write and let me know what words **YOU** switched out for something more positive and powerful.

MamaRed



*be free!*

## How about we connect!

There are a bunch of ways you can connect with me ... what suits your fancy today my dear?

### On the web

- [TameTheBeasties.com](http://TameTheBeasties.com)

In the world of social media

- [Twitter](#)
- [Facebook profile](#)
- [Tame TheBeasties Facebook page](#)
- [LinkedIn](#)
- [Pinterest](#)

On the phone or using email

- By phone: 203.MAMA054 (203.626.2054)
- By email: [MamaRed@TameTheBeasties.com](mailto:MamaRed@TameTheBeasties.com)



be free!

## About MamaRed

MamaRed Knight (legally known as Jerilynne) collaborates with socially-conscious small businesses to improve profits, reduce costs, and ramp up the fun factor to get BizOwners back to doing what they love most. She helps them create a *Sexy Backend* (for their business!) which is systematized, streamlined, and automated so they can build their business and make a kick-ass difference in the world.

She also knows, first hand, the devastating effects of an unkind word, the negative self-talk that crushes souls and she is determined to blend heart, business, and technology to create a world worth sharing with those who are here now, and who are coming next.

Known as the Idea Firehose, this internationally known teacher, speaker, coach, and consultant transforms business challenges into do-able step-by-step solutions to eliminate all the late nights, teeth-gnashing, and hair-pulling.

A business owner who started out in 1988 with no plan, no clients, and no clue where to start, she knows firsthand the challenges of running a business **and** dealing with fast-moving techie stuff that threatens to overcome the geekiest of the geeks.

Since 1983, she's been honing her question-asking and solution-creating skills with biggie whiggies like IBM and Intel and agile, transformation-focused entrepreneurial businesses. Her blend of heart-focused business and techie skills gives her clients the edge they need to get their programs, products, and services out to those who need them most using the latest and greatest tools and techniques.

She shares her experience with her one-on-one co-sulting clients (coaching + consulting that yields big results), in her programs like **Profit Ready Content** and the **Content Throwdown**, and with

as many people as she can reach in the ever-expanding world of social media.

Whether you want to slay the ever-hungry ContentBeastie, offload the stuff you don't like to a team that does, or need a TeenyTinyTip that makes life easier, MamaRed is dedicated to taming TheBeasties that threaten to gobble up every minute of your day and keep you from making a big impact on your world.

She gets a kick out of hearing YOUR challenging problem, digging around in her mental or computerized files, and finding a solution that takes you from stuck in a hole to kick-ass clarity and sends your message winging around the world to those who need it.

When she isn't discovering new ways to help others be LegallyLazee and get more done in less time, she loves finding ways to encourage and support others in their journey to get their **Voices Heard, Messages Shared and the World Transformed**, while bringing joy and laughter to as many people as possible. Her son, and his beautiful partner (both uniquely gifted) bring their Amazingness to a world waiting for each of us to step up and step out.