

**10 Essential Actions
for Women
to Define Their
SUCCESSSS**

By Gioya McRae

Publisher's Note

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Introduction

Women experience many major life changes, such as retirement, divorce or loss of spouse, or becoming an empty-nester. We can find ourselves adrift in time and space with no clear direction or intention in our lives.

The shift women must make can be a difficult one, but with perseverance and focus, we can open up doors to places we never would have imagined.

Here are 10 essential actions for women to define their success.

Let go of the past-- but take the lessons!

Throughout your 30s and 40s, your place of work, whether in the corporate world or as a homemaker, may have become your identity. Now that those days are behind you, you can't cling to them! No matter how things turned out in your personal or professional life, you have to take your focus away from them and look to a new future.

You can't move forward if you're turned around looking at what's behind you the entire time. Note the potholes and roots that tripped you on the path thus far, and focus on applying that knowledge to what's ahead. Chances are you have more knowledge than you give yourself credit for. Acknowledge it and move forward with confidence!



Learn to take action.

You may be drifting a bit due to major life changes like retirement, divorce or loss of a spouse, or suddenly finding yourself with an empty nest. It's ok to take some time to regroup. Then you must take action or you may waste a major portion of your life.

Gone are the days when you had time for drifting or meandering about. You may have more free time now than you did when you were younger, but with that free time comes responsibility! You have to rely on yourself to create an exciting future. Resist the urge to sit down and go with the flow. Figure out what you want and make it happen!



Try new things.

What would you enjoy doing? If you have always wanted to try piano, surfing or writing a novel, there's no time like the present. You've already covered most of the basics by now, so get creative! Take a pottery class. Hunt down some nearby tourist destinations you have never visited before. Buy that weird-looking vegetable and figure out what to do with it. You may just become a master sunchoke chef.



Think back to your childhood dreams. Some may not resonate with you now (do you still want to be a roller derby queen?), but some dreams can still be fulfilled. You may be surprised that you now have the knowledge and strength necessary to make them realities.

Exercise your brain.

Maturing does not mean you've hit a glass ceiling in learning! Pick up some non-fiction books you find interesting, look for puzzles that excite you (Sudoku is a good one), memorize a lengthy poem, or challenge yourself to learn three new words every week.

Staying sharp is part luck and part genetics, but just like a knife, you have some control over sharpening your own brain. The benefits are improved concentration and memory, and mental clarity which enhance our lives greatly. Mental push-ups will ensure success in all your endeavors.



Exercise your body.

Resist the urge to lie in a hammock and read the day away. Physical exercise does more than keep you slim and fit. In addition to improved fitness, exercise fights off illness, improves memory and other mental skills, and increases motivation, making you ready to tackle whatever feat you desire.



Have fun with it! Exercise does not have to be drudgery. Lots of fun activities will give you the exercise you need. This can be as simple as swimming, cycling, dancing or doing yoga. The best way to avoid stagnation is to get up and move!

Learn to trust your inner voice.

Our inner voice is that tiny voice that guides us. Too often we dismiss it. Then later we say, "I know I shouldn't have ...". Take some time to get quiet and follow your innate guidance system.

If you haven't learned this skill already, now is the time. Your brain likes to smother your inner voice with logic and facts, but more often than not, that little voice in your heart knows the right answer. Don't second-guess yourself. That voice has had years of watching and listening, and it knows what is right for you.



Interact with other successful women.

Science has proven that people tend to emulate those they surround themselves with! If you make your social circle out of other successful women, they will motivate and inspire you to be successful, too. In addition to the emotional inspiration, they frequently come in handy as business contacts or connections. Half of life is who you know, after all!

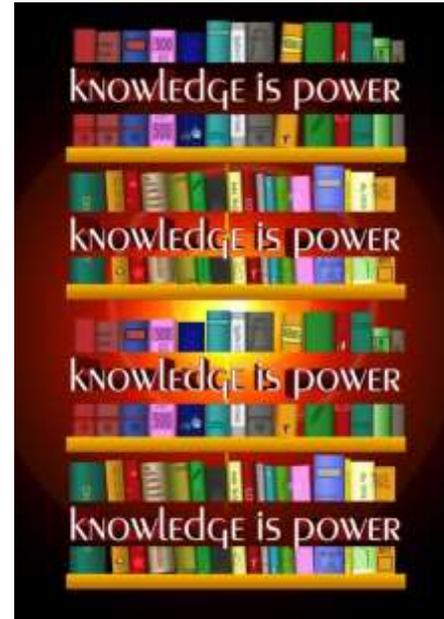


If you don't have many successful women in your circle, get out of the house and meet them at networking events, charity affairs or community celebrations, almost anywhere productive people meet. Embracing new connections will greatly enhance your joy in life!

Share your wisdom.

You didn't make it this far without learning a thing or two. Don't be afraid of looking full of yourself. Think of sharing your wisdom as helping others. Volunteer at an organization that needs your skills. Teach at the local adult school. Become a mentor.

Sharing your knowledge boosts your self-confidence, strengthens your skills, builds new connections and uplifts your spirit. It's a win-win situation!



Add new skills.

Even the tallest trees don't stop growing. They sprout new branches and reach out in new directions constantly-- and so should you. Find your weak spot (whether it's the arts, sports or cooking), and cultivate new skills. They can be as practical or exotic as you please.

Adding to your skill set will increase your self-confidence, open you to new connections, find new paths in your lifestyle and boost your excitement level to a new high!



Embrace change.

If not for change, nothing would ever improve. Don't fight new developments or spend time running away from them. It's easy to get set in your ways, but into your later years, the key to success is to greet change with a smile and say, "Bring it on."

The more you welcome life's changes, the more courageous you will become. As you meet each new challenge, conquer it and come out stronger on the other side, you will learn to greet the future with anticipation and excitement. Embrace change!



About The Author

Gioya McRae is a transitional life coach who helps women rewrite their lives and find a renewed sense of purpose so they can make a difference in the next phase of their journeys.

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