



Hey Girl...this is for us.

We live in a world full of filters and scroll through pictures of lives that appear to be real, but are air-brushed. It seems like everything around us shouts perfection and somehow that makes us feel...well, incredibly imperfect. There is no Facebook, Instagram, or Snapchat filter available to really show the beauty that's below the make-up, the contouring, or the carefully chosen outfits. Of course, we know that we run deeper than all of that.

But how do we keep up?

The fact is, we have been trading our own destinies and how we feel about ourselves for the dreams and opinions of others. It's time for us to reclaim that gorgeous goddess within and begin manifesting our lives...on purpose. After all, now is the time! Now is always the time.

As young women, we have so much resting on our shoulders. There is so little time for rest, sleep, and reflection when we have a schedule that's filled to the brim with other obligations. It feels like the only time we have for ourselves is spent in front of the mirror in the morning and in the evening.

That time is almost counterproductive because we spend it picking ourselves apart.

What if I lost ten pounds?

What if I was funnier?

What if I was faster?

What if my grades were better?

What if I wasn't so socially awkward?

What if (this is a big one) I was just like "someone else"?

If only our mirrors made us look like how we portray ourselves on social media. Wouldn't that be phenomenal? I'm asking us to go deeper. Deeper into who we are and really push ourselves onto the path that we know is for us. The path that leads to fulfillment and abundance in every way.

We already shine like there is #nofilter needed. The real beauty IS in the mirror and in the soul within our beautiful bodies.

There is a secret I want to share with you through this book. We have the ability to create the life and obtain the things we really desire. We must first understand, realize, and feel that which we are worthy and what we desire. There will be words I want you to keep as far away from you as possible as we go through this process.

Words Like:

Never
Can't
Won't
Hate
Ugly
Want
Might

From now on, we don't use those words in the context that describes ourselves or our situation. Words are powerful. They are a reflection of our mindset and an indicator of our future.

I would like you to also set your intentions for this book and how you want it to impact your life. This process will require you to intentionally set time aside for yourself. This is something that is sometimes hard to do with our school, sports, friends and family, and work schedules. However, this is a great practice for us to get into now so that we can carry the habit of valuing our alone time and ourselves into adulthood.

Put a reminder in your phone or your planner. Set aside at least 30 minutes any time during the day that works best for you. You will need to do this in a place that makes you feel peaceful and gives you the liberty to really dive into yourself. I want you to feel completely safe, loved, and open when you are going through the pages of this book or while you are

completing your journal entries and other activities outlined. Choose a time that will work for most days for consistency and routine.

Since we can choose our words...then we can also choose our futures. That is exactly what we are going to do.

GIRL,
you've got GOOD vibes!

Did you know that everything around us is comprised of energy and frequency? What we put out into the world, we get back on the same energy frequency level. In this book, I am going to teach you how to use that energy and harness frequency to get what you desire and live an explosively divine led life. A life where you listen to your intuition. A life where you recognize your intuition and listen to it 100% of the time. I want you to live your purposefully knowing that you have everything you need for success already hard wired in that beautiful body, brain and soul of yours.

