
Woman of Greatness

Learning from great women how to create a great life

Woman of Greatness



Learning to create a great life from great women

TAKING YOUR GREATNESS TO THE NEXT LEVEL

Now that you have learned to Love your Unique Greatness by using your Greatness Board, Greatness Statements, & Greatness Playlist every day, it is time to take it to the next level!

RELEASE & REFILL TECHNIQUES

Let It Go - Who I Am - My Accomplishments

LET IT GO

People who have hurt me or I have hurt

Andy

Sam

Mom

Sarah

The cashier at the corner store

Dad

Uncle John

The little boy who dug in my flower bed

My Husband

My Kids

Cousin Tom

My neighbor who complains about my dog

My 1st grade teacher

- Make a list of people who have hurt you, who you hold a grudge towards, or who you are angry with.
 - Add people who you have been unkind to or who you have hurt
 - Try to remember as far back as you can and up to the present
 - You don't have to know their name, just the situation where the hurt feelings took place
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LET IT GO



Pin your list of people on your Greatness Board next to your baby picture

LET IT GO



Each day pick one name on your list. Close your eyes and visualize that person and begin talking to them as if they were next to you. Explain how you were hurt and everything you wish you could say to that person. Then tell them that you forgive them and ask them to forgive you for the hurt or angry energy that you have had towards them for all these years. Imagine that they say they forgive you. Thank them for letting you talk to them and say good by. As they leave, take a deep breath and let it go slowly as you let any emotions leave your body.

LET IT GO



- Some names may take several days to completely let go of all the emotions.
 - If you need more privacy when “Letting it Go”, you can talk it out in a car or outside in an empty field.
 - It may help to imagine the person you are talking to as a baby or child who is easier to forgive.
 - You can also imagine yourself as a giant talking to a very small version of the person. This helps if the person intimates you or you were a child when the situation happened.
 - The important thing is to completely Let Go of anger, hurt, or sadness that you have carried around for years. You can’t progress in your GREATNESS if you hold onto old grudges.
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LET IT GO



- After you have RELEASED all the emotions by talking with a name on your list, put a heart by their name to remind yourself that you have Let It Go, forgiven them and are willing to forget it.
- Now that you have RELEASED negative energy, REFILL yourself with positive energy by looking at each of your GREATNESS pictures and saying your GREATNESS statements, then listen to your GREATNESS playlist.
- As you Let Go of negative emotions always quickly fill that space with positive emotions, otherwise other negative things can sneak in.

GREATNESS BOARD LEVEL 2

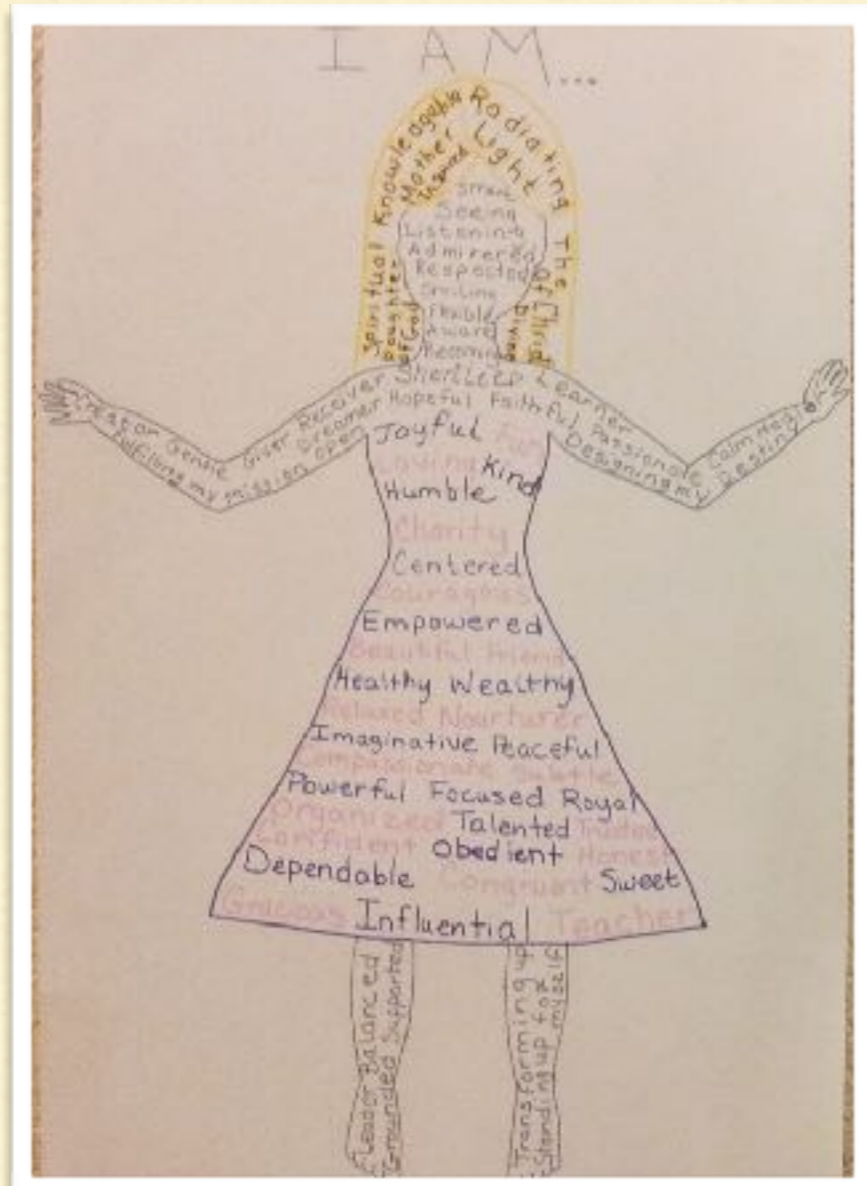
WHO I AM WORD CLOUD



- Make a list of all your GREATNESS characteristics from all 5 areas that you feel really describe your inner self or your soul.
- You can make a “Word Cloud” with the words as shown here.
- You can even add charms or other things that speak to your soul and reflect who you really are deep down inside.

GREATNESS BOARD LEVEL 2

WHO I AM OUTLINE



- Another way to organize the words that describe “Who I Am” is to draw a silhouette outline of yourself and fill it with your GREATNESS words.
- Be as creative as you’d like
- The important thing is to dig deep and really get a true sense of who you are on the inside
- This could be called your Divine Nature, your spirit or your soul

GREATNESS BOARD LEVEL 2

WHO I AM



- Pin the “Who I Am” word list or outline filled with your words on your Greatness Board in the middle left section
- You can read these words out loud after Letting Go and forgiving a name on your list and this will REFILL you with positive energy

GREATNESS BOARD LEVEL 2

MY ACCOMPLISHMENTS



- Make a list of all your accomplishments that you have achieved throughout your life
- They can be small things or things you take for granted like being an Aunt or obedient as a child.
- List them in a Word Cloud as shown here or any other creative way you'd like

GREATNESS BOARD LEVEL 2

MY ACCOMPLISHMENTS



- When you have talked with, forgiven, and let go of the emotions connected with each name on your list, you can take down your list and replace it with your accomplishment list
- You should celebrate when you have a heart by each name on your list and can take it down. You will feel lighter and happier without any more grudges holding you back.
- By replacing that list with your accomplishment list you are REFILLING yourself with lots of positive energy and reminding yourself of how you have let your GREATNESS shine bright throughout your life

GREATNESS STATEMENTS LEVEL 2

I am a character. I am valuable.
I am worthy of respect,
and I am respected. I am kind.

I am generous. I am worthy of love,
and I am loved deeply.

I am resourceful. I am thoughtful.
I am smart. I am funny.

I am honest. I am ambitious.

I am dedicated. I am creative.

I am resilient. I am warm.

I am skilled at all sorts of things.

I am driven by integrity and values.

I am a good mother.

I am a good wife. **I am good.**

am a good friend.

GREATNESS STATEMENTS LEVEL 2

Greatness Statements

1. I am critical of others. (Leader)
2. I am afraid to speak up for myself. (Creator)
3. I don't have any friends. (Charmer)
4. I don't like volunteering to help with things. (Nurturer)
5. My small business is failing because I am a horrible entrepreneur. (Doer)

- As you have been saying your Greatness Statements this past month, sometimes you may have had a negative voice in your head point out your weaknesses.
 - Remember, every GREATNESS personality type also has its challenges.
 - On a piece of paper write your greatest challenge from each of the 5 greatness personality types.
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GREATNESS STATEMENTS LEVEL 2

Greatness Statements

1. I am letting go of my criticism of others.
2. I am speaking up for myself.
3. I am making new friends that support me.
4. I am looking for ways to serve others.
5. I am attracting new clients to my business.

- Now restate each of those challenges in a positive way that says you are working on overcoming that weakness.
 - Try to use the words I AM instead of I Can or I Will which puts it in the future and not the present.
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GREATNESS STATEMENTS LEVEL 2

Greatness Statements

1. I am letting go of my criticism of others and I am very organized and neat.
2. I am speaking up for myself and I am imaginative and a great artist
3. I am making new friends that support me and I am a good dancer and love shoes.
4. I am looking for ways to serve others and I am a great listener and team player.
5. I am attracting new clients to my business and I am good at making plans and achieving my goals.

- It isn't enough to just turn a negative into a positive.
 - To build your Greatness, you need to add 2 of your strengths from that area that are real and will give your mind concrete evidence that you really can change that challenge into a GREATNESS!
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GREATNESS
PLAYLIST
LEVEL 2



GREATNESS PLAYLIST LEVEL 2



- Pick 1-2 instrumental songs that have an uplifting powerful beat like an Olympic theme song
 - Upload them to your phone or device and label them GREATNESS PLAYLIST 2
 - Every morning play one of them as you say your GREATNESS STATEMENTS.
 - Say them loudly and boldly so you can hear yourself over the music. Stand in a strong courageous pose while you are saying your statements to the music.
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LEVEL 2 GREATNESS

- For the next month:RELEASE BY
 - LETTING GO & forgiving one of the names on your list every day. In the evenings, forgive yourself and LET GO of feelings of not being good enough or any other negative emotion that has come up during the day. Talk to the baby picture of yourself as you ask yourself for Forgiveness and release those negative emotions. Let go of a name on your list each morning and Forgive yourself each evening.
 - For the next month:REFILL BY
 - Reading your WHO I AM words from all your areas of GREATNESS
 - Saying your GREATNESS STATEMENTS (challenges turned into positives) to powerful instrumental music with a strong body pose.
 - Reading your ACCOMPLISHMENT list once your list of names to forgive has been completed and a heart is by each name.
 - Remember, anytime you RELEASE, you need to REFILL that space right away with positive emotions & words.
 - Once you have Let Go of all grudges or hard feelings toward others and yourself you should feel happy and at peace and you are ready to go on to Level 3!
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