

I AM Worthy of Greatness

Written for the beautiful people at
SOS Children's Village

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FORWARD...

Our lives reflect both the experiences we have and the interpretations we give them. This landscape is the world we know. It can drive the very ideas we have about ourselves, but more importantly the choices we **now** make. It is the essence of who we are and where we come from; the compilation that is set in motion by our choices. We move through this planet making everyday decisions, regardless of how big or small, that impact our daily lives and shape our direction. It is through these initial thoughts that we generate the electricity that ultimately drives the energy toward better and more fulfilling choices.

For nearly 18 years, I have been an advocate, supporter, and educator for folks whose life experiences have been filled with trauma, neglect and many challenges, including those who have moved in and out of the foster care system. Many of these individuals faced the kinds of setbacks that sent a message of powerlessness. In my work, it was my job to help heal those experiences, inspire empowerment, restore dignity and remind them of their basic humanity. Through conversations, instruction and true partnership - I heard *their voice*. Behind the struggles were great spirits eager to transcend the very landscape that challenged them. We continuously affirmed that **we each have the power to create our futures**. You no longer have *to choose* to be a victim.

This e-book invites you into the world of healing and restoration so that choices for a more fulfilled future are attained. Join in the journey of healing, clarification and creativity as this book takes you on a trip toward self-fulfillment simply by reminding you of the very power that lies within you. You have the power to choose the life you want. It is time to spread the healing power, love and guidance you deserve. Your earlier experiences may have neglected to do so, but through your own wisdom and insight, you now have the power to choose to pull those weeds, plant fresh seeds and watch them grow into a world of possibility. You hold all the power...believe it, know it and live it.

It is your choice.

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INTRODUCTION...

Welcome to the *I am Worthy of Greatness* e-book. We took great joy in crafting this resource for you. We kept the design simple and effective. This e-book is packed with inspiration, ideas, tools and resources for you to pick and choose as you go. It's all up to you!

We hope you find the **COLOR-CODED** design easy to navigate and the **TOOLBOX** resourceful. We wanted you to have fun here.

Like with many self-reflective success books, we may ask you to write things down and do some exercises. Getting a notebook or better yet – a journal you love – to accompany your work will add **value** and **impact**.

The *first* message we would like to convey with this work is this... **YOU ARE ALREADY GREAT - RIGHT HERE AND RIGHT NOW**. And from this powerful place, you may want to **create** cool things for yourself like a job you like, a home you love, a network of friends...whatever it may be. This tool is designed to support you.

The *second* most important thing we would like to convey with this work is that **YOU ARE LOVED**. *Have fun....*

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HEAL

FIRST WE MUST HEAL...

Before we can partake on a fresh journey, we must observe the journey we are already on. And by observe, it does not mean judge. There is nothing to judge, just observe. When we observe without judgement we enhance the healing process.

And if in that observation we discover something we **want to be, do or have** that is fresh and new to us, all we have to do to start that process of growth is to DECIDE.

DECIDE THAT **YOU CREATE** YOUR LIFE EXPERIENCE!

Why is this important? It is important because we are each shaped and molded (even just a little) by our immediate world. Sometimes that world is filled with supportive and loving messages and sometimes its not. Sometimes we have many dollars and sometimes not. Sometimes we like the way we look and feel and sometimes not. Wherever you are on your journey is OK. That is simply where you are **right now**.

In this wonderful moment right now, you are enough. There is nothing you need to be, do or have to be worthy, lovable or valuable. You are already those things right now. But if there is something you want and you don't have it, that is what this book is about. It is about your being the master creator of your own life experience!

There is nothing you **NEED** to do or **SHOULD** do to be **lovable**.

How do you start this healing process? You start by looking at what is going on inside of you. A first step would be to look at your own habitual thinking and ask, "Is this thought or attitude making me feel good or bad"?

Thoughts that make **you feel good** move you closer to good things.
Thoughts that make **you feel bad** move you closer to unwanted things.

Here is an analogy. Let's say you were a lawn. Even the most beautiful and well cared for lawns sometimes get weeds. We all have weeds. Tending to "your

lawn” by identifying the WEEDS will help you grow stronger, better and more powerful as a person. “Weeds” can hold us back just as fear, negativity and feeling powerless (examples of such weeds).

Ok, so you want cool things in your life?

GOOD, you deserve cool things.

You want enough money and a nice home, maybe a really great job?

GOOD, you deserve to have enough money, a nice home and a job you love.

You want to be a good parent?

GOOD, you deserve to feel like a wonderful parent!

Add more (you can use a journal or notebook to write your ideas down)...

I want... _____

GOOD, I deserve: _____

I want... _____

GOOD, I deserve: _____

Now do you believe you can make great things happen?

Let's check...

Put a Y for Yes or N for NO...

Do you have positive uplifting thoughts most of the time? _____

Do you feel good about yourself most of the time? _____

Do you look for the good in people most of the time? _____

Do you think you are capable of accomplishing important things? _____

Do you try to understand other people's views? _____

Do you like who you are most of the time? _____

Do you let tough moments go, so that you can feel good again? _____

Do people like being around you because you are positive? _____

If you answered “no” to any of these questions, you may have some “weeds” in your thinking...so let's pull them.

How? With **better self-talk**. Self-talk is what we **feed** our mind everyday. Are you putting in good ingredients that are positive or are you feeding your mind with negative ingredients (thoughts)?

THE CHOICE IS YOURS.

Did you ever notice that the words that you use both in your mind and in conversation with others, tell the world how you feel about YOU and how you feel about LIFE.

Did you ever notice that it is simply a better experience to hang out with someone positive verse someone who always has something negative to notice and say about someone or a situation. Happy people just make better company.

Did you know it is **easier** to be negative? There are countless things we can “point out” that are wrong. Pointing out problems all of the time does not bring positive outcomes. Its just points out all of the problems – *anyone can do that.*

Now this does not mean you ignore problems or avoid facing challenges, it just means that you do not make it your daily inner dialogue. When problems and challenges do come up, you will simply have more power and influence to find solutions because you are coming from a place of strength.

KEY TIP: True strength is the **CONSTANT CHOICE** to think and be positive.

EXERCISE:

So let's get you started by improving your thoughts and constant self-talk.

Below, let's pull some weeds... ...and replace them with GRASS SEEDS!

Possible WEED

GRASS SEED (Better)

Life is hard

Life is an adventure

I have to be perfect

I like being me!

Interviews make me nervous

I can practice interviewing and get better

I am frustrated!

I am challenged

I don't know HOW to do that

I can learn that

No one cares about me

I care about me! :)

Don't the Grass Seeds FEEL BETTER then the WEEDS?

Now a note about the most stubborn weeds...things we need to FORGIVE....

Why did we pick forgiveness as a focus when there are sooooo many possible “weeds” to choose from? Because its the most efficient way to heal yourself and anyone you care about. Why? Because you and everyone else will ALWAYS be making mistakes. Being a master creator means you understand this so that the very things that hurt you – don't KEEP hurting you.

When we cannot forgive someone we hurt ourselves. Why? Because the pain and anger we hold toward the person who hurt us is not inside THEM but **inside of YOU**. When we forgive, we are letting ourselves be free to feel good again. This does not mean the things that hurt us are OK, or even forgotten. It is not about condoning anything or saying something was right. In fact, an essential part of the process of forgiveness is recognizing and being honest about how you really feel about something.

Forgiveness is when you can honestly say...

I AM WILLING TO LET THIS GO NOW AND BE FREE.

I AM WORTHY OF FEELING GREAT.

One of the best ways to master forgiveness is to:

Forgive yourself for anything that you felt was not your BEST SELF
Forgive anyone that hurt you in anyway

FORGIVENESS EXERCISE:

A great exercise for self-forgiveness is to write a letter/s to the person/s you think you hurt and say you're sorry. You do not have to give the letter to the person. This is just an exercise to help you acknowledge anything you may feel guilty about – we all have stuff we can let go of and move on.

Another exercise for forgiving other people is to write down all the ways you were hurt. Then feel free to rip both sheets up, throw it away and just LET GO.

You can do these exercises any time you feel you were not your BEST SELF or anytime someone was not so great to you. This exercise will help you feel balanced.

CLARIFY

OK you have pulled the weeds and planted the grass so to speak...NOW you can better see your vision and clarify your goals. Let's start with visualizing your success.

KEY TIP: When you clearly **SEE IT, then BELIEVE IT...you will ACHIEVE IT!**

Belief is the most powerful element in realizing your vision. So how can you help yourself to believe more? This is the fun part. Instead of just picturing what you want in your mind, go several steps further...

See it, hear it, smell it, *and* feel it! The more senses (and details) you can add to your vision the more real it will become for you. Here is a fun example to help: Let's say you want a fabulous new car... What is the color? What are the details on the outside of the car...the interior? When you start the car, what does it sound like? Can you smell that awesome new car smell? What does the seat feel like? How does the steering wheel feel in your hands? The more description you add, the more you will believe in your vision.

You can achieve anything you are willing to believe in.

Believe it! Let's believe in this vision with everything you got. It is not as hard as you think with a little practice and commitment.

The brain responds very much like a computer, in that it can only use the information that you put into it. Repeating positive thoughts, actually programs your brain to believe in your vision 100%. When you consistently "program" your brain with these positive thoughts about your vision, new chemicals are released. And you then form new fresh habits of thinking things that make you feel GOOD. Focus on what you want out of life - not what is wrong with life - and you will see good things start showing up in small ways. If you do have a thought that does not support your vision – treat it like a weed and pull it! And plant as many positive seeds (thoughts and images) as possible.

Pull the weeds, plant those seeds and upgrade your software to act *and attract* exactly what you want. What do we mean by attract? Did you ever know someone always happy and happy things surrounded them? Did you ever meet a person that had something negative to say about everyone - and everything around them seemed negative? Did you ever admire someone and want to be more like them? – I bet it was something *positive* you saw. Why? – Because

what we think, we feel and what we feel we attract and what we attract makes up our whole life.

When you keep your focus on your vision with positive thoughts and a strong belief, you will see good things begin to happen for you.

The BEST news:

Achieve it. This is the simple part – Trust that by being clear and positive you are on the right track. Stay unattached to the outcome of your vision. Just be open to it happening. Little clues will start showing up, like a key phone call or a great book with insight. Watch out for how by being positive you are working your "magic". It is so much fun to watch how powerful your thinking is in making your dreams come true.

Positive self-talk, a clear vision and expectancy leads you to the POWERFUL PART OF ALL CREATIVITY; TAKING ACTION!

Clarifying our goals is very simple. You want to write down exactly what it is you want to achieve and/or attract. By writing down a specific goal you are better able to put your intention in the appropriate direction.

The more specific your goal the more meaning it will have for you. Clarifying your goals (with specific details) will add energy, excitement, and meaning.

“If you haven’t set yourself meaningful goals, it’s all too easy to turn back and go home when it’s a miserable day and training doesn’t appeal. Goal-setting is the key to motivation.”

- Kristen Barnes, Canadian rower and double Olympic gold medalist

CREATE

Once we **HEAL** (and calm our insides) and **CLARIFY** our vision then it is time for **ACTION**. Taking action is exciting when it is aligned with your values and personal vision. Sure there is “work” involved, sure some days are better than others, however if you have **PASSION** for what you want in life – you can achieve anything you would like! You have the power to create the vision you have in your mind.

But it doesn't just pop into reality.

Sometimes, in order to make your vision happen you may need to...

- TAKE CLASSES
- SEEK A CAREER COUNSLER FOR INSIGHTS
- READ MATERIAL TO FURTHER EDUCATE
- VOLENTEER TO LEARN A NEW SKILL
- WORK PART-TIME TO GET STARTED
- ASK QUESTIONS
- PRACTICE SOMETHING
-OR JUST DO IT!!!

Whatever **ACTION** you take, if it is toward your own personal vision of who you want to be and how you want live, you will be **excited, motivated and ready** to face any challenges that show up on your journey. Passion gives you persistence and persistence with something you value is a sign of **CHARACTER**.

The creative part of making your dream life starts with **COMMITMENT**.

ARE YOU REALLY COMMITTED TO YOUR VISION OR DO YOU JUST LIKE THE WAY IT SOUNDS? Commitment does not mean you figured out all the steps. It just means you are willing to take the **ONE IN FRONT OF YOU**.

Take out your journal or any piece of paper and write 3 goals that you would like to achieve. Add in as many details as possible. Do not be concerned about how you will achieve this for right now. Just have fun.

1. _____

2. _____

3. _____

ACTION PLAN:

This action plan is going to be fun, easy, and exciting!

Sometimes the action plan is the part that stops people from achieving what they want. We are going to introduce you to an enjoyable and simple way to take the right action to achieve your goals.

Follow the following 5 steps – and enjoy all your successes.

#1 - VISION: Create a visual of your goal. Cut out pictures from books and/or magazines that will help you visualize your goal. Place these pictures in several places that you will see them throughout the day. The best time is in the morning and right before you go to sleep at night. Although, anytime is great! You can even create a collage that is filled with pictures of your goal. The pictures are symbols meant to inspire you. If there is not a specific picture of your goal create a collage of words, personal drawings or anything that will help you picture exactly what you want.

#2 - PRACTICE: Think about your goal daily. Spend 5 minutes every morning and every night thinking about your goal. For example, if you were thinking about the car mentioned above, you would think about all the fun times you will have in your new car. Create positive thoughts that include your goal. As previously mentioned your brain does not know the difference in what is really happening or what is being imagined. So, put your attention on your goal as much as possible. Practice thinking about your goal over and over and it will soon become a habit. The more your goal becomes part of your regular thoughts the closer you are to achieving them. Keep it light and enjoy the journey.

#3 - BE POSITIVE: Keep your enthusiasm high. This should be easy. If it is difficult for you to be enthusiastic about your goal you may want to reconsider if this goal truly resonates with you. You have chosen a goal that fits you well when you feel optimism and are naturally excited about it. As you increase your positive thoughts and energy towards your goal you send a message to the universe that you are ready to attract this into your life. If you have any negative thoughts or feel your low energy toward your goal, use this as a warning that you need to lift up your spirits and believe in your goal even more.

#4 - STAY OPEN: Look for opportunities and signs. As you do steps 1 – 3 regularly, be aware of opportunities that may help you reach your goal. From the example above, it may be a job opportunity or you meet a helpful person. These opportunities may just be a small step in the right direction – whether it is

a small step or a big step – take it! You may meet someone that has already achieved your goal or has information that can lead you to your goal. You may see an ad in the paper or notice something related to your goal that you never noticed before. Be on the lookout for opportunities and signs that may be hints that you are getting closer.

#5 – STAY OPEN: Be willing change. Be willing to take steps 1-4 even if it means making changes. Trust the process! As opportunities and signs present themselves they may require you to do things differently. Realize that even though you are great right now and worthy of your goals, you still may have to make changes to attract new and exciting things into your life. You must be willing to pull the weeds that are in the way of your goals and to plant the seeds that move you closer mentally, physically, and spiritually. Allow the journey towards your goals to influence positive changes.

It is important that you enjoy taking all 5 steps for all of your goals. The more you practice creating what you want in your life, the better you will become. Remember you are the MASTER CREATOR of YOUR life!

Examples of small steps NOW toward **BIG DREAMS** later...

BIG DREAM IDEA

“I want to be a football player”

“I want to get into fashion”

POSSIBLE SMALL STEP NOW

You can try out for a team and see how it goes! You can also coach football. Coaching allows you to enjoy your passion (**football**) and it gives you another option in getting paid for your passion. Taking writing classes and exploring sports reporting may be another option. Or you can get a job in something else you like (we all have many interests) *and play ball on the side*. Create your unique “lifestyle cocktail” but keep this formula in mind:

Get a job in a beautiful shop or store in the mall. Ask the manager if you could dress the mannequins and decorate the window. Create new outfit combinations and record them in a portfolio so you begin learning and developing a skill...check out sites like:

<http://www.monster.com>

<http://www.indeed.com>

<http://www.careerbuilder.com>

“I want to be a CEO of a company”

You can start being a leader RIGHT NOW in any job you have. When you show great leadership skills, people notice, you get promoted. Being a leader is less about telling people what to do and more about being a great positive example. Many CEOs started exactly where you are in their “career”. Some took classes while working, some attended seminars, some read books but if they are a CEO now then they started being a leader *in ever single job they were in and people noticed*...and upward they went!

“I want to be a teacher”

In order to educate, you need education. There are so many ways to learn. Find out what education is required and create a plan for how you will take your education journey. Do not worry if you cannot go to school full time – take classes one at a time and fit them into your current work schedule. Practice teaching in your house or volunteer. When you do finish your degree, you will ready and would have *practiced* your style. Your fun lessons plans and will inspire many with your commitment to excellence.

“I don’t know what I want to do”.

This one requires a little inner work. There are two excellent books for helping you uncover what you like to do. Whether its working with people, with numbers, by yourself or in a group setting these books will help you find your way.

What Color is Your Parachute By Richard N. Bolles

Zen and The Art of Making a Living by Lawrence G. Boldt.

Life is a creative process.

Ideas are wonderful but without ACTION, they are just ideas. Taking action toward what you value is an important part of the creative process.

The most important thing to realize is that life is supposed to be fun. And part of that fun is discovering, learning and trying new things. It is OK if you do not have all the steps down, just start where you are. It is OK if you make mistakes or change your mind, just move forward. It is OK if you feel overwhelmed sometimes – everyone does!

Having a great inner attitude toward life will be your most powerful skill. Being the kind of person people like having around because you think and say good things will attract wonderful opportunities. Looking for the good in others will pull out the best in them. Letting it go when you are hurt or someone does something wrong to you, will keep you FREE.

Creating a fun, fulfilling and creative life filled with all that you dream about is a journey. You are on that journey now. Feel good about where you are right now, because its completely up to you...WHAT WILL YOUR NEXT SMALL STEP BE???

TOOLBOX:

Welcome to the toolbox! This is where you will find easy, fast and simple ways to get and stay organized, plan well and maintain balance. Our hope with this toolbox is that it will help you to enjoy some of the more disciplined things (like time management, organization and developing skills).

ORGANIZE

Take time to organize. Set an hour a week aside to organize something within your environment – work or home. Organizing your stuff is one of the first steps to organizing bigger things in your life...like your goals. As you organize and clean up your possessions you leave room for nice, new things to take the place of the old. In addition, when you show appreciation for what you have you are more likely to attract better things into your life. For example, take your collection of papers, folders, etc. and make one big pile. Sort through each item placing them in either a “save” pile and a “garbage” pile. Throw your garbage pile out. Take your saved pile and break it down into several piles that will better organize information. For example, you may make piles for tax information, school information, general financial information, personal documents, etc. (manilla file folders are great for this!) After you are done secure your organized papers and documents in to a safe place.

Check out the information and tools on these sites:

<http://ineedmoretime.com/articles.htm>

<http://www.mindtools.com/page6.html>

PLAN

Have a plan! Plan for everything – expect only the best! Affirmations are one way of planning for anything that comes up in your life with a positive response. An affirmation is a sentence that states a positive way of being.

Below are just a few sample affirmations:

I AM happy and peaceful even when life presents challenges and things I do not understand.

I AM now focused on my goals and I expect to attract good things into my life at the perfect time.

I AM worthy of greatness!!

Write 5 affirmations down on an index card and keep it with you at all times. Read the affirmations to yourself anytime you need a “pick-me-up.” This may not seem like a classic planning step but you will be surprised how helpful these

positive words and thought can be. It is a great way to keep yourself in good spirits no matter what is happening in your life.

Check this great site for career planning:

http://www.quintcareers.com/master_plan.html

MAINTAIN BALANCE

Breathing is the best way to maintain balance. Breathing tells us so much about our present state of mind. It is impossible for our bodies or minds to be out of balance while we are taking long, deep, slow breaths. Anytime you feel out-of-balance take 3 to 5 minutes out to pay attention to nothing but your breathing. Many people call this meditation. Paying attention and controlling your breathing is the best way to maintain balance.

Relax with this site: <http://cas.umkc.edu/casww/brethexr.htm>

Check out these articles: <http://www.authentic-breathing.com/articles.htm>

TIME MANAGEMENT

Prioritize your list each day into 3 columns. The first column is a list of the things that you feel like you must get done. The second column is a list of the things you may get done. Lastly, the third column will list the things you hope to get done, but only if you get the more important item in column one done FIRST. Separate each list so that you do not pay attention to anything but the list you are working on. Prioritize, plan and schedule EACH DAY and EACH week for effectiveness. One of the best action steps you can take (per Steven Covey in the book The 7 Habits of Highly Effective People) is to PLAN WEEKLY.

DEVELOP SKILLS

Take any skill that you want to learn and attempt that skill or a portion of that skill for just 30 seconds a day for 21 straight days. For example, if you want to run a marathon, start with a 30 second jog everyday for 21 straight days. After the first 21 days is up add 30 more seconds or some adjustment that is very simple for you to achieve. The idea is to form habits towards your skill in a simple manner. Eventually you will be performing your skill with ease. Some skills will take professional support, but any skill can be broken down to specific parts that you can perform in a safe, simple progression.

Check out these site of enhancing your skills:

<http://www.legacee.com/Services/Leadership/SkillsDevelopment.html>

<http://www.mftrou.com/management-articles.html>

*We hope you enjoyed reading this e-book
written especially for you!*

We sure had fun writing it!

*And it would make us truly happy if this
little resource helped you live YOUR
DREAMS...*

....because

YOU are WORTHY of GREATNESS!

*With love,
Kristin Mackey
and Scott Baker*