

CONTRIBUTING AUTHORS: Kelly Rolfe, Rusiana T Mannarino, Cindi Melkerson, Deirdre Slattery, Elaine McMillan, Emily Gruzinski, Jennifer Jayde, Jess Arbour, Jewell Siebert, Katherine Debs, Lisa Gartly, Sabrina Greer, Shabira Wahab, Shelbi De Silva, Vickee Love, Angelia Mantis



Dear Limits,
GET OUT
OF MY WAY



*The Woman's Guide To End Self
Limitations And Push Past Social Restrictions.*



TOP 100
OVERALL
BEST SELLING
BOOKS
Amazon
June 2017
(#58)

Best Selling Author of Dear Stress, I'm Breaking Up With You

KY-LEE HANSON

DEAR LIMITS, GET OUT OF MY WAY: The Woman's Guide To
End Self Limitations And Push Past Social Restrictions
2017 Golden Brick Road Publishing House Inc.
Trade Paperback Edition
Copyright @ 2017 Ky-Lee Hanson

All Rights Reserved. No part of this book can be scanned, distributed or copied without permission. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher at kylee@gbrph.ca – except for the use of brief quotations in a book review. The author has independently contributed to the content of this book, irrespective of the other author's contribution, viewpoint or advice.

The authors have made every effort to ensure the accuracy of the information within this book was correct at time of publication. The authors do not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from accident, negligence, or any other cause. This book is not intended to be a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matters relating to his / her health.

The publisher is not responsible for websites (or their content) that are not owned by the publisher.

Published in Canada, for Global Distribution by Golden Brick Road Publishing House Inc.
www.goldenbrickroad.pub

Dear Women Book Series Girl Illustration: by Natalie Barratt

For more information email: kylee@gbrpublicationsagency.com

ISBN: trade paperback 978-1-988736-09-9

 ebook 978-1-988736-10-5

 kindle 978-1-988736-24-2

To order additional copies of this book: orders@gbrph.ca

Table of Contents

PREFACE

INTRODUCTION

SECTION 1

GREAT EXPECTATIONS WILL NOT LIMIT ME

Chapter 1 Sticks And Stones, *by Jewell Siebert*

Chapter 2 Balancing Buckets, *by Sabrina Greer*

Chapter 3 Learning To Love Yourself, *by Deirdre Slattery*

Chapter 4 Embracing Personal Style, Comfort & Fashion Confidence, *by Shelbi De Silva*

Chapter 5 Say No So You Can Say Yes, *by Shabira Wahab*

SECTION 2

THE PAST IS NOT A LIMIT

Chapter 6 Past Does Not Define You, *by Emily Marie Gruzinski*

Chapter 7 It's Not Me, It's My Imperfect Circumstances, *by Jess Arbour*

Chapter 8 I Forgot That I Am Good Enough, *by Cindi Melkerson*

Chapter 9 Say Yes To Your Sweet Spot, *by Lisa Gartly*

Chapter 10 Trust The Path, *by Katherine Debs*

SECTION 3

MONEY IS NOT A LIMIT

Chapter 11 Are You Being Money's Needy Girlfriend? *by Jennifer Jayde*

Chapter 12 Adversity & Your Empire, *by Elaine McMillan*

Chapter 13 Broke, Burned Out, Bachelorette, *by Vickie Love*

SECTION 4

FEAR IS FUEL, NOT A LIMIT

Chapter 14 No Fears, No Limits, No Excuses, *by Rusiana T Mannarino*

Chapter 15 You Will Find Your Way, *by Angelia Mantis*

Chapter 16 The Power of Action, *by Kelly Rolfe*

Chapter 17 Limits Are A Decision, It Is Your Choice, *by Ky-Lee Hanson*

ACKNOWLEDGMENTS

Section 1



Great Expectations Will Not Limit Me

Featuring

Jewell Siebert, Sabrina Greer, Deirdre Slattery, Shelbi De Silva, and Shabira Wahab

Opening commentary by Tania J Moraes-Vaz

As women, we most often limit ourselves emotionally, and mentally, which then flows into other facets of our daily life. This affects the choices and decisions we make on a day to day basis. We end up doing this often by either taking on a *Yes sir, Yes Ma'am* attitude – where we are afraid to say no to a person, a situation, or an environment that does not help us grow and evolve positively, or we let the external opinions and doubts of those around us seep into our consciousness. We then allow these factors to limit our thinking and perspective, and play into the great expectations expected of us by those around us.

How we feel about ourselves on a physical, mental and emotional level has directly affects our relationship with others. Consider this, if we had to toss aside all of the preconceived notions of how we, as women, are supposed to look, think, feel, act, and be with ourselves and with others – How would you choose to see yourself? What are the words and catchphrases that come to mind when you think of describing yourself – your very essence, your body image, your persona? How do these words and catch-phrases make you feel? What would you choose to wear? How would you choose to show up for yourself, your environment, job / business and in your relationships? Do these words and thoughts elicit a happy, confident, and radiant response, or does it make you feel anxious, doubtful, and not so good about yourself?

Some food for thought: Did you know that models were originally chosen thin in terms of their physique, to reflect how clothes hang in their original form, as art? Thin was as close as it got to visualizing the way an outfit would hang, as it would on a hanger; Moreover, it was a way for the designer to see if the outfit looked how they envisioned it. It was people who began to compare themselves to models – unfortunately over time, people's lack of self confidence and their constant need to compare themselves to one another, spurred on a huge financial opportunity for the beauty, fashion, diet, health and wellness therapy industries. Nobody truly thought to examine the rationale and history behind why thin was a criteria in the selection of fashion models. Model selection was simply a way to display clothing; couture as art, in as much of its original form as possible. It was never a statement on how one should look like, or even aspire to do so.²

Recently, there was a splendid and powerful performance given by Lady Gaga at the 2017 Super Bowl – it was amazing to see such a huge social icon deliver an empowering performance focused solely on her music and creativity. However, the very next day, an article circulating online on MensHealth.com³ was discussing how people were body shaming her for an instance where her midriff was showing during her performance; conversely, majority of the internet fan following came right to her defense and shut down the body shamers. Additionally, the individual who originally shared this article on Facebook commented that she knew the moment Lady Gaga took off her jacket, the internet would call her fat. This just goes to show how conditioned we are, especially as women, to view ourselves and each other based on the ideals set for us by the socio-cultural environment we have been living in. This in turn adds to the myriad of self esteem and body image issues that constantly plague our daily lives, both personally and professionally. We need to reprogram our subconscious to initially go to a place of acceptance, not a place of judgment... we encourage social expectations. Hence, self love and the way we view and feel about ourselves is a huge movement today. It is a movement to un-condition and un-learn decades of programmed subconscious thinking of “not being enough – not beautiful enough, not strong enough, not feminine enough,” based on the

perceptions and ideals placed upon us by ourselves and the society we live in. These consciously subconscious ideals often affect us on a bigger scale than we like to admit. It affects our relationship with ourselves and with others, the professions we may choose to pursue or not pursue, the opportunities we may either seize or let pass us by.

In our first section, discover how to assert self-love, establish boundaries, and reclaim your power while nurturing your inner goddess by learning how to break these barriers and achieve a healthy outlook on your current self and the reality that you are experiencing. Jewell calls us to explore, examine, and unlearn how to push past the limitations of these ideals, and truly learn to embrace ourselves for who we are; to know and realize that we are enough; to let that knowledge itself carry you through your personal and professional endeavours, and to never let anyone else define who you are, or what you are capable of accomplishing. Next, Sabrina shows us how to how to juggle and balance the chaotic lifestyles we lead by finding beauty and peace amidst chaos, while learning to identify when we have veered off center and balance. She shows us how to come back to it from a place of gratitude, rest, and relaxation. She shows us that balance isn't always what we ideally consider it to be, and nor will it look the same as anyone else's; rather balance is subjective, and is as much a state of mind and perspective. Deirdre encourages us to learn how to start being comfortable in the very own essence of who we are, by reframing and rebuilding our view of body image into a positive one by envisioning, showing up, and dressing up for success, while owning the success that comes our way. Learn to embrace your personal style with Shelbi, and make a fashion statement based on comfort, yet enough of that oomph factor to make you feel good, and conquer whatever life throws your way. Remember, the outfit doesn't wear you, rather, you wear the outfit. Lastly, Shabira guides us on how to gain an awareness of the way we show up in our various relationships, and learn how to establish boundaries, and meet our relationships halfway.

²Clements, K. (2013, July 05). *Former Vogue editor: The truth about size zero*. Retrieved from <https://www.theguardian.com/fashion/2013/jul/05/vogue-truth-size-zero-kirstie-clements>

³Hrustic, A (2016, February 07). *People Can't Stop Talking About Lady Gaga's "Belly" and the Internet Is Having It*. Retrieved from <http://www.menshealth.com/weight-loss/lady-gaga-body-shaming>

Chapter 1

Sticks And Stones

by Jewell Siebert



*“The eyes of others our prisons; their thoughts our cages.”
~ Virginia Woolf*



Jewell Siebert

After 42 hours of labor, the nurse handed Jewell her tiny, pink, perfect little baby, and in that moment she knew. She thought, “I work too much, I’m miserable and stressed out, and I need to make a change. Every decision I make will have a ripple effect on this perfect little human, and I’m going to create a life I love for both of us.”

Seven days later, after 14 years of service and multiple trips to Iraq and Afghanistan, Jewell submitted her resignation from the army. Six months later, she left active duty for the Army Reserves, and began the next chapter in her life.

Today, Jewell Siebert is a #1 international bestselling author, intuitive coach, and Certified Canfield Trainer in *The Success Principles*. She supports working women to actually enjoy the lives they work so hard to create. She uses her real world experience and unique perspective to help her clients make more time for the things they love, overcome blocks that keep them living small, and find true joy in their lives.

She lives in Austin, Texas with her husband and daughter, where she takes full advantage of the city’s BBQ scene.

support@jewellsiebert.com | www.jewellsiebert.com

ig: jewell.siebert | fb: jewellsiebertcoach | t: jewell_siebert

I could feel my cheeks burning. My throat tightened up. The sinking feeling of inadequacy filled my stomach. Everyone was looking at me, turned around in their seats, witnessing my humiliation. It was my senior year of high school, and word had gotten around that I was going to college at the United States Military Academy at West Point. Mr. S was subbing for physics that day, and was taking the opportunity to tell me that I wouldn't make it through my first summer at West Point. Didn't I know that it's tough there? That people yell at you? That they do push-ups? Someone snickered. I had never wished to get back to Sir Isaac's theories so badly in my life. Yes, I realized it was a semi-crazy choice for me. I had never planned on joining the military, I *was* a soft-spoken and gentle person, and honestly, I wasn't sure if I would make it. But still...I didn't expect to be discouraged by my teacher in public. Mr. S wasn't the only person with misgivings. Up until graduation, my school counselor and some of the other teachers repeatedly told my mom and I that I couldn't go to West Point, and that I wouldn't be able to make it through the initial summer training. Now, I loved my teachers and knew they were truly concerned for my wellbeing and were trying to keep me from making what they thought was a terrible mistake; it was disheartening to have so many people tell me I was going to fail. That was the first time people had expressed negative opinions about my career in the military, but it certainly wasn't the last. Believe it or not, some people think that women don't belong in the military (groundbreaking news, I know). It always surprised me – and stung a little more – when another *woman* was the one sharing that sentiment.

The next time that happened, I was an awkward freshman – called a “Plebe.” I had short hair, big clunky brown glasses, and I looked more like the scrawny before version of Captain America than the latter. I was easily flustered by the constant yelling of the upper-classmen who made developing me their special project. I wasn't the best at memorizing knowledge, the required information all cadets are supposed to learn, and often found myself standing at attention, stammering out gibberish, and wishing for time to pass by quicker. But on that day, I couldn't have been happier. The West Point Parents Club of Michigan was visiting and throwing their annual tailgate party, and I got to spend the weekend with my mom. After the football tailgate ended, my mom crammed her Oldsmobile Cutlass Ciera full of cadets and their friends, and drove them back to the barracks area. One of the people, a classmate's visiting civilian girlfriend, started talking about how she didn't think women should be allowed at West Point, or in the military at all. I sat there dumbfounded that A) a woman in the 20th century was saying those words, and B) that a woman in the 20th century was saying those words *while sitting in the backseat of my mother's car*. I don't remember how the conversation ended, but it definitely did not end with me retorting with a snappy comeback about how she must just bawl into her apron every time she thinks about us women who are stepping out of our “rightful place.” What I do remember was my burning cheeks, the knot in my throat, and that same sinking feeling in my stomach, reminding me that *maybe I wasn't good enough* and that *I didn't belong there*.

Frankly, Scarlet...

There was nothing unique about this situation. All of us have dealt with others' limiting beliefs at some point in our lives. To a certain degree, we all have ingrained opinions on how people should act, and what roles everyone plays. We all have certain biases and expectations, whether flattering or not, that affect how we see ourselves and others.

Oftentimes, they are based on how you look, what you wear, or as I experienced with my teachers and the girlfriend, your personality and which chromosomes you drew in the DNA lottery. These things create our label, and it can be incredibly powerful. The labels people give us can either empower us or limit us, depending on how we receive and process the information. There are two main ways others' beliefs can limit us: by putting up external barriers (such as barring from employment, clubs, or social circles), or by fuelling self-limiting beliefs inside our own minds. The first one is often outside our control, and not a topic for this chapter. It is the latter of these issues – how external labels and expectations affect our inner dialog – that is much more powerful, and what I believe our time is best spent on overcoming. Negative things that others believe and say can only affect us if there is already a nugget of doubt existing in our minds. Think of something you are really proud of in your life. For example, you volunteer at a food bank on weekends to help the less fortunate. If someone came up as you were stocking the pantry and called you selfish, would you believe them? Of course not! You would think they had a screw loose, or were having a bad day, or just didn't know the first thing about you. Their opinion of you wouldn't affect how you saw yourself. However, if you're already doubting something about yourself, that negative input from an external source acts like kindling for self-limiting beliefs. If you, like I was in my Plebe year, are questioning your abilities and your worth in an area, and someone else shares their negative opinions with you, it will solidify that doubt within your mind. The little voice inside your head will latch onto that feedback, and replay it over and over, reminding you to play small, keeping you stuck.

It's Not Me, It's You

The good news is that you have a choice. External opinions and biases can limit, but they can also empower. Surely, one could accept external labels and limitations as truth, and decide to act within the confines of that paradigm, or one could decide that others' labels and expectations are simply their opinions, not fact. Once you recognize that the things people say are merely reflections of their own limiting beliefs, based on their own fears and biases, it becomes much easier to disown them. Now, here's where it gets really good: **when you don't own someone's judgements of your abilities as your own, you're free to look for the learning point inside the message. You can use their negative input to fuel your own success.** Now, you may be thinking, "What the heck are you talking about? So when someone expresses a negative opinion about my abilities, I not only have to just shrug it off, but I also have to dissect it for things that I could use? How the heck am I supposed to do that, when all I want to do is wring their little judgmental necks??" Or something to that effect... Yes, I fully acknowledge that remaining emotionally detached from naysayers' opinions can be difficult to do, but it does provide you with a healthy way of dealing with negative feedback, AND it does get easier with time and practice. Plus, I have several tips and tricks to help you do it.

Empowerment Strategies

The secret to making others limiting beliefs work for you is to strengthen your mindset and belief in your own greatness. Then, you can reframe them and choose whether or not to accept them as a tool for your growth and success. For the record, I chose not to accept the beliefs of the people who didn't think I belonged at West Point. Not only did I make it

through my first summer, but I graduated, spent 14 years on active duty, and am currently a Lieutenant Colonel in the Army Reserves. So, yes – totally doable.

Here are some methods I like to use:

Assess Your Strengths And Weaknesses, And Create A Plan To Develop The Areas You'd Like To Improve

In order to be able to assess the validity of others' expressed opinions, it is helpful to really know yourself. One of the best ways to get an accurate picture of who you are, and to improve your chances of future success, is to do a self-assessment.

This can be as easy as writing a list of your strengths and weaknesses, but I encourage you to take it a step further. Ask your friends and families for input – for both the wonderful and the not so great. I'm not going to pretend like this is an easy task. It's hard to ask for constructive criticism from those you love. In the army, we have to do a survey every few years, where we ask for anonymous feedback from our peers, subordinates, and superiors. I literally sweat every time I hit the send button on that thing. No one likes hearing how they're not measuring up. But, to quote G.I. Joe, "*Knowing is half the battle.*" Once you know those areas in which you could use a little improvement, you can create a plan to improve that area, and as a result, be more confident in your abilities (not to mention more successful). Plus, I guarantee you that you'll also get all kinds of amazing, make-you-teary compliments about how great you are. The simplest way to do this is to send an email or text message asking for the feedback. Or if you'd like to do this anonymously, you could create a free survey online in just a few minutes. By understanding your strengths and weaknesses, you are better equipped to handle others' criticism. This way, even if others do comment on one of your weaknesses, you'll be less affected, as you already know it's an issue, and you've developed a plan to strengthen that aspect of yourself.

Seek Internal Validation

External validation is great. It feels amazing to be appreciated. That's why gold stars are such an effective reward for school kids. We never outgrow that love of being appreciated for our talents. However, if we exclusively pursue validation, we become more vulnerable to external (limiting) beliefs, and more likely to develop habits such as people-pleasing. Rather, we can develop our sense of personal pride, and focus on seeking internal validation. One great way to do this is to practice the mirror exercise. Before bed, I like to give myself an *attagirl*. I make eye contact with myself in the mirror (this feels a little funny at first, but is a critical component), and say, "Jewell, you did so great today." Then I list out the wins I had, the temptations I overcame, the times I was nice, and the things for which I'm grateful. Then I close by saying "I love you," and hold eye contact for a minute to soak it all in. Will this feel strange? Probably. Will your family members tease you about it? Maybe. But who cares? It works. Now, the most important thing about this exercise is that no negative self-talk is allowed. If the little voice inside your head starts bringing up things you did not do or hints that your accomplishments aren't that noteworthy, you shut it down. Thank the voice for its input, tell it – *not useful*, and get back to focusing on the good stuff. This one exercise will have profound effects on your mindset, and will steel you against others' limiting beliefs. Try it for a week, and *then* let

me know how your life has improved.

Remind Yourself Of Past Successes

It can be easy to focus on the negative. You could get 10 compliments on a report you wrote, but the one thing that will linger in your mind is the one critical comment. That's just how we're wired. It's part of the reason why our species has survived (along with the development of delicious java drinks, of course). But, it doesn't serve us to focus solely on the negative. Reminding ourselves of past wins helps to fuel our self-worth, keep our energy levels high, and rise above negative input from those who would otherwise limit us. A great way to do this is to keep a *win* journal. Whenever you accomplish something great – whether big or small – write it in your journal. Then, go back and review what you wrote on a regular basis. Not only does this feel wonderful, but it also gives you a fantastic resource to disprove the negative comments from others.

Question, Question, Question

Oftentimes, others' limiting beliefs are based on a bias or worldview that simply isn't true. However, sometimes these false truths are so ingrained in our society that they are difficult to recognize as opinions, and not fact. Vishen Lakhiani, CEO of Mindvalley, beautifully explains this phenomenon in his talk on *brules*, or B.S. rules. When someone expresses her limiting belief to you, ask yourself if that's true. Really question it. Ask yourself, "What would happen / what would life be like if the opposite was true?" You may be pleasantly surprised with the answer – that what you *knew* to be an undeniable fact was actually just a *brule* posing as truth.

Play The "How Does This Serve Me?" Game

Here's the part where we flip the script and use the external opinions to our advantage. Instead of getting defensive about the person's limiting beliefs, ask yourself, "What can I learn from this? What is the universe teaching me? What is my opportunity?" Just by reframing the input as a *lesson with a positive intent* removes a lot of the emotional charge from the situation. Now, you might need to distance yourself from the person, and take a few deep breaths before you're ready to implement this step, but it's definitely worth doing. I believe that every setback, every challenge, heck, every annoying driver who cuts us off on the expressway can teach us something, if we let them. If we seize this opportunity as a gift rather than a hurtful piece of information, we can grow and achieve so much more in our lives. It's kind of a twist on the saying, "*Don't get mad, get even.*" Well, without the vindictive undertone... I'm not condoning any kind of Michael Corleone stuff here. For example, when I was applying to West Point, several teachers and the school counselor told me that I wouldn't make it there – that I was too skinny, too quiet and too gentle to survive military life. It stung for sure, but I took their words, and used them as fuel when I felt like giving up. Don't get upset by what someone thinks you can't do – get out there and prove them wrong!

It's Your Choice

Being on the receiving end of others' limiting beliefs is inevitable. How many times do our family members offer us well-meaning advice on what we should, or shouldn't be doing with our lives? But the choice of what we do with that information is absolutely our choice. How we accept or reject the truth of those limiting beliefs has the potential to

impact not only our sense of self-worth, but also our ability to make the kind of impact that we want to have in the world. By strengthening our mindset, and asking key questions, we can turn those limiting beliefs into a force of good in our lives. I know my choice. What's yours?