

Girl, YOU CAN
WIN!

**The 10 Highly Essential
Habits Of A Winning Woman**

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AWESOME AUTHORS IN ACTION
DELIVERING STAR QUALITY READING SATISFACTION

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GIRL, WHAT'S REALLY HOLDING YOU BACK?

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“Of course, it's not enough to simply stop doing what isn't working in your life. You must also make changes so that you can start doing what does work.”
– Valorie Burton, *What's Really Holding You Back?*

“*What's really holding you back?*” Ironically, this question was more than the title of Valorie Burton's awesome 2005 book. It was literally a question that I had to ponder with Valorie personally during several life-changing coaching sessions.

Ironically, I always knew that I was born to win because of God's divine declarations in the Bible. Genesis 1:26-31 states that I was *created in the image of God* so that I could *be fruitful and multiply*. As it is written in Psalm 139:14 and John 14:14, I am *fearfully and wonderfully made to perform greater works* in my life because I *believe in Jesus*. With those inspiring scriptural truths, how can I not know that I was born to win?

Tanya White

I was even built to win. I was blessed to have loving, involved parents who encouraged me to be the best person that I could be. My parents made certain that I had the best educational opportunities available at that time. They worked hard to pay for my tuition at private Catholic schools from kindergarten through twelfth grade. I was fortunate to have a well-rounded childhood that was filled with memorable learning opportunities, traveling experiences and a strong foundation of love.

Even despite their work schedules, my devoted parents also shuttled me to ballet practice, choir practice, Sunday School, modeling class, speech club, Junior Achievement, Black Achievers Youth program, as well as guitar, clarinet and piano lessons. My parents protected me. They provided for me financially, spiritually, socially and emotionally.

But being born and built to win does not a complete winner make. The final winning component was absent from my life. Somewhere between my internalization of being born to win and my parent's firm foundation of building me to win, I lost my will to believe that I could and should win in life. Unfortunately, it had been pilfered away by negative emotional, spiritual and social bandits.

First of all, regardless of my father and mother's encouraging affirmations that I was a beautiful vessel bound for greatness, I still suffered from years of having low self-esteem and a very unhealthy self-image. I internalized societal views concerning my body type and skin color which kept me satisfied with stagnation.

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Next, oftentimes I wondered why some of the churches that I was connected to were flourishing as an organization, but many individuals in the congregation, including myself, were stuck in a continuous professional, financial and personal rut. Like most Christians, I was always committed to churches that helped me to mature through studying and understanding the Bible as well as shouting about the promises of God.

I was honored to serve in ministries and church leadership positions with excellence and diligence. Yet, when it came to fully moving in my purpose, either they didn't know, didn't show or they didn't care about me truly manifesting my divine destiny. Unfortunately, many churches provide awesome opportunities for service. However, they frequently fail to furnish the needed platforms, mentoring and consistent small group support that is necessary for people to achieve personal life success. But that is another discussion for another book.

The third and final reason why my belief in winning became battered and bruised was due to who I allowed in my inner circle of confidants and romantic companionships. I either befriended good people who doubted my dreams—their doubt resulted in them providing me with friendly advice based on their own personal fears—or I associated with not-so-good people who cleverly camouflaged their devious motives with doting flattery and deceitful friendships.

But whatever the reasons for my disbelief, the results were always the same. I continuously found myself winning small and losing big. That was until I invested in life coaching sessions with Valorie Burton.

The Best Thing That I Never Knew I Needed

Having a life coach was the best guidance that I never realized that I needed. It was the mentor that I was missing who would help me to manifest my purpose. The coaching experience served as an active accountability, expert advisor, comforting wise counsel and celebratory objective cheerleader. The only thing that I regret about investing in a coach was that it took me so long to do so.

Before I committed to life coaching, I talked about writing a book for about seven years. However, within nine months of weekly sessions, I had completed a rough draft for my first book. Previous to those rewarding coaching sessions, I also remained stuck in unfulfilling, unsatisfying and drama-filled relationships with people because I thought I was obligated to do so. Coaching gently addressed some deeply suppressed issues that were huge barriers to the life success that I had been longing and praying for.

Life coaching literally was a life-changing situation. It was an essential journey in my winning woman transformation. Life coaching helped me to move from being a whining, wishing and wanting woman into becoming the winning woman that I am and will continue to strive to be.

The Purpose of *Girl, You Can Win!*

It is my purpose that this book *Girl, You Can Win* becomes the answer to your prayers. I pray that it serves as your special life guide to your ultimate winning lifestyle. I hope that this information acts as your expert advisor, your supportive best

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friend and the cheerleader who encourages you to finally pursue your passion.

As you read this book, get ready to experience the greatest shift in your life. If you implement the highly essential habits that I have gleaned from my own life, then I promise that you are destined to see positive, tangible and lasting results. Your “No I Can’t” attitudes will immediately turn into “Yes I Can” actions and you will quickly begin to celebrate many “Yes I Did” accomplishments. I am confident that if I can start living as a winning woman, then girl you can too!