

Quotes from

# POWER

– A woman's guide  
to living and leading  
without apology.

“Being fully Present is a way to experience being fully human.”

“Being of service is wonderful, but we must be present to who we are, what we want to give and what we have to give. The last two are not the same thing.”

“You are good enough and worthy enough to lead.”

“The world does not need busy women, it needs present and powerful women.”

“People pleasers rarely please anyone, least of all themselves.”

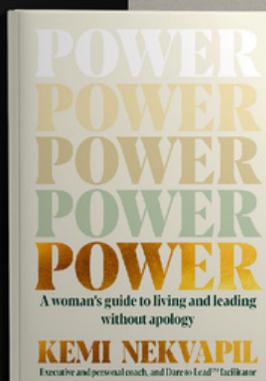
“The confronting truth is no one else is responsible for your feelings of resentment, overwhelm and exhaustion. These feelings are a direct result of not having clearly communicated boundaries.”

“And if you can't find a mirror, be the first, and you'll become the mirror. You will be the mirror who undoes the limiting imprint for someone else.”

“Being present to all of your feelings is more powerful than walking around with half of your feelings hidden from yourself. Not only does it mean you don't belong to yourself, but it also means others can't find you.”

“There is power in taking up space, and being seen. There is power in allowing others to see you with all your human imperfections.”

“We live for a very short period of time and it is the wise person who chooses to insert as much fun as possible along the way.”



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“Every action we take costs us something – time resources and life energy: and every action we don’t take also costs us time, resources and life energy.”

“Being busy is not being in charge of our lives, being busy takes the meaningful charge out of life.”

“Honour your story and it will honour you.”

“When we wait for permission from others, we miss is the power to give permission to ourselves.”

“We must be able to walk into any space and know that our humanity is equal to every single person in that room.”

“Understanding what we value means we have a compass to allow us to be truly content and fulfilled, and when we are content and fulfilled, we have more to give to others.”

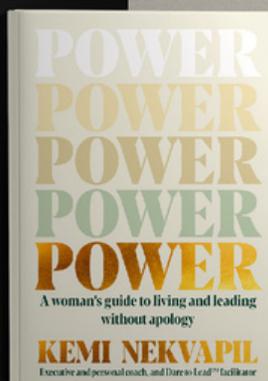
“Being responsible for our privilege is powerful if we own it and use it responsibly. Feeling guilty about our privilege has no power at all.”

“If you want to lead, lead. The world needs you to show up and lead.”

We have one shot at this gift called life, and we need to take responsibility for directing it, shaping it and healing through it.

“Build the community that you can serve and nourish and that will serve and nourish you in return.”

“You are the builder of your power.”



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