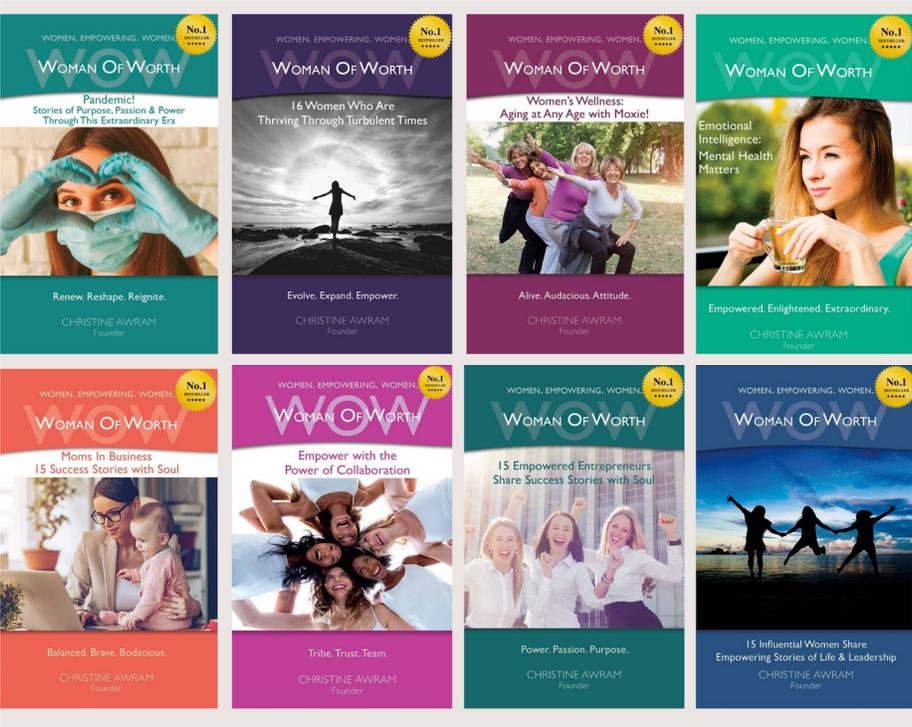


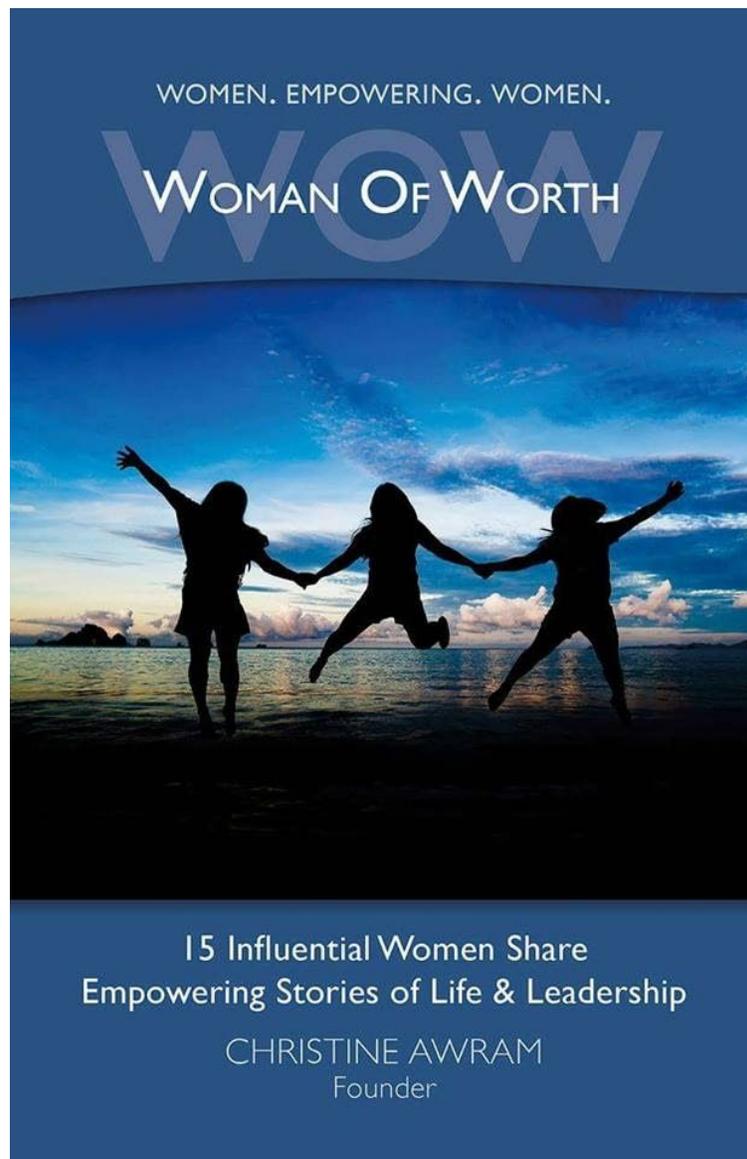
# A TASTE OF WOW



By Christine Awram

# BOOK 1

## 15 Influential Women Share Empowering Stories of Life and Leadership



*We hope you enjoy this chapter from Book 1 of the WOW Series of Collaborative Books!*  
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# From Worthless to Woman Of Worth

By Christine Awram

*“Life isn’t done to you, it’s UP to you.” – Christine Awram*

Who doesn’t remember “Summer of ‘69” by Bryan Adams? It was the song that transformed him into a global superstar. People all over the world were belting out, “Those were the best days of my life.” Maybe for him they were, but not for me. Those were some of the worst days of my life.

That summer I was nine years old and I was severely beaten by my dad, in broad daylight on Broadway. It started with a fist to the face that flattened my nose. Blood was spraying, I was screaming, and it got worse from there.

The sun was shining and birds were singing while I wept and begged him to stop hitting me. Cars drove by, but no one slowed. Pedestrians crossed to the other side of the road to avoid us. All I remember thinking was, I’m not even worth saving.

That’s how my downward slide into believing I was worthless began.

Over time my increasing belief that I had no value or worth turned me into a rebellious adolescent, a teenage runaway, and street kid. Recreational drugs and alcohol became my new best friends. I eventually went back to night school and became self-sufficient, but my dark hole of inner self-loathing kept growing. It became so all-consuming that I attempted suicide at eighteen, and would have succeeded if not for the intervention of a worried friend.

I’d like to say that this was my wakeup call, but it wasn’t.

Instead, I became sneaky. Suddenly I was the party girl. Always smiling, laughing, joking, and dancing. It was my mask, because no one was allowed to see that I secretly hated myself. When my pain and depression became overwhelming, I’d disappear. People thought I had the flu a lot, but I wasn’t burning up with fever – I was being eaten alive by a darkness that left me unable to function or even leave the house for days at a time. I’d just shut down and become paralyzed, until sheer force of will pushed me back out into the world where the cycle continued to repeat itself.

A “saviour” arrived in my early twenties. He saw the real me, and stuck like glue no matter how hard I tried to push him away. We spent several years together, and during that time there were two things he did that started changing the road to hell I’d been living on. First, he helped me realize that until I healed the animosity I had for my father, I would never have a healthy relationship with any man. Then he introduced me to counselling and the idea of personal development.

Until that point, I had resigned myself to believing I was just a fucked-up chick. It was the luck of the draw and my cross to bear, and would always be a part of me. I had no idea I could transform myself. When a counsellor suggested that I could change everything if I was willing to shift my beliefs, it was a revelation. A small glimmer of hope crept in, and a new journey began.

I’d like to say that I was a quick learner, but I wasn’t.

I didn’t suddenly “arrive” at a new and improved me. It’s been an ongoing journey, where some days I’m the pigeon and some days I’m the statue. Crap happens, but counselling and a

meditation retreat taught me how to stop taking everything personally. I learned how to detach and observe, rather than mindlessly reacting. “I’m Teflon, not Velcro,” became one of my mantras.

As cliché as it may sound I’ve learned to love myself in all the good, the bad, and the ugly. Nobody else could love me if I didn’t. Wonderful things couldn’t happen if I was constantly believing I was less important than navel lint.

There was no precise moment where I suddenly understood how amazing I was, because it’s a process that never really ends. There’s a Chinese proverb that declares, “A journey of a thousand miles starts with a single step.” Stupid proverb is actually right. It often feels like I’m taking one step forward and two back, but courage is always one step ahead of fear so I keep moving. Courage and movement are where healing and strength are found, and that’s where value and worth come alive.

I started surrounding myself with people who get the real me and who have my back. I call it Tribe. Everyone has a Tribe. People who are there to kick each other’s ass and remind each other how fabulous we are when we forget. We need Tribe, because we all forget how magnificent we are. It’s our human blind spot, and we’re just not meant to do this adventure through life alone.

I’ve also learned that celebrating “what’s good” is essential. There is always good stuff in our lives, but we become blinded to it when bad stuff happens. When we refocus onto what’s good and celebrate it, that allows us to pump up the volume and lead the way for others to do the same. When People Magazine named Sandra Bullock “Woman Of The Year”, they summed it up by saying, “Bad things happen, but Sandra celebrates the good ones.” It’s classic Law of Attraction; whatever we put our attention on is what grows.

Have you ever noticed that when you’re having a bad day and all you can think about is how bad it is, it just continues to get worse? You’re focused on it, so it grows. The Law of Attraction boils down to physics, and it will never distinguish between what’s good or bad for us. It’s just obedient, and follows the energy and vibe wherever it goes.

Once I understood that, I started paying attention to where I was directing my energy. I began focusing on what I wanted more of, instead of what I didn’t want. When I added celebration to the mix, the process accelerated like a rocket.

Another key moment for me was when I realized I wasn’t the only one who struggled with my sense of value and worth. Until then, I thought it was my own dirty little secret. One day I read an article about Oprah’s interview with Barbra Streisand, and it changed everything. At that time Barbra had eight Grammys, two Oscars, four Emmys, and a Tony. She was my icon. Yet after decades of superstardom, philanthropy, and extraordinary leadership, Barbra admitted to Oprah that she was devoting her next tour to finally believing she was enough.

What? Barbra Streisand? No way! I was shocked, but then enormously relieved to realize I wasn’t alone.

That’s when I created WOW: Woman Of Worth. Once I started opening up this line of conversation with women, it became apparent that the “I’m not worthy” and “I’m not enough” mindsets affect almost everyone to some degree. This sparked my desire to step in and interrupt the programming. I barely survived the hell of secretly believing I was worthless. How many more women were unconsciously sabotaging their limitless success and happiness,

rather than celebrating their fabulousness? The answer is, far too many. It was time to “Get WOWed”.

## **A Deeper Healing**

I repaired my relationship with my father a long time ago. This took time and effort, but I knew that at his core he was an amazing person who temporarily lost his way, just like I did. I found out from my mother that he saw his mom beheaded in a car accident when he was just a small child, which allowed me to become compassionate instead of judgmental.

After accepting that I was 100% accountable for how I wanted my life to be, I took a deep dive into counselling and healing. There were many personal and spiritual developments that I explored. Anyone on a healing journey needs to follow their inner guidance and trust where it leads them, because the path of healing is different for everyone. When I was ready, I sat down and had a deeply authentic conversation with both my parents. No blame, no shame, just raw and real. It was life-changing.

Not only did I forgive my father, I totally fell in love with him after tapping into a deep compassion for the hurt little boy within. Strangely, he changed after this conversation and often became a gentler person. I experienced so much joy with my dad, and we laughed together a lot. When he died five years ago, I was heartbroken.

My life purpose became devoted to women empowering women. While men can struggle with this too, it's something that seems to affect women more profoundly. So, WOW was born.

I'd like to share three true stories that were defining moments along the way, because they're very real and demonstrate on a practical level how some of my learnings played out in real life.

## **Dumped by a Dumptruck**

I was driving home from a meeting, absolutely seething with anger and frustration. I'd stormed out of the office after a useless attempt to communicate with someone that I judged to be righteous and arrogant. He had coldly dismissed me, which left me feeling small and completely unseen.

Fuming, I began slowing down as traffic was merging from two lanes into one. Seeing my opening I slowly edged over, only to watch in horror as a huge cement truck accelerated into the side of my car. I narrowly missing being squished like a bug.

I was frozen at the wheel, and the truck driver came running over. His face was ashen as he banged on my window shouting, “Lady, are you ok?” I finally rolled down the window and assured him I was fine. He kept repeating, “I just didn't see you, I just didn't see you.”

Suddenly it “hit” me, and I started snorting with laughter. He must have thought I was hysterical but I realized that while I'd been putting all my energy on feeling small and unseen, a huge truck smashed into me because he didn't see me. Me small, truck big. Unseen, not seen. It was like the Law of Attraction was smacking me in the face. It isn't always that obvious, but this was an important reminder that I get what I vibe.

## **Blinded by Blindness**

After a downward health spiral that included migraines, insomnia, skin diseases, and chronic pain – with medications for all of them – I was crying in my doctor’s office that nothing was getting better and the situation was driving me crazy. She told me I wasn’t crazy, I was depressed, and put me on Prozac. Another prescription. Sigh.

A few months later I was experiencing a constant and excruciating pain in my head. A number of doctors put me through a battery of specialized tests, including a CT scan, and diagnosed me with a rare eye disease that was going to leave me blind. I was told nothing could be done to save my sight. I was devastated.

This was hands down the biggest turning point in my life. After the initial shock, I had a moment of absolute clarity that nowhere in the story of my life was there going to be a chapter called “Then I Went Blind.” I had no idea what the answers were, but I knew they had to be out there. It was time to let go of everything I thought I knew, so that new information could come in.

Life became extremely interesting. I read Louise Hay’s book “You Can Heal Your Life,” where she explained how our body is always talking to us but we usually shut it up with distractions or medications. How can you slap a bandaid on a symptom without ever addressing the root cause? That’s not healing, it’s medicating.

I finally opened my eyes to what I hadn’t been willing to see. I started healing my childhood trauma, because I finally understood I was indeed worth saving. Within months I eliminated every medication I was on, and all my symptoms disappeared. I reversed the eye disease, didn’t go blind, and was classified a medical miracle.

## **Bowled Over at Bowling**

Just over ten years ago I was living on Vancouver Island, and would stay at my sister’s house when visiting the mainland. One weekend she invited me to a Valentine’s Bowling Party. A bowling party? What? She explained, “It’s a fun bowl, we drink wine, there’s great tunes and a disco ball.” I don’t bowl, but she had me at disco ball.

Off we went, with her husband in tow. On arrival, we discovered that this was a bowling party for couples and you needed a partner. I start joking that because we were in Cloverdale, which is a rodeo town, I could go walk the street and find a cowboy to bowl with. I really would have been fine to sit it out, drink wine, and heckle everyone under the glow of the disco ball, but then I heard a deep voice behind me say, “I’ll bowl with you.”

That’s how I met Dave, my life partner. Fondly known as Manly Man.

We had a blast. At one point, he had to throw a bowling ball between my legs and was concentrating hard to not break my ankle. Just as he released the ball, I decided to throw him off his game. Up went my shirt, and I flashed him. Hey Dave, meet the girls! The ball went into the gutter, and he asked for my phone number on the spot.

We’ve been together ever since. He is my heart.

I used to refer to myself as a serial monogamist. My life was an endless pattern of men dumping me because I was needy and drove them away, or I’d dump them when they bored

me. I never married, and I despaired of ever having a healthy and happy relationship. As my recovery deepened, however, the quality of my relationships with men started improving. Still no soulmate, but profound learning and healing.

I stopped dating altogether about a year before meeting Dave. I knew it was time to let go of my attachment to a “perfect partner”. If I was meant to remain single, I was okay with that. I didn’t need a man to complete me, because I was whole. If my soulmate was out there, he’d show up and we’d share the ride. It was time to just stay focused on my love affair with myself.

Then I went bowling. God has a terrific sense of humour.

## **Learning and Action Steps**

It’s a wonderful start to share stories that inspire you, but this is where I extend an invitation to take it a step further and take action. I’ve identified three key areas that are essential ingredients in the foundation of an empowered life. Let’s go deeper.

## **Accountability**

*“The truth will set you free, but first it will piss you off.” – Gloria Steinem*

We’ve been programmed as a society to be the “victim” of someone or something else. Your family, the government, whatever or whoever. This gives your power away. Instead, decide to be 100% accountable. When you have a negative feeling or reaction, choose to own it. It’s never about the other person, so look for what your reaction is trying to teach you.

Be still. Be quiet. Be curious, and listen to your inner wisdom. Ask yourself, “What am I mistakenly believing about myself right now?” Identify the belief, so you can heal it and let it go.

When you follow these steps, you may hear an internal dialogue something like this: “When Jane always arrives late to my staff meetings, I get angry. What am I believing about ME that gets triggered when she’s late? Oh, that she doesn’t respect me. Do I believe I don’t deserve respect? Why would I think that? ...Because I don’t believe I’m loveable. I can’t be respected if I’m not loveable. Cancel, Cancel, Cancel. Please forgive me for believing that I’m not loveable. Thank God that’s NOT true. I am always inherently loveable.”

Quite frankly, this isn’t for the faint of heart. It’s so much easier to let it be about the other person. In this example, I’m not saying it makes Jane’s lateness okay. This process is about taking the focus OFF the symptom, and putting it ON your healing. It starts correcting mistaken beliefs that you’ve absorbed over a lifetime.

Start each day with the statement, “Today I choose to be 100% accountable.” You might get pissed off, but the truth will set you free.

## Celebration

*“Life should not only be lived, it should be celebrated.” – Osho*

When you celebrate “what’s good”, it puts a hyperfocus on the things and experiences you desire so you can receive more of that. Plus, the energy of celebration infects everyone around you and creates a ripple effect of empowerment.

People will be drawn to you, because they want what you’ve got. They want to be in your vibe.

Start opening conversations with, “What are you celebrating today?” Listen to their answer, and give ‘em a big High Five. Tell them what you’re celebrating. Focus on what’s good, and celebrate together. Feel the energy go through the roof.

## Worth

*“Nothing has any meaning, except the meaning I choose to give it.” – ACIM*

Your true sense of worth is never externally sourced. It doesn’t come from your spouse, house, boss, bank account, job title, or those fabulous Jimmy Choo shoes. The real strength and power of your worth comes from within. It’s infinite, more enduring than titanium, and humbling in its magnitude.

Take time every day to heighten your awareness of who you are, why you’re here, and how deeply you matter. This is the most powerful place to lead from. Every morning, stand in front of a mirror with your hand on your heart, look into your own eyes, and recite the Woman Of Worth Credo which you can find on the next page.

Make the decision to give your life the meaning you choose to give it. When you identify with the glorious Woman Of Worth that you truly are, you empower everyone and it can never be taken from you.

GET WOWED.

Because every woman is a Woman Of Worth.

To read more chapters like this in “15 Influential Women Share Empowering Stories of Life & Leadership” please go to: <https://www.awomanofworth.com/bestsellers>

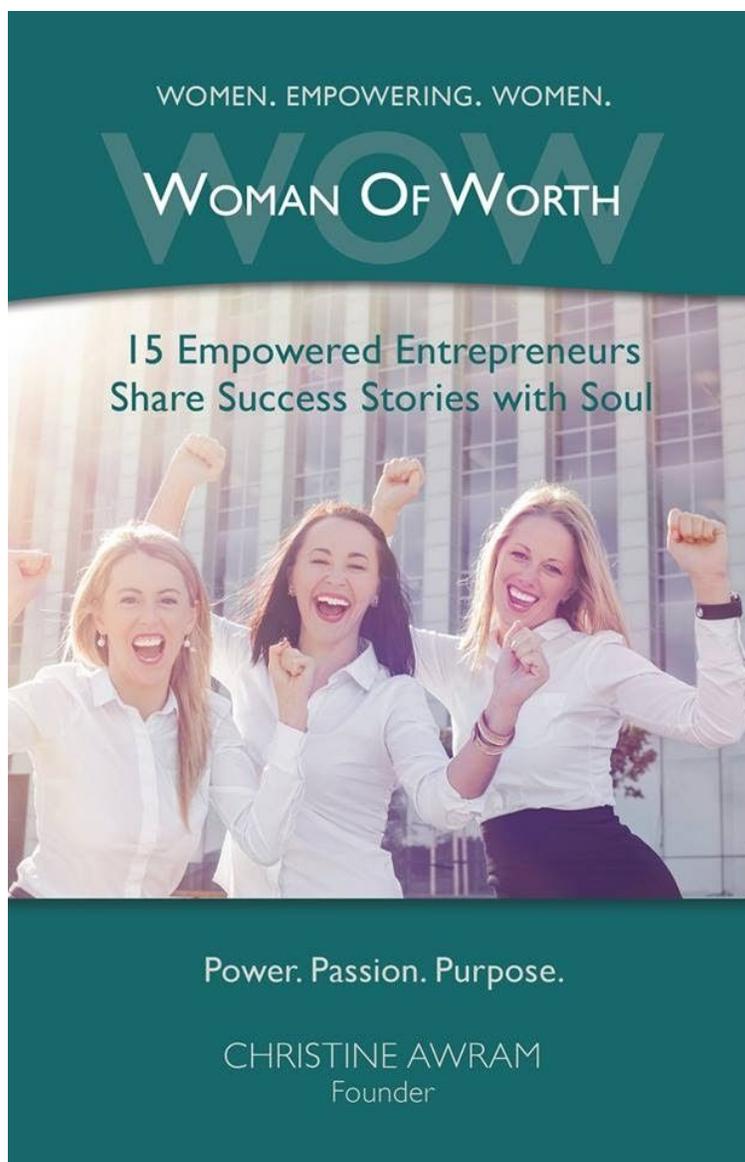
# The WOW Credo

I am a Woman Of Worth  
My worthiness is inherent and infinite –  
    it is my natural state  
My value is a reflection of who I AM –  
    and I am magnificent  
Who I am always makes a difference –  
    because I MATTER  
I am successful –  
    coming from my true power which lies within  
I am empowered –  
    making choices from the clarity of my heart, mind and spirit  
I am an empowered leader –  
    impacting others from quiet acts of kindness to leading a nation  
I am abundant –  
    manifesting success from my core values  
I cherish my relationships –  
    they are part of what makes me strong  
I am a Human BEing –  
    as my BEing is of far more significance than my DOing  
I play, laugh, and bring beauty and light into the world –  
    I am RADIANT  
At times I despair and I weep –  
    when I feel the pain of a world that has momentarily gone mad  
Yet even when I tremble through a dark night of the soul,  
    I renew my faith and my courage in a single heartbeat –  
    because my spirit is indomitable  
I feel, and I care, and I am passionately alive –  
    with a heart as open as the universe

**I AM A WOMAN OF WORTH, AND I AM GLORIOUS**

# BOOK 2

## 15 Empowered Entrepreneurs Share Success Stories with Soul



*We hope you enjoy this chapter from Book 2 of the WOW Series of Collaborative Books!*  
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# The How of WOW to Now

**By Christine Awram, Founder  
Woman Of Worth WOW Worldwide**

*“Great women empower other women to be great.” - Christine Awram*

“It’s time to open your eyes and get started.”

I jolted awake and jumped out of bed, head whirling. What? Wait! What? I’d just had the wildest dream, but it wasn’t exactly a dream. I thought I was awake. Did I drift off? What just happened?

I’d been having a chat with...a light. A light with a voice. Believe me, I know how crazy it sounds.

It was early 2004, and I was being instructed by some woo-woo light-voice to create an empowerment event called WOW Woman Of Worth in May – which was only weeks away – at a golf and country club, with celebrity speaker Linda Edgecombe as the headliner. I was to create a powerful day with world-class speakers, philanthropy, connection, education, and collaboration, where women would celebrate their magnificence.

That’s when I woke up. I’d had some weirdo metaphysical experiences in my life, but this was taking it to a whole new level.

I didn’t know much about producing events, but I knew enough to know that pulling together an event of this magnitude in less than three months was ridiculous.

Or was it?

I pondered my options. This “vision” (for lack of a better word) had been strangely compelling. Most of my life had been spent struggling with a lack of self-worth, and I knew I wasn’t the only one. While I had always wanted to make a difference and see more women embrace their fabulousness, this wasn’t how I thought it would play out.

But why not?

I decided that the only thing to do was put it to the test. I’d been “told” the date and venue, so I called the country club and said I needed their event space. She exclaimed, “You’re in luck! We just had a cancellation for that date a few minutes ago, so the space is available. Normally you’d have to book at least a year in advance.”

Whoa.

I was a bit freaked out. Now what? A second test of course! I’d also been “told” that Linda Edgecombe, who was one of Canada’s top speakers, would be the headliner. She was in high demand, and I barely knew her. This would have to be the acid test.

I looked up her office number and called, fully expecting voicemail or a receptionist. The phone was picked up and I heard a chirpy voice declaring, “Hi, this is Linda.”

Seriously? I mean really, could this get any stranger?

“Linda!” I chirped back. “It’s Christine Awram. You probably won’t remember me; we met at that aromatherapy workshop a while back.”

“Christine! Of course I remember you. What’s up?”

I took a deep breath and plunged in.

"I had this idea. I'd like to produce an annual empowerment event for women called WOW Woman Of Worth, and I want to launch the first one in May. Most events are either all professional or all personal, and I'd like to create a new type of event that weaves them both together. It would be nine to five with lunch included, and I'll bring in some great speakers on different topics where women want answers. You'll be the headliner, we'll have entertainment, and the main focus would be on getting women to really celebrate how magnificent they are."

A pause. "Sounds great but...I get booked as much as two years in advance, and that's only a couple months away."

"I know it's a long shot but, well, I had this really vivid dream, and in my dream you were the headliner. I know it's a little crazy, but I decided to just call and lay it on you."

"Fair enough. What kind of speaker fee did you have in mind?"

"Um, actually no speaker fee, as you'd get some great exposure and most of the event's proceeds would support a local women's charity."

There was a lengthy pause. "Hang on a sec." She put me on hold. As I waited, it seemed certain I'd stepped way over the line and would be on hold for the rest of my natural life.

Then Linda was back.

"This is the strangest thing," she began. "When my assistant is out doing errands, I let the phone go to voicemail. She was out, the phone rang, and I literally heard a voice telling me to answer the phone. I did, and there you were asking me to headline an event that's never been done, on a date that's only weeks away, and with no speaker fee. Part of me is thinking wow, this chick has balls, but another part is saying hey, remember the freaky voice telling you to answer the phone! When my assistant came back in, I put you on hold and asked her what's happening on that date. You're not going to believe what she told me."

"I bet she said you've had a cancellation on that date." Yet another momentous pause.

"Not only did I have a cancellation, it was just made this morning."

"So, are you in?"

She started to laugh. I joined right in, and the two of us howled like loons. It was one of those magical moments that can never be planned or anticipated.

"I'm in. It makes no sense, I don't know why I'm saying yes, but there's something going on that I don't understand yet and need to be a part of."

That was fourteen years ago. Linda has been an integral part of WOW every single year, along with some of the most powerful speakers in the world. We have grown to empower over 10,000 women firsthand, rescue our global sisters from slavery, support philanthropic projects locally, and now publish #1 bestselling books that donate 100% of royalties to charity. It has turned into a community of extraordinary women that I call "Tribe," where great women empower other women to be great.

There are three key takeaways that I want to leave you with:

## **Trust Your Gut**

I saw a quote the other day that said, “Told you so. Sincerely, Your Intuition.”

Intuition is the place where you are hard-wired to your soul. It bypasses the logical left hemisphere of your brain and hits you right in the gut. Never discount it.

Pay attention. Make a decision, take an action step, and see where it leads. Always give yourself permission to audaciously ask, because the worst that can happen is they’ll say no. Remember that the world is full of flat squirrels who couldn’t decide what to do.

## **Know Your Why**

If you are being called to start a business, create an event, take a sabbatical, write a book, or whatever is pulling at you, it’s critical to understand your “Why.” What is the underlying purpose of your calling that’s specific and personal to YOU.

If you read our first WOW book where I shared my story, I related the core of my “Why”: the time I was beaten on a public street in broad daylight at the age of nine. No one intervened, and all I remember thinking was, “I’m not even worth saving.” This led to a lifetime of believing I was inherently worthless.

Fast forward to Woman Of Worth. Coincidence? Absolutely not. I wasn’t consciously aware of my underlying purpose when I had the vision, but it became crystal clear in very short order.

## **Build A Tribe**

I’ve had many dark nights of the soul. If there’s a mistake to be made, I’ve made it. At times I’ve been on my knees in despair, not knowing how I can possibly go on. Then I remember I’m not alone, and call on my Tribe.

Together, we’re stronger.

What does Tribe look like? One example is when my mom had a massive stroke, and I was having a hard time staying on top of business for the six weeks she was in hospital. Then she died, and I was almost immobilized. I reached out to my inner circle and they joined together to make sure things got done, no questions asked.

Another example is when one of my best friends suddenly died from pancreatic cancer. The tribe banded together to create a fundraising memorial, because she was a single mom of a seven-year-old son. In less than a month we created a magnificent send off and raised over \$50,000 to go into trust for her child.

Tribe has got your back. It’s about collaboration, not competition. You share values and rarely judge. There’s no bitchiness or jealousy.

When you need to vent, your Tribe brings the wine and listens. They never let you stay in your shit, though, because after you’ve vented, the next questions are, “Are you done? Is there

more? Then it's time to move on. What can you learn from this? What's next?" This lights the way to creative solutions and healing.

## **How "Tribe" and This Book are Powerfully Linked**

This is the second WOW book in a series, which was inspired by "Chicken Soup for the Soul." I loved the concept of different authors sharing their authentic stories, and especially how life events can bring about empowerment instead of victimhood.

So often we observe amazing women and believe we can never do what they've done. There can be a tendency to think, "I'm not as smart, I don't have the resources, I'm not qualified, I need to take another course, I can't follow my dream until the kids are older, these women had a better education or more money."

Blah, blah, blah.

All our authors have had challenges, and some of them have experienced unspeakable pain. The common thread that runs through all their stories is that somewhere along the way, they made a decision to learn and heal from their challenges and to collaborate with others so they could move forward.

The focus for this particular book is that every single woman is an empowered entrepreneur, and she's sharing her story to inspire you and show you how it can be done. It's real and relatable, so you get to clearly see how it's possible to move forward toward your own personal dream.

## **In Closing**

When you trust your gut, know your "Why" and understand how profoundly you matter, you attract exactly the right people into your inner circle. The common denominator is you're all aligned and authentic, and that you understand the magical power of collaboration. We're not meant to do it alone.

I will share again the final passage from my chapter in the first book, because it is a mantra that we all need to accept into our lives.

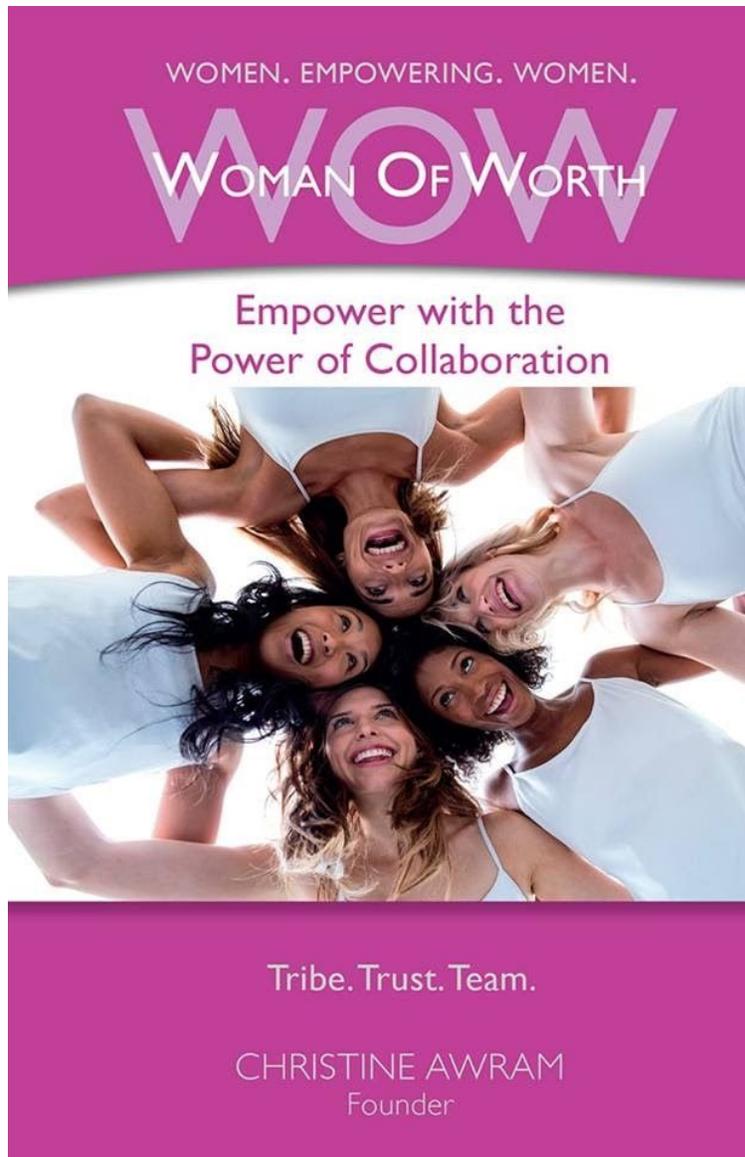
Your true sense of worth is never externally sourced. It doesn't come from your spouse, house, bank account, job title, or those fabulous Jimmy Choo shoes. The real strength and power of your worth comes from within, and it's simply humbling in its magnitude.

Take time every day to heighten your awareness of who you are, why you're here, and how deeply you matter. Make the decision to give your life the meaning you CHOOSE to give it. You're the director, the producer, the star. When you identify with the glorious Woman Of Worth that you truly are, you empower everyone and your worthiness can never be taken from you.

To read more chapters like this in "15 Empowered Entrepreneurs Share Success Stories with Soul" please go to: <https://www.awomanofworth.com/bestsellers>

# BOOK 3

## Empower with the Power of Collaboration



*We hope you enjoy this chapter from Book 3 of the WOW Series of Collaborative Books!*

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# Let's Talk About Collaboration

by Christine Awram, WOW Founder

*"No one can whistle a symphony. It takes a whole orchestra to play it."*

**-H.E. Luccock**

As a recovering Lone Ranger, I confess that collaboration didn't come easy for me. I'm a visionary, my brain moves fast, and I was known to say, "By the time I explain it to someone, I could have done it myself."

Do you relate?

Unfortunately, there's a whole lot wrong with that theory. Over time, doing too much alone leads to isolation and burnout. Resentment sneaks in. Mistakes are made. You start to lose your joy and passion because you feel burdened. Irritation leaks out onto those you care about, and relationships deteriorate. This can quickly turn into a downward spiral.

Somewhere along the way, it occurred to me that the Lone Ranger was, uh, a man. Bulletin! I was coming from masculine energy, yet I was a woman doing business primarily with women. There was a disconnect, but I couldn't quite put my finger on it.

Then, I came across a quote that really hit home: "If you want to go fast, go alone. If you want to go far, go together."

I began to embrace the concept of what I called "Tribe." A lot of people use that term now, but when I came up with Tribe fifteen years ago, it was a novel concept. The following are just a few of the words that describe my vision of doing business and living life collaboratively:

- Alliance
- Association
- Circle
- Community
- Cooperative
- Family
- Network
- Partnership
- People
- Union

Do you notice that these words have a more inclusive and feminine vibe to them? Unlike competition, rivalry, and "do or die," which feel more exclusive and masculine.

Woman Of Worth was created fifteen years ago for many reasons, and one of them was my personal decision to do business and live life as a woman, not a man. I love men, but I don't

want to be one! It was time to embrace the natural flow and power of collaboration, which has allowed me to fly far higher than I ever thought possible.

## **The Story I've Never Told**

It was Year Six for WOW, and I had just finished signing off on all the contracts for an event that would host a thousand women. Everything was in place, and marketing was about to begin. I was excited by our leap in growth, yet there was also a niggling voice inside that kept asking, is this what I really want? The original vision of WOW had been getting a little blurred with such large events, and the energy was becoming somewhat chaotic. My gut was saying to pause and "correct my course," but I ignored it and went full speed ahead.

Well, turns out the economy took care of it for me. I woke up to headlines screaming, "Financial Crisis Crashes the Economy," "The Great Recession," "Dark Days Ahead."

Unless you're hosting an event called "How To Make Money During A Recession," events are one of the first things to go when people and companies tighten up their belts. Anything considered extraneous spending vanishes during crisis management. I had one of the most talked about and valued events around, but everyone was in a state of fear and no one was spending an extra red cent.

I lost everything and was plunged into significant debt. Breaking contracts would have meant costly legal battles. Sponsorships dried up. And, I'd invested a significant amount to market an event that was no longer happening.

These were dark days indeed. I was in despair, and didn't know which way to turn. I was advised by financial experts to file for bankruptcy and start over, but I couldn't bring myself to go there. I was feeling so embarrassed and ashamed, and I didn't want anyone to know how badly I'd screwed up. My head was getting crowded with old beliefs about not being smart enough or good enough. It was overwhelming, and simply paralyzed me... until I woke up again.

One of my sisters has three words she uses when she's impatient with someone. More than once, that someone has been me. What are those three words? "Get A Grip!"

As I was sitting around wallowing one day, I could literally hear her voice in my head telling me to Get A Grip. In my "hallucination," though, there was no impatience. It was her voice, but it was infused with so much love it was like a lightning bolt. I actually thought I was hearing God in my sister's voice, and wondered if I was going insane. But "Get A Grip and ask for help, Ms. Collaboration" was the message coming through loud and clear.

Then I recalled a famous quote: "We cannot solve our problems with the same thinking we used when we created them." I also kept hearing "a problem shared is a problem solved."

It was time for the Lone Ranger to dismount. The first person I shared everything with was my partner Manly Man, and he said that while he didn't have any immediate answers, he did have my back, and we'd figure it out. Have I mentioned how much I love this man?

Then I went to a few select people in my Tribe and asked for advice. I did a trade of services with a coach to get solid and consistent business support. I also accepted a personal loan, which is one of the hardest things I've ever done.

The coaching brought me back to my passion, my purpose, my “why.” I had been losing sight of why I started WOW in the first place, and it took a global financial catastrophe to get me firmly back on my path. It was a painful lesson, but one I’ll never forget.

Everyone had a piece of the puzzle that allowed me to recover, which I could never have done on my own. Collaboration and Tribe opened the door for me to create something even better and stronger out of the ashes. When I think of how many thousands of women have been empowered through WOW, it humbles me to realize how blessed I am by the people who love me and believe in me. It’s my Tribe that allows me to keep making a difference.

## **Tribe and Collaboration Go Together**

Tribe means you’re not alone. Empowered Tribe means you are surrounded by other fabulous women who really get you and have your back. You share values and rarely judge. Life is easier. Everyone understands that we’re stronger together, and we operate from a vibe of collaboration instead of competition.

In WOW Book Two, “Empowered Entrepreneurs Share Success Stories with Soul,” I related a few words about Tribe:

“What does Tribe look like? One example is when my mom had a massive stroke, and I was having a hard time staying on top of business for the six weeks she was in hospital. Then she died, and I was almost immobilized. My inner circle joined together to make sure things got done, no questions asked.

“When you need to vent, your Tribe brings the wine and listens. They never let you stay in your shit though, because after you’ve vented the next questions are, ‘Is there more? What can you learn from this? What’s next?’ This lights the way to creative solutions and healing.”

Tribe isn’t just about supporting each other through challenging times. It’s also about evolving from your comfort zone and turning good into great. Going from strong to superb. Bringing out your inner superstar and shining your light with megawatt power.

No one, no matter how brilliant, can cover off everything brilliantly. We all have areas where we are strong and gifted, but it’s to everyone’s benefit if we focus primarily on our superpowers and collaborate with those who have gifts that are complimentary to our own.

For example, I’m very skilled at administration and logistics; I trained myself to be. However, it’s not my natural brilliance or superpower, and it sucks the life out of me. So, why would I waste time on this? Why wouldn’t I hire (or trade skills with) someone who thrives on administration?

When you embrace Tribe, everyone has a purpose. You only do what you’re brilliant at and what brings you joy, while everyone else is doing the same. We all have sacred gifts that we’re here to share, and if we don’t share them, we’re doing the world a disservice – not just ourselves.

## The Dark Side of Tribe

Unfortunately, there is a dark side of Tribe that we need to be aware of.

We are constantly making choices – both consciously and unconsciously – and they can be either negative or positive. We all have a burning desire to belong, and for those who don't collaborate consciously with an intention of empowerment, the unconscious craving for Tribe can lead to a dark path.

This can look like hanging around with people stuck in a victim mentality, always blaming, always bitching about someone or something “out there” that is the source of their pain – showing no accountability. But at its extreme, the dark side of Tribe is where you see things like cults and gangs. There are other factors involved, but the point is that Tribe will almost always play a role in your life because it's an inner driving force.

You have the opportunity to decide how you want your Tribe to look and feel, and then make conscious choices to support it. You're the producer, director, and star of the movie titled “Your Life,” so you get to choose.

## Learning to Receive

WOW invites you to hang out with kickass women who Connect, Collaborate and Celebrate. You will meet some of these extraordinary women between the pages of this book as our authors share their real-life stories that explore all the different angles of collaboration, not just in professional settings but in their personal lives as well.

The next chapter, “Collaboration Saved My Life,” was written by a very dear friend of mine, Kristal Barrett-Stuart. I won't spoil her story, but I will say that as women we are generally very good at giving and absolutely suck at receiving. My best guess is that this originates from being told “don't be selfish” as children, and we confuse this with the natural flow of giving and receiving. But that's the topic of another book.

What I will say is that Kristal was dead set against having a GoFundMe page created to support her situation. Bossy Babe (that would be me) decided to intervene. It went something like this:

“Girl, we're doing a GoFundMe page for you, end of story. I need you to listen very carefully to what I have to say, because we're talking about the rest of your life. You are one of the most extraordinary shining lights on our planet. You devote your entire life to helping others, and you're shaping the next generation of girls to become powerful women of worth. How would you feel if every person you wanted to help said, ‘No Kristal, we don't want your support, go away.’ Think about how much joy it brings you to make a difference. So why, WHY would you deny us the joy of giving back to you? An angel that we love, respect, and admire? We need you, dammit!”

At this point she was crying, and I almost faltered in delivering the rest of my message, but I knew I had to carry on. So, I took a deep breath and plunged back in:

“I don’t know how much of this will sink in right now, but I believe very strongly that there is a purpose to this awful situation you’re in. God is talking to you. You are a role model for thousands of girls, and as public leaders we need to take our responsibility seriously because others respect what we say, think, and do. It’s tough love time, so answer me this: Do you want to model stubborn sacrifice, or do you want to model gracious receiving from the people who love and need you? Choose! Choose right now!”

Now we were both weeping. I completely broke down, because I believed her very life depended on her next choice, and I was terrified that I wasn’t getting through to her.

But she heard me. There was a huge amount of emotion raging through both of us, so it took a while to stop crying. When we could finally choke out a few words, all we could both say was, “Thank you.”

Read the next chapter for her full story, and then on to each and every story shared by the extraordinary authors of this book. Some of their stories will punch you in the gut, and all of them will impact and inspire. Because we’re all here to WOW each other, and it’s every woman’s birthright to shine as a glorious Woman Of Worth.

To read more chapters like this in “Empower with the Power of Collaboration” please go to:  
<https://www.awomanofworth.com/bestsellers>

# BOOK 4

## Moms In Business

### 15 Success Stories with Soul



*We hope you enjoy this chapter from Book 4 of the WOW Series of Collaborative Books!*

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# WOW is MOM Upside Down

by **Christine Awram, Founder**  
**Woman Of Worth WOW Worldwide**

*"I don't understand any woman who says 'I'm just a mom.' Is there another job on the planet that's more important?"*

**-C. Awram**

If there's a "normal" way of doing things, I rarely do it that way. If I can imagine a different and better way to do something, I'll either invent it or collaborate with someone else to make an improvement.

I seldom have regrets because I know with certainty that each and every step has led me to the perfection of exactly where I am right now. But sometimes, I wonder what my life would have been like if I'd had a child – a real person who came into the world via my vagina. A little human that I was responsible for after a miraculous act of creation. The thought completely boggles my mind.

When I originally had the vision for this next book in the WOW series as being about moms in business and working mothers, I didn't necessarily see myself in it as I never had any biological children. But even though I have no idea how to change a poopy diaper or what to do with a crying baby – especially since my dad's solution was to put a drop of whiskey on his finger for his children to suck on – it turns out I do have some "mommy" in me. There's a grown-up stepson in the picture who I didn't meet until he was eighteen, after his mom had done an excellent job raising him. He now has a fiancée, and with all the love between us they feel like a son and daughter to me. I have nieces and nephews who I adore, and they seem to think I'm mostly cool (although a little weird). And most importantly, I had a mom for over fifty years. She continues to teach me more about life than anyone else I know, even from beyond the grave.

Then, there's my role as "Mama Christine," the Founder of WOW – and WOW is MOM if you turn it upside down. So, I decided that maybe I do have some wisdom and inspiration to add to this book, and if not then we can at least pour a glass of wine together and look at life from a different perspective.

As I was contemplating the focus for my chapter, I decided to look up the definition for the word "mother" in the dictionary. The simplest definition was "a female parent." Can't help you there. Another definition was "someone that exercises protective care over someone else." This had more possibilities as I've always been very protective. When my three-year-old baby sister was being teased by two mean older girls up the street, I grabbed them both by the hair and smacked their heads together. Not the most empowering way to resolve issues, but hey, I was nine. They never teased her again.

Then, I found a real mother of a definition: "A stringy substance that forms on the surface of a fermenting liquid and causes fermentation when added to other liquids, as in changing wine to

vinegar.” Ewww! Who in their right mind would change wine to vinegar? Certainly not this mama. However, I couldn’t ignore another upside-down theme, which got me thinking about stories of where I’ve created successes and intriguing results by doing things differently and channeling my mothering instincts in a more global way. So, let’s see where that takes us.

## **Ask “What If?”**

Seeing as you’re reading a WOW book right now, let’s start with something that happened after launching the first book in this WOW Woman Of Worth series.

My publisher and I had nurtured fifteen authors through the creation and writing of their stories in less than three months – it was like herding cats. All the design and production elements of the book were completed, the manuscript was sent to the printer, and launch day was upon us. We had a fabulous rollercoaster of a day, hitting #1 Bestseller status in multiple categories. It was an incredible high, and the celebrations were epic.

Fast forward to a few weeks after our launch day, and I started getting emails from people asking, “Where is my book? Why hasn’t it arrived yet?” I was totally unprepared for this, as I had assumed that people would get their books within a week at the most.

I called my publisher and said, “Hey, why is Amazon taking so long to deliver books?” A conversation unfolded that I didn’t really understand, but the bottom line was that shipping and handling is contracted out and inconsistent.

More time went by. Some people received their books after six weeks, while others waited over two months. This was completely unacceptable, and my protective instincts were triggered big time.

By now it was apparent that people loved our book but didn’t love the waiting time to receive it. We had no control over shipping, but our readers didn’t know that. It was a big glitch in customer service. By now I also knew that this was going to turn into a series of books, so I started to think about how we could improve the delivery system for the future.

I made another call to my publisher. “Julie, there is no way I’m going to allow it to take weeks or months for delivery of the second book. What can we do?”

I didn’t like her first answer at all. “Christine, we have no control over this. It’s Amazon. There’s nothing we can do.”

Remember what I said in the first paragraph? If there’s a normal way of doing things, I rarely do it that way. If I can imagine a different and better way to do something, I’ll either invent it or collaborate. Well, it was time to invent and collaborate.

I replied, “What if there is something we can do, and maybe no one has thought of it yet? What might that look like? Can we talk to one of the distributors for Amazon and work out a deal with them? How can we be proactive about this?”

“Hmmm,” she replied. It’s a very good sign when someone says “hmmm” because it means the wheels are turning.

My words sparked a creative train of thought in Julie, and next thing I knew she was chatting up a grassroots distributor in Canada who she knew personally. The long and short of it was that she convinced him to become a distributor with Amazon just for her authors, and for a

reasonable surcharge he would provide us with expedited service. To our knowledge no one had ever created a customized system like this before, but he agreed and we were off to the races.

Fast forward again to the second book – launch day, #1 Bestseller in multiple categories, party time. Same scenario as with the first book.

Guess what happened next? I started receiving emails from people the very next DAY saying they just received their book and thanking me for the speedy service. That's what I'm talking about! This new system is so successful that all of Julie's authors now use it, and she even bought the distributor's company after he retired. All this began by asking the question "what if?" after my protective mama bear instincts had been triggered.

Just because something has always been done a certain way doesn't mean it always has to. If it did, we'd still be washing our clothes by bashing them on rocks in the river.

So, here is my big question to you.

When something is important to you and you are told it can't be done, how do you react? Do you feel disempowered? Do you accept defeat and resentfully walk away? Do you become argumentative and try to bully someone into seeing things your way?

Or, do you go into what I call "Tribe Talk"? This is where you become clear about what you want and why you want it – your purpose – and then you tap into the collective wisdom of your Tribe and ask for help. This is where miracles can happen.

When someone tells me something is impossible, my usual comeback is, "I hear that it seems impossible, but what if it was possible? What might that look like?" This question inspires connection, curiosity, creativity, and collaboration. It a powerful process that may not take you down the road you expected, but at the very least it's bound to be interesting.

*"If you reach for a star, you might not get one.  
But, you won't come up with a hand full of mud either."*

**-Leo Burnett**

## **This Is A No-Scent Event**

My love-hate relationship with smelly stuff goes back decades. I adore 100% natural essential oils and their fabulous benefits. Therapeutic aromatherapy is incredibly healing and empowering, and it's been part of my daily life for decades. I'm actually a Certified Aromatherapist – something that few people know – and I practiced as a therapist for many years.

On the other hand, there are perfumes and fragrances. They're full of chemicals that interfere with the immune system, disrupt hormones, trigger nausea and headaches, and more. Besides being unhealthy, I couldn't help but notice over the years that most people who use perfumes and synthetic fragrances are so desensitized to the smell that they marinate themselves in it, and you are assaulted by the scent when you're in their orbit. Not everyone is as sensitive to these artificial scents as I am, but I started wondering how I might empower women and educate them without preaching about it.

When I began hosting events, it quickly became apparent that I'd have to make a stand. Women wanted to meet me, thank me, and talk to me, and they all wanted to hug me. It's bad for business to barf all over someone when they get up close and personal, which almost happened a few times at our first event. To protect all of us, I decided that all WOW events would become No-Scent Events.

My inner business circle all firmly and unequivocally told me this was impossible. "Absolutely no one has No-Scent Events. You can't do that. No one will come if you tell them they can't wear perfume." Can't. Impossible. Those are fighting words!

Time for Tribe Talk. I had my clarity of purpose around why I wanted what I wanted, so now it was time to tap into collective wisdom and ask "what if?"

In the end, it was easy. I simply asked everyone in advance to refrain from wearing perfumes and synthetic scents to our events for the profound regard of all. Not only did event registrations continue as usual, but people also started sending me emails to let me know how elated they were to see that a WOW event was a no-scent event. I was actually rather amazed at how many messages I received from women saying they were so tired of attending events that reeked of perfume and how the chemical scents "make me want to toss my cookies" – a direct quote from many.

This decision quickly turned into a benefit. Women would be overheard saying, "Join me at WOW! It's an amazing event, and guess what? No stinky perfume!"

Then, the idea really caught on. More events became no-scent and workplaces started banning perfume and synthetic scents, to the point that this is a commonplace request today. I reflect on how horrified my advisors were all those years ago at the very audacity of suggesting a no-scent event, and it makes me smile.

*"Trying to hide your body odour with perfume is a bad idea.  
You just make the horrible more horrible."*

**-Author Unknown**

## **Managing "Energy" Versus Time**

Moms in business are the busiest people I know. I become exhausted just watching the juggling act of working moms as they take multi-tasking to a whole new level. They have my utmost respect and awe.

There is a popular practice that consists of carving your days into fifteen-minute segments to increase productivity. It's not a bad concept, but it puts the cart before the horse. How can you manage your time if you're not managing your energy? How can you be effective with your time if you're not clear about the purpose behind your actions? If you keep filling up your days with busy-ness, how can you maintain balance and stay connected to your goals, vision, and purpose?

There are a number of practices I use which allow me to create the results I want with less time and effort, and the simplest of these are my 3P questions. Every time something goes into my business calendar, I ask myself:

- Is this in alignment with my Purpose?
- Am I Passionate about it?
- Is it (or will it be) Profitable?

Answering these questions creates instant clarity. I ask my 3P questions about every decision I make, and while I may not get a “yes” every single time – and may not need a yes to every question in every situation – the process keeps me focused and shows me where I might need to correct my course.

*“Passion is energy. Feel the power that comes from focusing on what excites you.”*

**-Oprah Winfrey**

## **The Power of Nurturing**

If you're a Type A personality, you might be tempted to skip over this section. However, please don't let the word nurture fool you. The smartest and savviest businesswomen are the ones who make time for self-care and don't let themselves burn out, and this is especially true for moms.

Adrenaline creates an edgy short-term high that might make you feel productive in the moment, but it's not sustainable. Take it from someone who burned out her adrenals and paid a massive price.

In the early days of WOW, I went through rapid growth and was coasting on adrenaline. Then came the crash and burn five years later. There were many lessons that allowed me to rebuild, but one of the biggest was understanding that my WOW community was my tribe – an extended family of fabulous females who love the organization for making them feel safe, seen, valued, and loved.

As one WOWER quoted, “Anyone can go to almost any workshop or event and get some value from it. That, after all, is the purpose of events. But when you go to a WOW event, it's different. It remains professional and superbly managed, with the best speakers, but the real gold is in the energy that trickles down from the top. I believe and feel that ‘Mama Christine’ cares about me, and about every other woman in the room. She has an almost magical ability to nurture connections and holds an energy for us to reach into the very best parts of ourselves and thrive.”

I receive this type of feedback regularly, and I can't help but reflect that it sounds like what a mom would aspire to – to love and see the best in her children, and to hold the space for them to see it and believe it too while being a role model for loving self-care.

Seven years ago, I received an email from the General Manager of Sparkling Hill Spa Resort, which had recently been built in the Okanagan. They had heard of WOW and invited me

up for a weekend as their guest to consider their resort for a future event. It was an easy decision; they had me at “spa.”

As soon as I walked in, I fell in love. Not only was it absolutely gorgeous, but the energy was spectacular. Everyone’s job there is to take care of and nurture you.

With 3.5 million Swarovski crystals built into the resort’s structure and a spa larger than a football field, I found my mecca for nurturing our tribe. This year, WOW returns to Sparkling Hill for the sixth year running. Women can simply attend the 9-5 event if that’s what they prefer, but most make it a gal-pal weekend. The pools, themed steam rooms and saunas, tea room, serenity room, and more are all included in your stay. The Spa Manager creates special offers just for our WOW ladies. Every year I watch women rejuvenate themselves with a weekend of fabulous self-care, then return to their lives with renewed passion and purpose. It makes my soul sing.

*“Abundance is not something we acquire. It is something we tune into.”*

**-Wayne Dyer**

## **Pay It Forward**

I’ve come to realize that when I go through tough times, there is always someone who has it tougher. When my health is challenged, there is someone sicker. When my finances are tight, somebody has less. I don’t say this to make light of my challenges, or anyone else’s. However, I’ve learned that if I stretch myself to pay it forward when I least feel able to, it reignites something deep in my soul. When I’m of service to others, I remember who I am, why I matter, and why I’m here.

Paying it forward requires an ongoing habit of self-care, because if you’re burned out you have nothing to give to anyone – your children, family, business, and especially yourself.

WOW has always been involved in philanthropy. When we began this series of books, I was determined to pay it forward and began the process of creating the Woman Of Worth Foundation. Our mandate is to take 100% of the royalties from the book series and donate them to worthy charities who empower and educate women. The criteria is simply that they provide a hand-up rather than a hand-out.

One of the projects we have supported is Women Of Value, an organization that supports women who have been through PTSD as a result of abuse. We happily donated our royalties from the first two books to this organization, and at the launch event for the third book we had a surprise guest – one of the women who had received direct benefit from our royalties. She shared some of her story on stage, and there wasn’t a dry eye in the room. When she hugged me, I wept at the courage and fortitude of this woman who had no reason to love or trust anyone. She found her way back to herself through the support of Women Of Value.

Whether you are starting or growing your business, make room for meaningful giving. Pay it forward in gratitude for all the abundance you are tuned in to.

At any given time, you always have more of something than someone else – money, time, caring, love, faith, or hope. If finances are tight, find a volunteer activity that resonates with you,

such as lending a hand at a soup kitchen or the YWCA. Share what you have from your heart and it will return to you tenfold.

*"It's amazing how one person's act of kindness can change the course of your life. Follow their lead, and pay it forward."*

**-Vicki Reece, The Joy of Mom**

## **In Summary**

Many of my successes in business came through channeling my mothering instincts to protect and care for the things that are important to me and refusing to do things the "normal" way. When you are faced with the seemingly impossible, ask "What if?" and open yourself to Tribe Talk for creative solutions. Hearing that something hasn't been done before is not a stopping place.

Anything that lights a spark in you has the power to become a torch that guides you. Always tune into your gut or your heart, and pay attention to how you feel.

When you find that spark, make sure you are maintaining balance in your life. Before it goes in your business calendar, ask the 3P questions: is it on purpose, am I passionate about it, and will it be profitable?

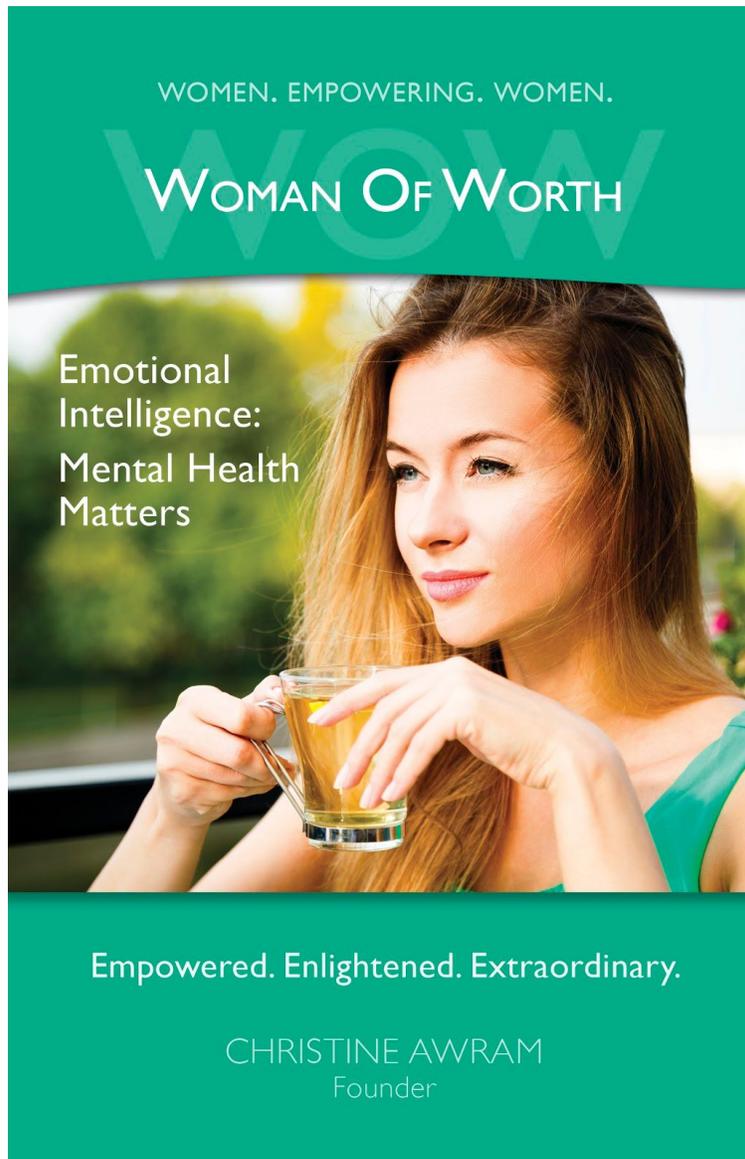
As your schedule fills, make time to nurture yourself. Smart, successful women and moms make time for regular self-care. The end. Then, remember to pay it forward – your soul will thank you. When your soul is alive and thriving, your business will be too.

And most importantly, always remember that you are a magnificent Woman Of Worth. You're absolutely glorious, and it's your birthright to shine.

To read more chapters like this in "Moms In Business 15 Success Stories with Soul" please go to: <https://www.awomanofworth.com/bestsellers>

# BOOK 5

## Emotional Intelligence: Mental Health Matters



*We hope you enjoy this chapter from Book 5 of the WOW Series of Collaborative Books!*

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# Introduction

by **Christine Awram, Founder**  
**Woman Of Worth WOW Worldwide**

*“Emotional intelligence is a way of recognizing, understanding and choosing how we think, feel and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it determines the majority of our daily actions and results.” -J. Freedman*

There are so many defining moments that come to mind when I reflect on my own personal journey of Emotional Intelligence, because in my earlier years I was such a slow learner. However, there is one image that keeps popping into my head. I was curled up into a tight little ball of misery on the kitchen floor, weeping in despair. Another relationship had fallen apart, and I was beyond devastated.

I'd been doing the work – seminars, “shelf-help” books, counselling, the list goes on – but I wasn't seeing the results that others seemed to achieve. I was often baffled when I saw people jump into a personal development workshop, heal their big issue, and then carry on all empowered and happy. I almost resented them. Why did they have such great results when it sometimes felt like I was moving two or three steps back for every one that I took forward?

## Interrupt the Programming

While I was sobbing my heart out on the hard tiles of my kitchen floor, with a cupboard knob digging itself into my backside, I happened to look up and fixate on something that was ultimately life-altering: a telephone, with an extension cord. Yes, this was way back in the day when landlines were alive and well. Even through my mental hysteria, I could hear the whispers of an inner voice saying, “Hey Christine, why don't you pick up the phone and ask for help? Do it right now, when you are totally in your shit. Stop slapping your happy face on and pretending you've got it all together all the time, and talk to someone you trust NOW.”

This was a groundbreaking moment for me, and it became a foundational piece in my deeper journey of Emotional Intelligence. I call this element many things:

Interrupt your regular programming.

Denial sucks, authenticity rules.

When it's dark, shine a light on it.

ASK FOR HELP.

In that moment, I made a decision to do something different. It was like crawling over broken glass, but I literally dragged myself across the kitchen floor and pulled the phone down off the counter and onto my lap. At first, I just stared at the phone with no idea who to call, but then it

came to me. I'd been attending a rather informal support group, and the facilitator's face popped into my head. Or maybe it was because her phone number was the only one I could remember. Either way, I called, and she answered.

By now I was crying so hard that she initially had no idea who it was. When we finally got my identity sorted out, she said, "Christine, you need to stop crying. There's nothing wrong with crying, but I can't understand you. And if I can't understand you, I can't help you. So stop crying, talk to me, then be willing to listen. I'm going to repeat back certain things I hear to make sure I heard you correctly. Then, when I talk, I'm going to ask you to repeat some things back, too. Okay?"

This was another development in Emotional Intelligence. Communication is a two-way street, and there needs to be a willingness to listen and be understood on both sides.

I started to wail my sad little tale, and she gave me space to simply vent. At occasional intervals she would say, "What I'm hearing is X, have I got that right?" I would say yes, and she would say, "Thank you for sharing that, please tell me more." What a precious and powerful gift it is, to be heard so deeply.

## The Clearing Process

The conversation took an interesting turn when I started blubbering about how pathetic I was. "Stop!" This was said so firmly it shocked me into attention. "Never, ever, do I want to hear you use the word pathetic again. You are in pain. You want to heal the true source of that pain, so you don't need to keep re-experiencing it. There is nothing pathetic about that. It takes tremendous courage, and you are magnificent."

Well, that stopped me in my tracks and gave me a completely different perspective.

At this point she took me through an exercise that shone a light on the negative beliefs I was holding about myself, so we could validate the higher truth of the exact opposite. This exercise is part of The Clearing Process, a simple and groundbreaking therapy created by Sandy Levey Lunden and used by counsellors worldwide. An abbreviated version of our clearing conversation looked like this:

Me: *"Forgive me for believing that I am pathetic."*

Her: *"Thank goodness that's not true, you are magnificent and I love you."*

Me: *"Forgive me for forgetting I am inherently magnificent and lovable."*

Her: *"Thank you, thank goodness that IS true, and I love you."*

That conversation was life-altering for me. I showed up with everything that was agonizingly raw and real from the depths of my ugliest ugly cry, and I was profoundly heard. I switched my focus from illusion to truth. I owned it. This was liberating, and I wanted more.

Shortly after this conversation, I had a call from an old friend who recommended a three-day retreat at Clearmind International. The retreat was facilitated by a registered clinical counsellor who blended traditional therapy practices with some foundational principles from "A Course in Miracles," which is a curriculum for transformation and peace. I'd been noticing how my friend

was handling difficult situations in her life more effectively, so I registered for the next retreat called “The Awakening.”

Those three days saved my sanity. Everything I had been learning up to that point finally anchored into my heart and soul rather than just in my mind. I’d heard it said that the most challenging journey a person can take is the trip from the head to the heart, and now I understood what that meant. By doing a deep dive into healing the beliefs that didn’t serve me (and weren’t even true), I was able to more easily change my behaviours and actions. I didn’t just “think” with more emotional intelligence, I actually started behaving with emotional intelligence. Empowerment has been my life purpose and soul compass ever since.

Interestingly, decades later this part of my story came full circle. At our 2019 Woman Of Worth Awards, the co-founder of Clearmind International, Catherine O’Kane, was presented with the WOW Leader of the Year Award. As a counsellor she has devoted her career and life purpose to Emotional Intelligence, and she also wrote a chapter for this book.

## **Emotional Intelligence in a Nutshell**

Let’s look at the dictionary’s definition of Emotional Intelligence: “The capacity to be aware of, control, and express one’s emotions, and to handle interpersonal relationships judiciously and empathetically.”

It sounds so simple on paper, and logically, it’s a no-brainer. We all want to “control” our emotions. However, “control” and “emotion” are two separate animals. So, now what? Back to the dictionary, to see what it has to say about Mental Health: “A person’s condition with regard to their psychological and emotional wellbeing.”

It took me a long time to understand that I couldn’t have the depth of Emotional Intelligence I desired without a deeper emotional wellbeing, and the only way I could experience wellbeing was to, well, experience it. Yes, you read that right. I needed to experience emotional wellbeing, because it would never be something I could logic myself into. Through experiential practices like The Clearing Process, regular coaching, and surrounding myself with like-minded people, I became more empowered as I honed my EQ.

## **In Summary**

If you are on your own path to deepen your Emotional Intelligence, there are many steps you can take to help you move forward. Here are some of my suggestions:

1. Read this book and notice which stories and takeaways you most resonate with. Let them inspire you, so you can learn from them.
2. Notice your self-talk and correct it. Would you tell a five-year-old she’s stupid and has fat thighs? If you wouldn’t say it to a child, you have no business saying it to yourself. When you hear your inner critic say something like “I’m so dumb,” immediately replace it with

“Maybe that wasn’t my very best decision, but I know I’m intelligent and wise, and I’m in the process of learning how to make smarter decisions.”

3. When you’re triggered, take a moment to breathe and be objective. As humans, we take things much too personally when in truth what someone else says or does rarely has anything to do with us.
4. Look for patterns. Observe where your challenges most often show up, such as personal relationships, career, money, or wherever else it may be. Be curious about the underlying beliefs you’re carrying, because it’s never about the story.
5. Consider how you might be more solution-oriented. While it’s important to give your emotions some space and not deny them, have your cry and then take a new action step.
6. Be okay with not being okay – there’s a whole chapter coming up on this. You’re on a journey, so stop beating yourself up about the past. Today, you’re reading this book, so you’re freaking amazing.
7. Bounce back. Not everything turns out the way you’d ideally like it to, so do your best and leave the rest. Ask yourself what you learned and move on.
8. Now take a deep dive into healing your mind chatter, because that’s where the most extraordinary changes will unfold. Whether it’s a healing retreat or counselling, we all need someone else to catch our blind spots. As noted by Veronika Tugaleva:

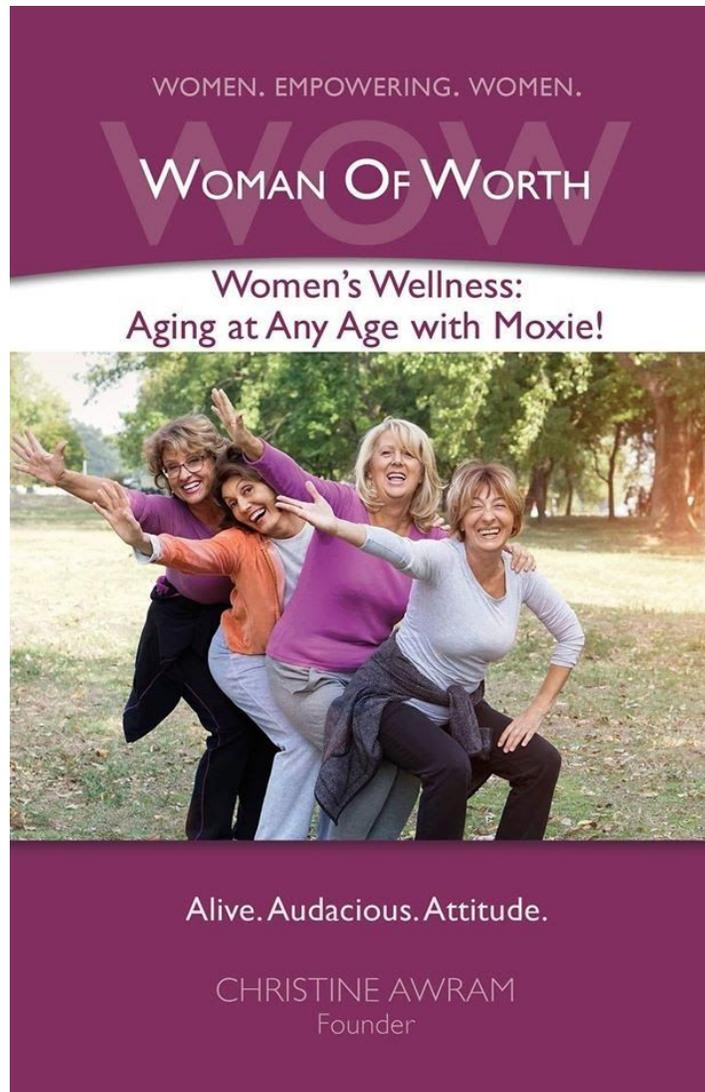
*“The most profound personal growth doesn’t happen when reading a book or meditating on a mat. It happens in the throes of conflict – when you are angry, afraid, frustrated. It happens when you are doing the same old thing and you suddenly realize you have a choice.”*

Choice is one of the most powerful gifts we are given as human beings, and I’m celebrating all the new and empowering choices you’re about to make. Reading this book is a great decision, because we’re all in this together. Smart women always create a tribe of other smart women who have their backs. You’re on a wonderful adventure, and I can hardly wait to see where it takes you.

To read more chapters like this in “Emotional Intelligence: Mental Health Matters” please go to: <https://www.awomanofworth.com/bestsellers>

# BOOK 6

## Women's Wellness: Aging at Any Age with Moxie!



*We hope you enjoy this chapter from Book 6 of the WOW Series of Collaborative Books!*  
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# Introduction

by **Christine Awram, Founder**  
**Woman Of Worth WOW Worldwide**

*“Life should not be a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming “Wow! What a ride!”*

~Hunter S. Thompson

“Will you marry me?”

I was in Las Vegas on the High Roller, the largest observation wheel in the world, when I was blindsided by these words. From a distance the High Roller looks like a giant ferris wheel, but each “seat” is actually an enclosed capsule with tall windows that can fit up to fifty people inside. There were about a dozen of us rising high in the sky together, and as we reached the pinnacle of five-hundred feet, with the fairyland of a city that never sleeps laid out below, my beloved Manly Man dropped to one knee and whipped out a box from Tiffany’s. A band of diamonds was twinkling at me, along with his beautiful blue eyes, and my mind went absolutely blank.

I didn’t see this coming and was quite frankly gobsmacked. I’d be turning sixty in just a few weeks and had never been married. David (also known as Manly Man) and I had been together for thirteen years, we’d lived together as common-law partners for five, and he was my heart. But who gets married for the first time at sixty?

Moxie [def]: *“Vigor, nerve, pluck. Spirit and courage. Force of character. Attitude.”*

Women’s Wellness [def]: *“All the physical, emotional, spiritual and social aspects of a woman’s life. Everything a woman does to achieve and maintain the health she wants. To lead life on her terms. To be happy.”*

When the vision for this book’s topic came to me, I wanted to weave wellness and healthy aging together. But how did I convey the importance of mindset? How does a woman experience wellness in the truest sense of the word if she doesn’t address all the whole-istic layers? That’s when the word “moxie” popped into my head. It conveys an attitude of true spirit and freedom, which I wanted to invite more women to embrace.

Then, just a few weeks later, I found myself being unexpectedly and magically proposed to on top of the world. Coincidence?

I would never have attracted the man of my dreams – someone who is also my best friend and supports me 110% – if I hadn't developed some balanced wellness and wholeness first. And I would never have considered bucking the system with an outrageous first marriage at the age of sixty if I didn't have moxie!

Moxie is the secret sauce that juices things up. It can be subtle or overt, but either way it lets you know who you are and allows you to live out loud with spirit and courage. When you live with moxie, it's doubtful that you'll regret anything you did when it comes time to pass on from this lifetime – it's far more likely you'd have regrets because of the things you did NOT make time to say or do.

The purpose of this sixth book in the Woman Of Worth collaborative series is to invite you to live life on your terms and enjoy self-care in a way that makes sense to you and only you. The stories shared here will encourage you to find your tribe, love them hard, and age with laughter, love, grace and gorgeousness from the inside out. No regrets!

As you read this book, you are in for a magnificent adventure guided by some extraordinary yet ordinary women. The very first chapter dives right into body shaming and how we are hoodwinked into not loving what we've been blessed with. We've all gone there, and it's time to lovingly step into the "body-hate free zone."

*"No one has ever impacted me by being beautiful or having a perfect body. It might get my initial attention, but it's never been the reason I remembered them.*

*I'm impacted by people for their kindness, loyalty, patience, generosity, vulnerability, humour, spirit, and attitude. I've never said, 'She changed my life because she was pretty and skinny.' We spend so much time worrying about the thing that means the least to people."*

**Author Unknown**

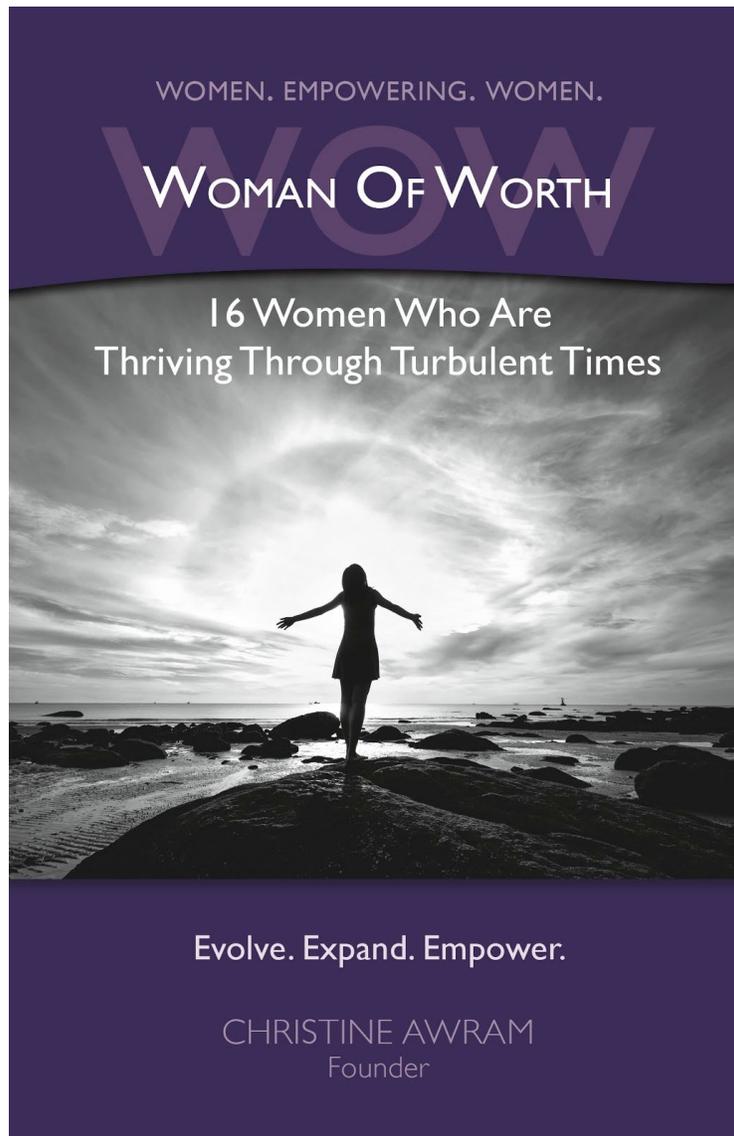
The momentum continues to build with a diversity of gritty real-life stories from women who have experienced hormonal nightmares, devastating breakups, bullying, cancer, MS, accidents, depression, and more – yet have moved through adversity into triumph. These women pilot planes, belly dance, burlesque, jump into marathons and onto their Harleys ... literally! They are all ages and range from thin to curvy, from vegans to meat-eaters, from moms to single women, from quiet to outrageous. But the one thing they all have in common is they now live life out loud with more moxie.

There is something for everyone in this book. Wherever you're at right now, these stories will inspire you to push the upper limits of your comfort zone and take the next step into a higher level of joy, purpose, and passion. You are a magnificent Woman Of Worth, and you've got moxie baby!

To read more chapters like this in "Women's Wellness: Aging at Any Age with Moxie" please go to: <https://www.awomanofworth.com/bestsellers>

# BOOK 7

## 16 Women Who Are Thriving Through Turbulent Times



*We hope you enjoy this chapter from Book 7 of the WOW Series of Collaborative Books!*

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# Introduction

by **Christine Awram, Founder**  
**Woman Of Worth WOW Worldwide**

*“I want to be brave with my life. When we make this choice, we sign up to get our asses kicked. We can choose courage or we can choose comfort, but we can’t have both. Not at the same time. I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do.” ~Brené Brown*

The theme of this book decided itself back in March 2020 when we issued our call for authors. The pandemic was still very new and even though so much was unknown, fear and turbulence were already running rampant. Life was getting ready to turn up the volume on absolutely everything. The sheer enormity of what we were facing was a precursor to massive change, and I just knew that we were all being invited to buckle up, open our hearts, and learn how to embrace uncertainty in order to stay afloat. It’s like being a sailor – the smooth seas are so enjoyable, but the storms are where we hone our skills. If we don’t, we sink.

I’ve watched how humanity has responded to this global crisis with both grief and joy. People who were already buried in fear and ignorance have gone deeper into the dark, and we’ve all seen some horrific examples of that. But the extraordinary acts of courage, creativity, generosity, compassion and love have, in my opinion, far outweighed that. There is always a choice about where we put our focus. If we immerse ourselves too far into mainstream media, there’s a lot of ugliness which can quickly send our spirits into a downward spiral. However, if we shift our focus, we have the opportunity to draw on an abundance of inspiration that will keep our souls alive and on purpose.

*Thriving Through Turbulent Times*, like all the books in the Woman Of Worth collaborative series, invited our authors to be raw and real in the emotions of what they experienced while moving through dark into light. To be pathfinders. We want you, the reader, to know that you’re never alone. By sharing our authentic stories with you, we are providing real skills, ideas, and experiences to incorporate into your own life. We want to reassure you that there’s a way through, and everything is “figure-out-able” when you have love and hope to support you.

There will always be turbulent times, which is why this book is relevant not just during a pandemic but throughout our entire lives. However, there is such a significant focus on turbulence this year that we have an opportunity to see our priorities more clearly than ever before.

## The Wolf You Feed

As I was writing this introduction, I was reminded of a story that I’ve shared many times over the years with people facing turbulent times:

*One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside us all.*

*One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.*

*The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."*

*The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"*

*The old Cherokee simply replied, "The one you feed." (Author unknown)*

I frequently use this story as an analogy for our inner conflicts. It is easy to believe that these difficult days are completely out of our control, but we are always given options for what path to follow – which wolf to feed. It's time to embrace that we always have choice, that we control our own decisions, and that every choice has consequences.

## **The Nightmare Neighbour**

One of the choices my husband and I faced as this pandemic got underway was what our next decision would be in an escalating home situation.

Just over five years ago, we bought our dream home. This wasn't an opulent mansion; quite the contrary, in fact. It was a tiny townhouse right on a lake that had been beautifully renovated by the previous owners. Nature was right outside our door, yet we remained close to all the modern-day conveniences. It was perfect.

Over time, though, serious issues arose with one of our neighbours who exhibited many signs of a narcissist personality. He regularly engaged in behaviours that were extremely disruptive, and he didn't seem to understand how his actions affected and disturbed his neighbours. It was all about him.

This situation was barely manageable for us. We called on every tool in our toolkit to resolve our differences without success. At times things would calm down to a somewhat even keel, and then the next incident would occur and we'd start all over again. It had become a stressful and exhausting rollercoaster.

There was a massive escalation just before the pandemic, and this time it never abated and actually got worse. All enjoyment of our home was gone, unfortunately during a time when we had become more confined to it.

One day I sat down with my husband and said, "I think it's time we discussed moving. I know it's not fair, but life is short and quite frankly living here mostly sucks now. There's no end in

sight, we're both stressed, and it's just not worth it. Let's talk about relocating and explore that as a choice."

His first reaction was priceless. "Um, pandemic? Who buys and sells houses and moves during a pandemic?"

"Whoever chooses to," I replied.

We talked it over and came to an understanding: if we decided to move, it was imperative that we arrive at that decision with curiosity and adventure. If we tried to make such a big decision as "victims," coming from a place of resentment and anger, we would be doomed. But if we chose to view this unresolvable situation as a sign from above that there was something better waiting for us – as an invitation to leap into the unknown with faith – then there could be a wonderful journey to be experienced.

So, we leapt.

In a stalled and stagnant market, we sold our home in two days for the price we wanted. We found a gorgeous new home and closed in two days. It's over double the value and three times the size of our previous home, yet we discovered a way to cut our monthly expenses almost in half. The previous owners gifted us with some stunning furnishings because they were downsizing and we asked with no attachment. We're in a peaceful cul-de-sac in an established neighbourhood on the side of a hill, surrounded by greenery with a view of the valley and Mount Baker. The neighbours are mature and lovely. We now have space and serenity in our home.

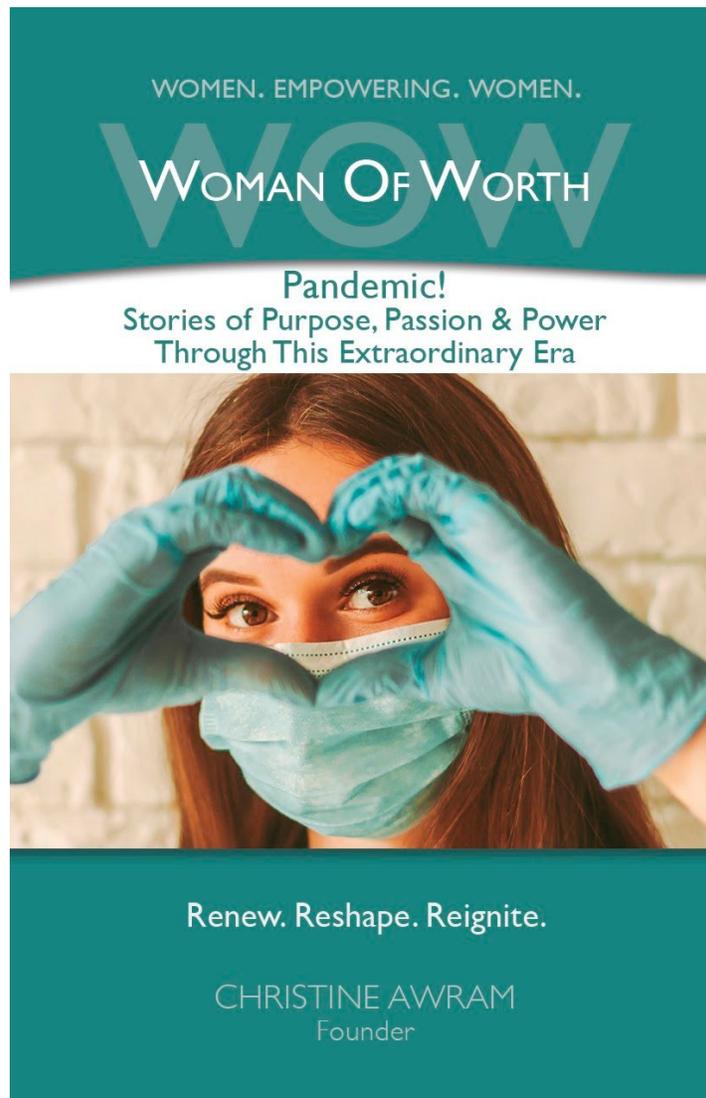
This has been a profound example to both of us on the critical importance of mindset. I shudder to think about how our quality of life would have continued to deteriorate if we had fed the wrong wolf. By making conscious choices about which wolf to feed even in the middle of a global pandemic, we manifested a miracle.

This is a small taste of what this book is about. It's not that we don't feel and experience dark emotions and situations; there is heartbreak and suffering occurring every single day, and we would never try to negate or downplay that. Instead, dear reader, our authors are inviting you into their worlds to show you how they expanded their mindsets beyond previous limits, to offer you hope and inspiration that you can do the same, and to reassure you that you're never alone.

Thriving through turbulent times is a choice available to all of us. Which wolf will you feed?

To read more chapters like this in "16 Women Who Are Thriving Through Turbulent Times" please go to: <https://www.awomanofworth.com/bestsellers>

**BOOK 8**  
**Pandemic!**  
**Stories of Purpose, Passion & Power**  
**Through This Extraordinary Era**



*We hope you enjoy this chapter from Book 8 of the WOW Series of Collaborative Books!*  
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# TRIBE

**By Christine Awram, WOW Founder**

*“Positive people aren’t positive because they’ve skated through life. They’re positive because they’ve been through hell and decided they don’t want to live there anymore.” ~ Unknown*

The baffling disappearance of toilet paper from every store remains one of the more bizarre memories of a global pandemic that is far from over. How many of us stood in a supermarket aisle in the spring, gaping at empty shelves? We initially laughed at how ludicrous the situation was, but soon found ourselves wondering, “Will I have to start wiping my ass with a coffee filter?”

So much has changed in 2020 that it feels almost surreal to reflect back on how the year began. Live events closed down (which was the previous foundation of my business), Zoom ramped up, and strolling into a bank wearing a mask felt like something out of The Twilight Zone.

I remember exactly where I was when the true seriousness of this pandemic hit me. My husband and I had taken a ferry over to Vancouver Island to meet up with another couple for a one-night mini getaway, and even then we were concerned enough to stay in our vehicle while sailing. After a wonderful night out for dinner (and admittedly far too much delicious wine), we woke up the next morning with rather fuzzy brains to the announcement that all schools were being shut down for the foreseeable future.

This news slammed into me like a freight train and knocked the fuzz right out of my head. Schools had never been closed down in my lifetime, outside of snow days. This was so much bigger than a seasonal flu and I realized it was time to make longer-term plans, both personally and professionally. How could we avoid succumbing to fear and panic so that we could stay healthy and continue to thrive?

## **Once Upon A Time ...**

When I start to feel overwhelmed and anxious, I know I’m at risk of dropping down into isolation and tunnel vision, losing sight of the choices and support that surround me. In these moments, I like to remind myself of one particular story:

*Once upon a time there was a man who lived in a house beside a river, and unfortunately the river began to flood. As the water rose, warnings were given via radio, tv and internet. Large trucks drove through the area to evacuate people. As the driver*

*passed by the man's house he was told, "You're in danger. Your life is at stake. You must evacuate. Get in the truck and let us help you."*

*"No," the man replied from his doorstep. "I have faith. I will be okay. The flood won't get me. God will take care of me."*

*The water continued to rise.*

*Soon the man was on the second floor of his house. A boat arrived, and rescuers made every effort to convince the man to take action and climb out the window so that his life would be saved. "Come with us. You will drown in the flood. Let us help you."*

*"No worries," said the man. "I have faith. Everything is okay. Even though the flood is rising, I will be fine. God will take care of me."*

*The flood continued to rise.*

*The man now climbed onto the roof of his house to avoid the rising water. A helicopter pilot saw him and hovered above. Using a megaphone, the pilot tried to convince the man to grab the rope ladder which was dangling above his head. "You are in danger. The flood is still rising. You will drown if you do not grab the ladder. Please, let us help you."*

*"No worries," he repeated. "I will be fine. The flood is higher, but I have faith. God will take care of me."*

*The water continued to rise, and the man drowned.*

*Upon arriving at the pearly gates, he cried to God: "I had faith, but you let me die. Why?" To which God replied: "I sent you a truck, a boat and a helicopter. What more did you want?"*

There have been far too many times when I became so fixated on how I thought things should play out that I couldn't see the support and options around me. We all have blind spots, and when I'm scared or stressed it's even less likely that I'll see all my choices. That's one of the reasons why I created a community where we have each other's backs; I've always called this "Tribe."

It's been over sixteen years since I founded WOW Woman Of Worth, a community where thousands of women have joined together to make empowering connections, collaborate to take action, build businesses, improve health, learn through events and training programs, and especially to be celebrated. Our community attracts women who want to make a meaningful difference and who are willing to support others both personally and professionally.

While living through 2020's real-life version of "once upon a time" I've heard a lot of people say they're waiting for things to get back to normal. But really, what is normal? Everyone has their own version, and chances are no one's life will go back to the way things were. If we want to stay alive and thrive, we evolve. And to achieve this, I believe we need to embrace connection and collaboration. I'm increasingly grateful for my WOW tribe to help me and so many others stay flexible and focused.

## **Collaboration**

In my younger “lone ranger” years, I actually took pride in doing everything myself. Where did that lead? Mistakes. Irritation. Isolation. Resentment. Exhaustion. Burnout. Then I heard a quote that changed everything for me: “If you want to go fast, go alone. If you want to go far, go together.” I created an addendum: “If you want the journey to be fun, exciting, and have meaning, just add wine and build your Tribe!”

We can’t solve a problem with the same mind that created it, which is why I need support to change my mind if I want a different result. Collaboration is critical for us to move past our blind spots and achieve clarity, and it’s also the foundation for a more joyful and empowered life. Fortunately, it’s never too late to grow your TRIBE:

T	Truth
R	Relationship
I	Inspiration
B	Badass
E	Empowerment

For the record, I chose the word “Badass” in an edgy complimentary way because I never allow my deepest values to be compromised, and sometimes I’m a little in-your-face about it. Plus, I probably swear more than I should. If that particular word doesn’t resonate with you, just pick your own best B and run with it.

Let’s touch on the highlights of TRIBE:

### *Truth*

Authenticity and transparency are the new buzzwords, and that happened for a reason. We are tired of being lied to, sold to, and misled. Individually, we are exhausted from suppressing our inner voice. Being authentic to your true self is what inspires trust and connection and gives you real power and freedom.

There was a time when I was ruled by shame. I kept so many parts of my life hidden, certain that I’d be judged and cast away. The challenges of balancing my mental and physical health seemed insurmountable, and there were times my depression and agoraphobia were so overwhelming that I couldn’t leave my house for days at a time – how ironic that isolation (albeit a healthier version) is now considered normal! When I finally found the courage to heal and share my story in order to help anyone who might be walking a similar path, it invited profound connection on a larger scale than I would have ever dreamed possible. When I gave voice to my deeper story for the first time on stage, there was a standing ovation. The past no longer had power over me, and I finally felt free.

### *Relationship*

The foundation of connection is relationship – not only with our friends, family and significant other, but also everyone we do business with. The reality is that you’re in relationship with every colleague, client and customer you have, so you may want to reflect on the quality of these

relationships. The wave of the future is doing business with the people who feel like they are connected to you, and embracing this frame of mind opens the door to deeper satisfaction and success on both sides.

One of the benefits of technology and social media is the ability to stay home and stay connected, which has been invaluable during this pandemic. How on earth did people get through the pandemic of 1918? No Facebook, Zoom, Netflix – there wasn't even television yet! While in-person connection has been severely curtailed in 2020, and nothing replaces the beauty and bond of a hug, never before have we had such a powerful opportunity to heighten creativity and widen connections through technology.

### *Inspiration*

How can you tap into your creativity and brilliance if you're not inspiring yourself and others? We all know how we feel when we spend time with the complainers and doomsayers as compared to being in the uplifting company of those who are accountable and celebrate every win, big or small. Which do you choose to be?

I posted my favourite quote on Facebook last year (with some trepidation), and it was shared a record-breaking 100,000+ times: "Be Fucking Brave! Say how you feel, leave the job you hate, find your passion, love with every ounce of passion in your bones, stand up for what you believe in, don't settle, and never apologize for who you are." We need more authenticity of expression to create inspiration and positive change. You don't have to drop an F-bomb to be real, it just happens to be part of my jam. Know what yours is, then show up and stand up.

### *Badass*

Be uncompromising on the values that really matter to you. Every time you let yourself be swayed or bullied into decisions that don't align with what you stand for, it sucks out a piece of your soul and deprives the world of your glory. Don't sweat the small stuff, but do stand in the power of your values.

At the beginning of this book is the WOW Credo, which I wrote many years ago to shine a light on my personal values and those of a Woman Of Worth. My favourite stanza is, "At times I despair and I weep, when I feel the pain of a world that has momentarily gone mad. Yet even when I tremble through a dark night of the soul, I renew my faith and my courage in a single heartbeat because my spirit is indomitable." To me, this personifies courage. We will always have times when we crumble, but our next steps are what define us.

### *Empowerment*

Nothing matches the feeling of empowerment. You become brave, strong, confident, energized, inspired, and liberated. Your life feels more meaningful. The opinions of others lose their power, yet ironically the opinions of those who matter most to you are strengthened. You become Teflon, not Velcro! When you harness your power, passion, and purpose from within, and align with TRIBE, you are unstoppable.

## Manifestation Manor

I'd like to share two lighthearted stories that demonstrate how a willingness to embrace all the elements I've talked about in this chapter can lead to magic and miracles. My husband and I made the somewhat crazy decision to sell our house and buy another one in the middle of a pandemic's stagnant market. We ended up doubling the value of our home while cutting our monthly expenses in half, but that's another story. Here are two unusual things that happened along the way.

### *Getting Toasted*

While packing up the old house, my husband (affectionately known as Manly Man) noticed that our toaster was on its last legs. We both agreed that there wasn't much we needed for the new house, but after we finished the move we'd shop around for a new toaster. Neither of us mentioned it to anyone else.

Fast forward to our moving day a week later. As I surveyed my new kitchen, I decided to explore every drawer and cupboard to get the lay of the land before unpacking. The kitchen was completely empty, of course. Except for one cupboard. What was in it? A beautiful stainless-steel toaster! I actually screamed when I saw it.

Manly Man came running (thinking there was an intruder or scary spider), and I was speechless – all I could do was point. Rather bewildered, he asked, "When did you buy that?" I stammered, "It was just here!" I'm not sure he completely believed me, but we looked at each other and knew something magical had just happened.

Interestingly, at this time I was in the middle of an online training program led by Jan Janzen about Money Mindset (the power of our beliefs, and how that affects our results). Once I got over the shock of seeing the ONE thing we needed randomly sitting in a cupboard, I took it as a nod from above that I was on the right track.

A few days later I contacted the previous owners, who told me they'd been looking for this toaster everywhere and had finally given up and bought a new one. When I shared the story about it being the only thing we needed, they were so delighted that they just laughed and laughed. I told them which cupboard it was in and there was no explanation for why it was there as it wasn't even remotely close to where they always kept it. None of us understood how it could have happened, but we all agreed that when you believe anything is possible, anything is possible.

### *Sheerly Shears*

We decided to do an overview of all the lawn and garden equipment that had been left with the house in the garage: a lawnmower, leaf blower, ladders, plus every tool you could think of for landscaping. There was only one thing we wanted that we couldn't find, which was a pair of long-handled shears to trim bushes. Then we walked around to the backyard and there, leaning

against the side of the house (which we had just walked past earlier), was a pair of gardening shears. I screamed again.

There was absolutely no logical explanation for this. My husband just shook his head and said, “Living with you is like living with a magical freaking fairy,” and we both cracked up. We dubbed our new house “Manifestation Manor” on the spot.

## **In Summary**

In my opinion, this pandemic has been an amplifier. Whatever our beliefs were at the start of 2020, they got turned WAY up. I’ve observed with sadness and compassion the people who remained stuck in darkness and fear and became the loudest victim voices – the toilet paper hoarders and worse. But more importantly, I have watched with awe the people who woke up or were always striving to heal and evolve, the ones who choose to be a positive piece of the fabric that weaves us all together. I’ve seen quiet courage, heroic acts, creative problem-solving, and kindness that uplifts my heart. They are living examples of the principles of TRIBE. And that’s what I decided this book would be about – not to ignore and soft-pedal our very real fears and challenges, but instead to focus on how we can acknowledge, heal, and move through them with empowerment. There is more than enough darkness in the world, and oh baby, we need more light!

So, I sent out my invitation to the pathfinders, the critical problem-solvers, the healers, the champions, the change agents and business leaders, and they answered my call to be part of this historic book. My wish is that it will be a powerful compass for you to navigate through this challenging chapter in life, and into your fabulous future.

To read more chapters like this in “Pandemic! Stories of Purpose, Passion & Power Through This Extraordinary Era ” please go to: <https://www.awomanofworth.com/bestsellers>.

## About Christine Awram



“Chocolate is a vegetable, because it comes from a bean.” This is just one of many outrageous statements you’ll hear from Christine Awram (while wearing a pink tiara) as she encourages women to question any of their beliefs that limit an empowered, joyful, and successful life.

She’s the founder of Woman Of Worth WOW Worldwide and is a dynamic speaker, author, visionary, and philanthropist. Christine radiates vitality with her indomitable spirit and humour. Yet her earlier years began as a teenage runaway who experienced addiction, illness and depression. She inspires others by sharing the specific strategies she used to move from futility to fulfillment, and how she transformed challenges into passion and purpose.

Christine’s commitment to the empowered leadership of women resulted in her being honoured with the Outstanding Leadership Award by the Global Women’s Summit. She has personally inspired over 10,000 women through her WOW events, has published eight #1 bestselling books in the last 4 years, and believes she is just getting warmed up.

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