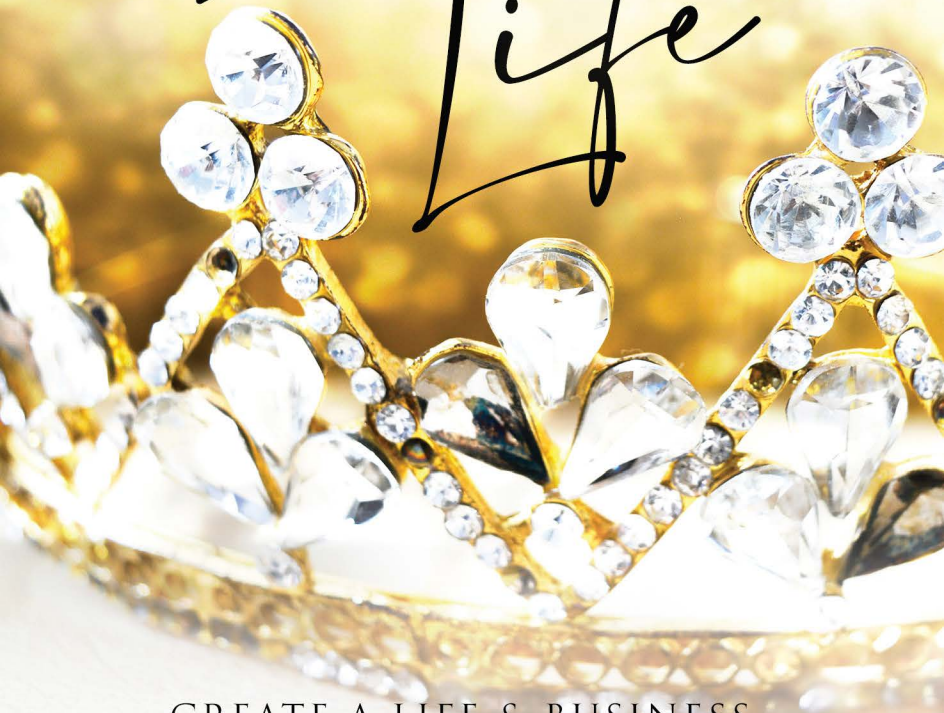


CLAIRE NIIBU-AKAU  
AKA *Biz Coach Claire*

BUILDING  
YOUR  
*Queen  
Life*



CREATE A LIFE & BUSINESS  
YOU ABSOLUTELY LOVE

Building Your Queen Life

# Building Your Queen Life

Create a Life & Business You Absolutely Love

Copyright © 2021 Claire Niibu-Akau

Published by Today Is The Day Publishing  
[www.todayisthedaypublishing.com](http://www.todayisthedaypublishing.com)

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by an information storage and retrieval system, without permission in writing from the author.

ISBN: 978-1-951797-40-9

Printed in the United States of America

To reach the author:  
[www.BizCoachClaire.com](http://www.BizCoachClaire.com)

## **Biz Coach Claire's Success Formula:**

Queen Life = a life you absolutely love

Queen Life  $\neq$  entitlement

Queen Life = responsibility

## The Transformation Formula:

Time + Money + Energy = Transformation

## The Results Formula:

$$T + F + A = R$$

Thoughts + Feelings + Actions = Results

- Thoughts create your reality
- Feelings:
  - Gratitude
  - Burning desire (AKA: "The why that makes you cry.")
  - Forgiveness
  - Love, Faith, and Sex
- Action: Massive imperfect action (now)
- Results: Stay focused on your crystal-clear vision

# Contents

Preface	9
Introduction	12
CHAPTER ONE:	
4 Levels of Awareness	19
CHAPTER TWO:	
Core Value = Your True North	34
CHAPTER THREE:	
Passion and Purpose	39
CHAPTER FOUR:	
Vision	43
CHAPTER FIVE:	
Self Trust	56
CHAPTER SIX:	
Block Party – the Power of Our Subconscious	67
CHAPTER SEVEN:	
Step #1 – Focus on Your Thoughts	73

CHAPTER EIGHT:	
Step #2 – Control Your Feelings	83
CHAPTER NINE:	
Step #3 – Take Action	91
CHAPTER TEN:	
Your Dream Team	98
About the Author	109
What Others Are Saying	111
What's Next?	120

## Our Foundation:

- We are spiritual beings having a human experience.
- We live in an abundant universe that wants to work in harmony for good for us (whether we call it God, Universe, Source, Infinite, etc.).
- We can create a life that we absolutely love.



# Preface

Dear Queen,

It is not a mere “coincidence” or accident that you have this book in your hands. This is a divine appointment because you have a higher purpose for your life.

Your time is precious! Thank you for taking the time to read this book. It is my labor of love for you. My intention is for you to LIVE a life you absolutely love (sooner than you realize)!

A life where you love every aspect:

- **Health and Wellness:** You are in the best physical and mental health (regardless of your age)!

- **Love and Relationships:** Your relationships are solid (you have expressed your feelings to your loved ones, you have said your “piece” so no one is “guessing” or “assuming” how you feel).
- **Vocation:** You are living out your passion and purpose (you get lit waking up in the morning. You’re thrilled about all the people you get to help).
- **Time and Money Freedom:** You have time and money freedom! You can travel to places that you’ve always wanted to explore; you get to travel with your loved ones, and you have all the finances you desire. It’s enough to make you feel safe and secure.
- **Spiritual:** You feel content and fulfilled spiritually.

I applied universal teachings (spiritual and success principles) and discovered that it

works! Then, I created coaching programs to help others do the same.

Focus on your journey without expecting the same results as your colleague or friend. Your timeframe will vary. Your results will vary. Transformation requires an open heart and open mind. It requires your personal responsibility and effort. No coach or mentor can do it for you.

Time + Money + Energy = Transformation

# Introduction

Queen Life = a Life You Absolutely Love

Queen Life  $\neq$  entitlement

Queen Life = responsibility

## My Queen

I was born and raised in Hawaii. As a child, I danced hula and learned about Hawaii's Queen Lili'uokalani who spent her final years imprisoned in her own palace. The more I studied her, the more I realized she was not just about royalty and bloodline. She was a woman of "kuleana" (responsibility).

She left the comfort of her own palace to visit the "commoners" so that she would see their homes (many plantation homes), know their struggles, and understand their lives. She was a spiritual woman who sought awareness so that she could eventually make

important decisions for the sake of her people.

Inevitably, she chose to surrender her monarchy to protect her people.

She inspired me to envision modern-day queens, women who are:

- Prospering in health, wealth, and happiness
- Living a life of purpose
- Making a positive impact in their families and communities
- In touch with their intuition and inner voice

At a low point in my life, someone told me that I could “create a life that I love.” I didn’t believe it, but I had nothing to lose, so I poured 100% of my energy and effort into doing just that. I learned from coaches, mentors, and books. I ate and slept it ... and I started to see results!

My life began to change.

And because I could not help it (I learned later that it's part of who I am, my gifting to others), I took the best things that I learned and put it into the "Queen Bee 90-day Transformation Program" for women.

"The best day of your life is the one in which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours. It is an amazing journey and you alone are responsible for the quality of it. This is the day your life really begins." – unknown

## My Story

At the lowest point of my life, I felt hopeless, alone and exhausted. I had come to a dead-end and didn't see any way out of my situation. I was in constant physical pain with shingles, vertigo, a frozen shoulder and 2 ribs that popped out. My immune system was so weak that I was constantly sick and

bedridden. I'd pray that I wouldn't wake up some days.

I gave up on my life. I felt that the world was better off without me. Besides my four children, I didn't have any reason to live.

I decided to separate from my then husband and took my two younger children with me to another island (where my family and friends lived). The suicidal ideations escalated. I imagined myself jumping from the 26<sup>th</sup> floor of my dad's condo.

When I moved out of my dad's place three months later, I ran out of money, my temporary job ended (I was jobless), and my credit cards were maxed out. I didn't tell anyone about my struggles. I kept it to myself and slapped on the fake "everything is OK" smile.

"Aloha ladies and gentlemen. In case of emergency, please place your oxygen mask on yourself first before

placing a mask on your child.” –  
Airline Stewardess

## **My Ask for You**

In all honesty, when I was a child and finally understood the stewardess’ instructions about the oxygen mask, I was shocked. My parents always took care of me; they always fed their kids first and made sure we were OK before taking care of themselves. My mom would go decades with the same outfits but would buy new clothes for us children.

I confess I was a bit judgmental about the airlines at first. I thought, “How dare they tell my parents to put their oxygen mask on first! Don’t they know that my parents need to take care of ME?”

Then I imagined the scenario in my mind. Our oxygen masks popped out from the overhead compartments. My mom quickly put the oxygen on me, my sister and my



brother. Then, she ran out of oxygen and wasn't able to put it on herself. I felt so sad.

Then I imagined another scenario. My mom was able to put the oxygen mask on herself and all of her kids. Everyone was OK.

In life my parents didn't put their oxygen mask on first. Not only did my mom neglect her own self care, my dad didn't golf "cuz it was too expensive," he'd say.

I thought "Sacrifice + Struggle = Love."

I simply ask that you put your oxygen mask on yourself first. Make yourself a priority for a moment. I get it – there are kids to feed, diapers to change, pets to walk, elderly parents that need help, and other daily chores. I am not asking you to neglect those responsibilities.

I'm simply asking you to carve out time for yourself. You deserve it. Quiet time to reflect on your life. Time to gain spiritual

awareness. Time to be grateful. Time to dream again.

Take a deep breath daily. In fact, take a deep breath at the top of every hour. Studies show we are not getting sufficient oxygen to our brain with our shallow breathing.

Deep vs. shallow breathing affects:

- Ability to think on a deeper level
- Stress
- Health

Inhale. Exhale.

CHAPTER ONE:

## 4 Levels of Awareness

“Abundance is not something we acquire. It is something we tune into.” – Wayne Dyer

I’d like to talk about a concept I didn’t understand for a long time. It is called the 4 levels of awareness and is taught by many coaches.

Once I understood the concept, my life shifted quickly and dramatically. I hope to explain it to you as best I can.

To illustrate, I’m going to discuss a version of myself from a few years ago. The version that used to throw “pity parties” by telling people about the “unfair things” that

happened to me. I'd complain about the wrongdoings of others. "Life isn't fair," was my mantra. I didn't even have enough confidence to tell people directly when they hurt my feelings or stepped over my personal boundaries. I'd tell other people about the wrongdoings instead of speaking directly to the person who hurt me. I later realized that my behavior was "passive aggressive" and it was very toxic.

I was sometimes so good at being the victim that I would have others "feel sorry" for me. "Poor Claire, she's having a hard time. Let's help her," they'd say. Before I knew it, there was a group of helpers to aid me as I suffered. Sometimes, people would join my conversation and say how unfair I was treated or "I can't believe she did that to you! How dare she!"

## **Level 1: Victim**

A former client was stuck on Level One. She was sexually abused as a child and went to various therapists, counselors, and personal

development programs. Nothing helped her. Her life seemed like “continuous bad luck,” as she said while rattling off her long list of complaints.

- She suffered from various diseases and health issues.
- All of her romantic relationships were abusive and toxic (including her current one).
- Most of her relationships (including former bosses) ended on negative terms (it was always her supervisor’s fault).
- She was always struggling financially.

She was constantly discontent because life happened “to her” until she realized that her life was her responsibility. Once she was able to take responsibility and forgive the abusers, her life shifted.

When someone makes the conscious decision to leave the victim status, she can quickly elevate her level of awareness.

Another former client was surrounded by Level 1 people (victims).

- Her adult children needed her help constantly.
- She was constantly called to help her friends. Not only was she a listening ear, she jumped in to help others with their problems.
- She spent time and money on meals and gifts for friends.
- She wanted everyone to like her.
- She volunteered for church and nonprofits.

She was so exhausted and it was affecting her health. While in the Queen Bee program, she learned how to set boundaries. She was able to say “no” to others when it didn’t serve her. She was able to get her life back and could move up the awareness levels.

Living as a victim gets exhausting, not only for the victim, but for those rescuers around

her. That's the first level of four levels, where life happens "to me."

However, most people want to take responsibility for their lives and move up to the next level. At Level 2, life happens "BY me."

## **Level 2: Getting Ahead**

This is where most people live their lives. Nothing is wrong with living on Level 2. People can accomplish a lot on this level.

They go to school, get good grades, get good jobs, buy a car, buy a home, start a family at this level. Everything happens "By Me," so it can also get exhausting at this level as well. Their results are based on their actions.

One of my clients was doing great at this level. She seemed very happy. People would say she was living the life:

- She was making a good income.

- Her marriage and relationships were healthy.
- She owned her home and was almost out of debt.
- She was normally healthy and rarely got sick.

Everything seemed OK in her life (on the surface). But every so often, she went into a “slump” as she called it. When she got sick, she was in bed for a week. Every few months, she would get upset with her spouse. She kept working hard, but life became exhausting as well. If she wasn’t working hard, she felt guilty.

She constantly felt pressured to juggle everything. “I feel like I’m in a never-ending hamster wheel,” she explained.

That’s because at Level 2, life happens “BY her.”

Then, she shifted to Level 3 (almost overnight). After working on her “deep work”



(block party and freedom letters, in chapters 6 and 8), life seemed to change! She had more energy, clients flowed in (almost effortlessly), and the universe put everything into alignment on her behalf. She met with the right people at the right time, business was flowing to her. Her relationships strengthened and her health was the best it had ever been.

Like the majority of the population, I was living on Level 2 of life happening “by me.” People call it the “rat race.” Then, I suddenly shifted to Level 3 without even realizing it.

### **Level 3: Winning**

At Level 3, life happens “through me.” This was a game changer for me. It is where I experienced a quantum leap in all aspects of my life.

This is where I encourage and teach people to live their life. Big goals happen quicker at this level and it is almost effortless. My clients call it, “magic.”

Level 3 of awareness is life happening “through you.” You are the captain of your ship, your crew works in unison, and the environment flows in your favor. You make great progress, you are productive, your sales increase. Clients that you have not met flock to you. These are not any “clients,” they are your “ideal clients.” They match you perfectly. They see the value you bring to their lives and they tell others about you. You are amazed and grateful; you continue to travel into bigger oceans where the waves are huge. However, your ship faces these waves, and the journey is amazing.

Many clients see immediate results when they shift into the third level of awareness. One example is Nadine Kokubun (she shares her testimony at the end of this book). When life started happening “through her,” everything came into alignment:

- Clients flocked to her.
- Her reputation as Hawaii’s Skincare specialist quickly spread.

- Her calendar was booked.
- Her confidence shifted.
- Her life and business vision became crystal clear.
- She became more decisive (made quick, solid decisions).
- She bravely faced challenges and technology (she was not a tech person in the past).

By facing their invisible “blocks” (as described in chapter 8), my Queens have been able to quickly see tangible results. The shift happens quickly and almost by surprise. After seeing it happen so many times, I’m only surprised at “how” it happens. The blessings flow in from different directions, so it is important to remain open to the opportunities.

My Queens and I seem to live life between Level 3 and Level 4. Life happening “through us” and “as us.” In order to remain at these levels, it is important to constantly work on

yourself. Daily gratitude is vital. This is where the “Queen Life” happens as well.

At Level 3 and Level 4, you love your life. Every. Single. Moment.

### **Level 4: In the Clouds**

Level 4 includes a rare list of “A Listers.” These people operate on the highest level of one-ness. They operate on a level of life happening “as me.” They have a higher level of mastery, because they live in complete unity with the environment, including with other people. They are spiritual beings having a human experience; they are flowing in unity with everything. This is a rare experience.

At Level 4, these people are making a positive impact in the world. They are legendary.

According to some coaches, this level of awareness happens during an orgasm. However, the second we slip into the thought

of judging whether the orgasm is good or not, we slip back into Level 3 of life happening “through me.”

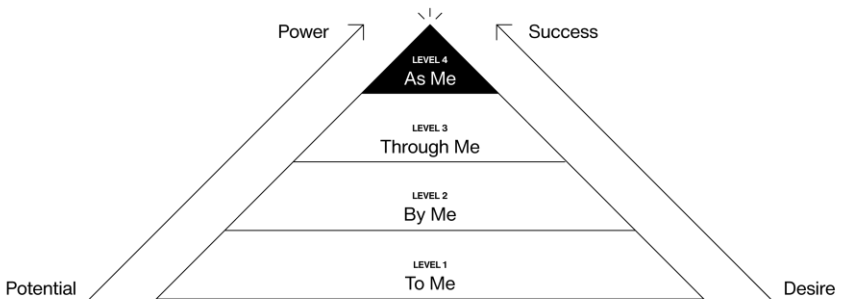
It’s a place of “no thought,” just being-ness.

As I am getting better at living in Level 4, I am able to teach my Queens how to remain at this level of life happening “as me.” Everything flows. Timing is always perfect.

- Walking in the Spirit.
- In harmony with others and the universe.
- In unison with the Creator and the creation.
- Intuition is strong.
- In alignment with all areas of her life.
- Living in Einstein time (timing is perfect and almost irrelevant).
- Stress-free living. Everything is good.
- Orgasmic living.
- Work doesn’t feel like “work.”
- Living in the Vision.

## Building Your Queen Life

One of my Queens, Khanh Nguyen, experienced Level 4 at its finest. Not only did she secure the biggest contract of her life, it came effortlessly and will be residual (constant) income. She seemed to be walking in the clouds.



## Level Overview

Here is an overview of the four levels:

Level	Life Happens:
4	As Me
3	Through Me
2	By Me
1	To Me

### The 1st level: TO Me

- The role of the victim.
- Everything happens to me.
- Outside forces control my life.
- They are not responsible.

Many grow weary and want to take responsibility so they will say, "I am going to move up to the next level and take responsibility for my life."

## The 2nd level: BY Me

- I can take responsibility.
- I can control my results.
- I can work hard, study hard, etc.
- I'm going to get the better job.
- I'm going to save money, buy a home, buy a car, etc.
- I'm going to make life happen BY ME.
- Most people are on this level.
- It can get exhausting.
- Lots of guilt and shame at this level.
- Requires me to work hard. Everything is happening BY me.

## The 3rd level: THROUGH Me:

- Requires a higher level of understanding.
- Requires simple, basic understanding of quantum mechanics.
- Requires an understanding of how your mind works and how powerful your subconscious mind is.



- A realization that every day, every moment we are generating the results of our lives by our thoughts.
- Lifechanging.
- I can achieve BIG goals in a quicker amount of time.
- I can take a quantum leap.
- I can live in the flow of life.
- Life is more enjoyable.
- I can leverage my time and energy on this level.
- Einstein time.

### The 4th level: AS Me

- Higher level of spiritual awareness.
- We are all “ONE” – all connected.
- Rarely do people acquire this level of awareness, but those who do:
  - Operate in unison and “oneness” with the Universe.
  - Are impact makers.
- This happens during a “no thought” orgasm.

CHAPTER TWO:

# Core Value = Your True North

The islands of Hawai'i were discovered by ancient Polynesian voyagers. They didn't have any technical gadgets that we have now (like a GPS or map app). They didn't even have compasses. Their ships didn't have engines. They were fueled by man's energy (paddling) and they used the sail to harness the power of the wind.

However, the navigators did not wander aimlessly in the ocean. They were intentional; they knew exactly where they were going, where they needed to land, and the sky was their map. They used the sun, moon, and stars to find their way thousands of miles across the sea.

If you look at a map, you'll notice that Hawai`i is like a speck in the middle of the Pacific. Discovering Hawai`i was like "finding a needle in the haystack."

I share this because there is so much to learn from the Polynesian voyagers.

- They had 100% trust and faith.
- They trusted their intuition and their spiritual guidance. (They called them "Kupuna" or in Asian culture they call them "ancestors.")
- They had an extremely clear "end goal" or destination. Their location was like a small speck in the middle of the ocean.
- They remained focused on the North Star (the only star that does not move), which kept them focused TRUE NORTH.

The navigators used the night sky to guide them. You will create your own unique map with this book as your guide.

First, write a list of your core values. Your core values are like the North Star. They will keep you grounded and on track. What is important to you?

Some examples: faith, family, honesty, integrity and love.

---

---

---

---

---

Dive deeper into your core values. For example, let's explore "family" as a core value.

As a child I was told, "family is everything" and I was told that our immediate family was

important because no one would be as close to me as my own siblings and parents. In our family, eating a meal together in the living room was important. My mom expressed love by cooking a delicious meal for us; the meals included at least three items.

As an adult, my immediate blood relatives were not close to me anymore. I rarely saw them. I grew up, had children of my own, and my family eventually shifted to include non-blood relatives. I do not cook for my teenaged kids, so I temporarily struggled with “mom guilt.”

I express love for my children and extended children (including “in-loves” like the two daughter-in-loves that I have) differently than my mom did.

My expression of love is to empower my offspring. I help them bring out their genius and to live in their genius zone (I call it the “G-zone”) where they live their passions and purpose.

Basically, core values are what is really important to you. They may shift. As a child, your core values looked a certain way. But as an adult, they may have shifted as your perception on life has changed.

## CHAPTER THREE:

# Passion and Purpose

Like the ancient Polynesian navigators, we need an “invisible motor” that drives us to our vision. This reminds me of my second time in college. I was a 38-year-old non-traditional student surrounded by fellow students who were just a few years older than my kids.

As a college student, I had the opportunity to see life from the millennials’ perspective. Many of my fellow classmates were forced into majors that their parents chose for them. These students were not self-motivated; they didn’t have a desire to study. They were forced into a future that their parents wanted for them. The students complained.

On the other hand, the non-traditional students and those students who were passionate about their field of study were self-driven, enjoyed studying, were happier, and did well in their classes. There was a huge contrast between the students who wanted to be there vs. the students who were forced.

At that moment, I told my kids (most of them were in high school at the time), "Please choose the path that makes you happy."

I also urged my kids, "Don't go to college for anyone but yourself. Pursue what YOU are passionate about."

Pursuing your passion and purpose is so important. It is like the invisible motor. The big waves in the ocean won't seem so intimidating when you are enjoying the journey.



On the other hand, if you're being forced or living a life of someone else's design, every wave (even the small ones) feels miserable.

Pursue your passion and purpose. Evaluate what you're passionate about. Ask yourself these questions.

- What excites you and energizes you when you talk about it?

---

---

---

- What brings you joy and lights you up?

---

---

---

- What do you love to do?

---

---

---

- Who would you love to be? (i.e. I imagined being a public speaker, author, and impact maker)

---

---

---

Your passion and purpose get you lit for life. I call it your “G-zone” or “genius zone.”

I love Napoleon Hill’s definition of a genius in *Think and Grow Rich*. He says a genius is someone “who has discovered how to increase the vibrations of thought to the point where he can freely communicate with sources of knowledge not available through the ordinary rate of vibration of thought.”

And Les Brown says “there’s Greatness in you.” It is already within in you! It is my job as a coach to help you bring it out.

Leap out of your comfort zone and live in your G-Zone. Pursue your passions and purpose!

## CHAPTER FOUR:

# Vision

Pull out a pen and paper. What we are going to do is evaluate the five areas of your life.

When we talk about things we would love in life, that includes these five areas of life:

1. Health and wellbeing
2. Love and relationships
3. Vocation
4. Time and money freedom
5. Spiritual Wellness

### **Life Assessment**

At this moment rate yourself on how you are doing in each of these areas:

## Area #1: Health and Wellbeing

Rate yourself: \_\_\_\_\_

*Rating 1-5 (1: not being healthy -to- 5:  
optimal health)*

What is your longing and discontent for health and wellbeing?

---

---

---

---

---

---

---

---

---

---

---

---



### Area #3: Vocation

Rate yourself: \_\_\_\_\_

*Rating 1-5 (1: hating your job, not enough income -to- 5: living your passions, enjoying your career)*

What is your longing and discontent for your career, vocation and/or business?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Area #4: Time and Money Freedom

Rate yourself: \_\_\_\_\_

*Rating 1-5 (1: short on time and money -to-  
5: free to travel, go on vacations with the  
family, peace of mind)*

What is your longing and discontent for time  
and money freedom?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Area #5: Spiritual Wellness

Rate yourself: \_\_\_\_\_

*Rating 1-5 (1: feeling lost -to- 5: feeling at one with the universe, higher power, etc.)*

What is your longing and discontent for your Spiritual Wellness?

---

---

---

---

---

---

---

---

---

---

---

---



Put your combined results here:

Areas of Life	Score now	What you love, to get top marks:
#1: Health and Wellbeing		
#2: Love and Relationships		
#3: Vocation		
#4: Time and Money Freedom		
#5: Spiritual		

This assessment is where you are now, so score yourself today. Then in the “What you love, to get top marks” column, list what would give you a “5” score.

For example, in Health and Wellbeing area of life, I may score myself a “3” today, but what I would love to have that would change that “3” to a “5” would be 6-pack abs.

Ideally, in three years, you and I will both have a rating of “5” for each area of life.

When I first started my journey, my life assessment was horrible. If it were possible, they would have been negative numbers!

After evaluating my life assessment, I took my pen to paper and began to create a Vision Statement. I imagined a life that I would absolutely love. I wrote down the details of my dream home. I imagined having strong relationships with my children. I saw myself loving my career.

Now, I'd like you to jump ahead to your future, to a near future (just three years from now) where you are doing what you love. Don't think about HOW you'll get there. Focus on what you would love.

Yes, you are yearning and discontent, but imagine yourself already being where you want to be.

Remember, this isn't about how you will achieve this or how you are going to do it.

Use your imagination to be creative and design a life that you would really love.

Oprah Winfrey said it well:

“Create the highest, grandest vision possible for your life, because you become what you believe.”

One of the first things I ask my clients:

“When you are at the end of your life, knowing it's your last few moments, who do you want to be surrounded by? Who do you want to be loved by? Who do you want to love? What is the legacy you want to leave behind?”

## **Writing Your Vision Statement**

In my late 30's I went back to college to finish my undergraduate degree. After the first semester, I wanted to quit so badly. I felt

old, outdated and wasn't able to pass tests; going back to school wasn't as easy as I thought.

Then, I envisioned graduation day. I imagined myself walking across the stage to grab my diploma as my kids cheered proudly.

This vision shifted my college experience! After that, I was always on the Dean's List, and ended up mentoring others.

A vision statement can be short term (90 days from now) or long term (5-10 years from now). The vision helps you focus on the finish line, whether at the end of your life or graduating from school.

1. Date: I recommend thinking three years out, but you can do it any way you like. Whatever you choose, date your vision statement at that point in the future.

2. Start your vision statement with, "I am thankful and grateful now that ..."
3. Write in the present tense as if you are standing there experiencing it.
4. Use positive words. No negative words (i.e. lose weight, debt-free or cancer/disease). Your subconscious mind gets fixated on the word "debt" or "weight" and that is what it will focus on.
5. Include all your senses: sight, sound, taste, touch, and smell.
6. Think about the 5 areas of your life:
  - a. Health and wellbeing
  - b. Love and relationships
  - c. Vocation
  - d. Time and money freedom
  - e. Spiritual Wellness
7. Lastly, make sure your motivating reason or "why" is included. What are

you doing this for? Why? Write that down.

---

---

---

---

---

---

---

---

---

---

Remember, this is your statement. You can change it and revise it whenever you want. It is not set in stone. It is a living, breathing document. It is not permanent.

## Test Your Vision

Ask yourself these 5 questions to test your vision:

1. Does my dream make me feel more alive?

2. Is my dream in alignment with my core values (True North)?
3. Does my dream require me to stretch out of my comfort zone into my genius zone?
4. In order to pursue my vision, do I need help from a higher power?
5. Does my dream serve others?

Note: I learned a lot of these teachings on “Vision” from one of my mentors, Mary Morrissey, while in her program.

## CHAPTER FIVE:

# Self Trust

“Never be afraid of change.  
You may lose something good,  
but you may gain something  
even better.” – unknown

As a child, I was bullied (I don't think we called it that when I was in school). Basically, the girls “iced me out” and said, “Claire, we hate you! Get away from us!”

My mom said “hate” is such a strong word and to react in kindness. Unknowingly, I became a “people pleaser,” which led to issues setting healthy boundaries as an adult. I feared that my family and friends wouldn't like me or that I'd disappoint them.



That caused hurt, resentment, and burnout...  
and eventually I lost my authentic self.

I used to HIDE my light in fear that I was  
“outshining” others.

It’s amazing ... when you journal, go back to  
memories and reflect on the PATTERNS in  
your life. You’re able to see your life from a  
different perspective and HEAL!

Now, I’m making a commitment to VALUE  
ME, to allow myself to have a VOICE! I’m  
not competing with anyone except myself  
(I’m just trying to be the best version of ME).  
I’m going to continue to SHINE my light so  
others will be brave enough to shine  
THEIRS!!!

Like many people I feared rejection and  
abandonment. To make sure no one would  
reject or abandon me, I became a people  
pleaser. When my coach asked me, “What  
would your life look like without guilt?”

I thought about it and came up with a list of items.

## **Rule Books**

Until recently, I didn't realize that I lived by everyone else's "rules." Example: one of my family members said, "big earrings are for whores," so I didn't wear big earrings in front of her.

For most of my family members, marijuana (AKA: pot or weed) was frowned upon so I hid the fact that I would occasionally have a puff. It was so draining to hide my habit from them.

It was also so exhausting remembering all of the different rules. Even if I went to different churches and studied from different religions, I memorized and tried to adhere to all of the different beliefs.

***Affirmation:*** I have my own rule book that I can revise as I want. Even if I choose to

follow a particular religion or spiritual practice, it is my choice.

## **Peanut Gallery**

As a child I was constantly asked, “what will everyone else think?” In my head, I wondered, “Who is everyone else?” I imagined the two critics from the Muppet Show. They sat above the stage and everyone looked to them for their opinion. There was one grumpy guy and the other happy-go-lucky guy (kind of like the characteristics of my grandparents; two different personalities).

I started to live as though critics were constantly watching me. If I were too boring, they would boo. If I acted too dramatic, they would be critical about my performance or disappointed. They could determine whether “my show” was a thumbs up or a thumbs down.

**Affirmation:** It is my show. I get to decide the script.

## Pillow and Light Dimmer

In order to keep others happy, I felt that I had to smother my voice with a pillow (no talking). I also felt like I had to dim my light so I would not outshine anyone like a sibling, friend, classmate, or cousin.

As I stretched out of my comfort zone and stepped into my G-Zone, I feared that others would think I was bragging or showing off. "Be humble," I would hear in the back of my head. If I was too happy, I felt guilty. So, I would inadvertently dim my light.

***Affirmation:*** I can speak my truth and shine my light.

## OPP (Other People's Planners)

OPP had priority over mine. If others wanted me to help them or do them a favor, I would drop my list of tasks to help them first. I would say "yes" or "OK," when I really didn't have the time or didn't want to help.

Since I didn't have the courage to say "no," I would feel overwhelmed, burned out, and resentful. (Remember the oxygen mask?)

**Affirmation:** I can say "no."

## Feeling "Sorry"

If someone else was going through a rough time, I would feel sorry for them and I would help.

I later learned that when we feel sorry for someone, we put ourselves above them as if we are better than them.

**Affirmation:** We are all captains of our own ship. I can have compassion towards others, but I will not "feel sorry" for them as if they need my "pity."

## Pity Parties and Mirrors

Guilt trips went both ways – I could give them and receive them. As mentioned earlier, I

threw “pity parties” and was good at getting others to join me.

Not only would people feel sorry for me, but I would complain about people behind their back. Sometimes, I would even disguise the passive-aggressive complaints as “prayer requests.”

I would say things like, “Please pray for my friend. She hurt my feelings.”

In return, I noticed that people would use the “guilt trip” to make me feel bad. They would say things like, “remember when you did that to me?” in a half-joking way. They would bring up mistakes that I made in the past or ways that I hurt them.

They would bring it up in little ways (half joking), but it still made me feel bad.

**Affirmation:** I can lovingly communicate my boundaries to others.

## Comparing

In the past, I would put myself down for not being as smart as “so and so,” or as organized as her, etc. Then there was body shaming! I would think, “I’m not as pretty as her” or “as thin as her” or “as sexy as she is,” etc.

It is easy to fall into the body comparison game; it quickly leads to a downward spiral. Comparing ourselves with others leads to insecurities and low self-esteem.

The major comparison issue happened when I would compare myself to other moms. I didn’t cook like “so and so’s” mom and I wasn’t as “on it” as another mom.

Mom guilt is huge!

When I separated from my husband, I’d buy food or groceries for my teens. They would cook for themselves and that made me feel like a “bad mom,” because we either ate out a lot or they would have to cook.

Then, I finally realized (thanks to the help of one of my coaches) that I was not a “bad mom” for not cooking.

People’s perception of a good vs. a bad mom is open to interpretation. I was doing the best I could. I was teaching them about pursuing their passions and purpose. I was showing them work ethic and how I was rebuilding my life as an independent woman.

I instilled other values in them like how to make your vision a reality. They also learned to become good cooks! After working with my coach on my “bad mom” guilt, my perception shifted. That was a huge mind shift for me!

***Affirmation:*** I love me! I’m unique! There is no one like me. I am doing the best I can with what I have at the moment. I am becoming the best version of myself every day.



## Your Turn

I didn't realize that "guilt" played such a huge role in my life until my coach encouraged me to evaluate how guilt impacted my life.

Now, I ask you to analyze your life.

What has controlled you?

---

---

---

---

---

Are you living a life by your design or default? Explain:

---

---

---

---

---

Building Your Queen Life

Did any of the items listed above resonate with you? Which one(s)? Why?

---

---

---

---

---

## CHAPTER SIX:

# Block Party – the Power of Our Subconscious

Imagine going on a road trip to a distant destination. You put the location into the GPS (Specific vision). We can look through the windshield at the road ahead or we can look at the rearview mirror. Driving on the freeway is difficult if you are constantly looking at the rearview mirror.

However, many of us drive through life looking at the rearview all the time.

### **Past Hurts, Traumas, & Failures**

Our rearview mirror represents our past hurts, traumas, and failures. Yes, we all experience hardships, struggles, and

challenges. Life isn't always perfect, but our past does not determine our future.

This can be tricky. Remember how I said that I put on the fake "everything is OK smile?" I thought I was driving with the windshield view, but I kept glancing in the rearview mirror instead. I didn't realize it at the time. However, I would worry about mistakes I made and people I disappointed or hurt.

This is where people stop or fight the process. This is where THE ONES that succeed PUSH THROUGH!

It hurts to look at the painful times, but the reward is SO WORTH IT! The healing is SO WORTH IT!

The new, improved version of you is SO WORTH IT!

## **Hidden Pasts**

It is like glass that fell and cracked in my kitchen. Instead of sweeping it up and

tossing the glass out, I swept it under the rug. I thought that by “hiding” the glass (the dramatic events and the hurts) everything was going to be OK. “Out of sight, out of mind,” I thought.

But guess what really happened? I kept cracking the glass because I didn’t learn my lesson and I kept sweeping it under the rug until I finally looked down at my feet.

Suddenly, little things would trigger me. A little step to my heel and ouch! I would scream because my foot was infected!

It is time to lift up the carpet, sweep up the broken glass and finally toss it out. I call it “block parties.” I make it sound fun, but it is an opportunity to explore your blocks. Blocks are hidden (we can’t always see it ourselves) and it’s what is holding us back from living life fully.

What is holding you back from living your Queen Life?

## Current Circumstances

Like the glass under the rug, imagine that you keep stepping on the rug, your foot is bleeding, so you put bandages on it. Glass continues to break and you keep sweeping it under the rug. The cuts get infected.

Before you know it, the pain is unbearable. It is too sore to stand anymore. You limp around barely functioning. You become so overwhelmed with the pain you can't even imagine what life would be like with healthy, healed feet again.

Your current situation can be just like that. It can hold you back from truly healing and living a Queen Life (with healthy feet and no more broken glass).

It requires you to lift up the rug, sweep out of the glass (examine the hurt, learn from it, and let it heal). This is where having a skilled coach is important.

A good coach can help walk you through this process. Your coach can also help you see if there is any hidden glass in the corners and crevices.

A good coach can help you stay focused on your vision (keep you driving with the windshield view) instead of getting distracted with the gadgets in the car.

Sometimes we focus on our current situation (i.e. Do I have the right car/career? Am I on the best route?) Are we listening to the side seat driver and/or background noise (like news, radio, music, newspaper, etc.)?

Sometimes we look at our current situation and doubt our vision. For example, when I was instructed to create female millionaires (femillionaires), I was unemployed, running out of savings and broke.

How was I supposed to help others become millionaires when I was nowhere near it?

Doubts and fears can easily creep in. They stop us from reaching our final destination (our vision).

One of my clients wrote her business vision, but had a lot of doubts. It was a though she was half in and half out when it came to her amazing vision. As I began to ask questions, I realized that her past business failures caused a lot of doubt. She had failed. She poured her heart, money, and energy into a business that sucked her dry. She poured thousands of dollars into marketing.

The truth is, it wasn't a marketing problem. She secretly blamed herself. She felt ashamed, flawed, and a failure.

Once we addressed this, we were able to shift her mindset and clean out that block.

Remember to keep driving and watch the road through your windshield (your vision). Follow this simple formula to reach your desired destination.



## CHAPTER SEVEN:

# Step #1 – Focus on Your Thoughts

### Thoughts Are Powerful

Whether you choose to pursue your Queen Life or not, your life is created by default or design.

You can either design your Queen Life or a mediocre life will happen by default. (Level 1: Life happening to you.)

Wonder if reprogramming is actually necessary? Watch your thoughts for a week. Be aware of what your subconscious mind is saying.

Then ask yourself at the end of the week:

Q: Am I pleased with my thoughts? Why or why not?

---

---

Q: Will my thoughts get me to where I want to go?

---

---

Q: Would I recommend these thoughts to my children or loved ones?

---

---

Q: Are these thoughts active ingredients for success?

---

---

During the week, watch yourself. If you catch yourself saying or thinking something that no longer feels right, decide if you agree with it or not.

Reject it if it's not in line with who you want to be and where you want to go.

It takes time to reprogram our subconscious, but it's entirely possible. And it all begins with our thoughts of change!

You are powerful, more than you know! Let's say you want to exercise more to get in better physical shape.

Most likely, your brain will immediately say things like: "this is too hard" or "I don't feel like it today" or "I don't really want to" or "maybe it will rain so I can't jog" or "I need a nap" or any other variation of the same.

It's the subconscious mind fighting against what you want to do.

Admittedly, if you listen to your subconscious mind, you will not get the results (getting in shape) that you want.

And that's the formula:

$$\begin{array}{r} \text{thoughts} + \\ \text{feelings} + \\ \text{actions} = \\ \text{results.} \end{array}$$

As you notice, the formula works both ways. It can generate positive or negative results.

For most people, what they say they want and where they are (in health, relationships, finances, career, etc.) do not match.

But if the formula always works, which it does, then what is wrong?

Clearly, it's the thoughts that need to change.

Everything flows from there.

Your thoughts lead your feelings and your actions, all of which leads to your results.

Are you getting the results you want? Yes/No  
Why?

---

---

What thoughts are you thinking?

---

---

Whose voice do you hear in your head?

---

---

What's the voice saying?

---

---

Control your thoughts, for your thoughts  
create your reality.

As Thomas Jefferson stated:

“Nothing can stop the man with the  
right mental attitude from achieving  
his goal; nothing on earth can help

the man with the wrong mental attitude.”

Your thoughts come from what you are listening to, and that includes music, books, friends, movies, other people, TV, social media, news, family, magazines, reality shows, and your subconscious mind.

All of it is speaking to you. You need to decide what you will think about, for that is within your control.

How will you answer these questions:

Q: What kinds of conversations are you having with family and friends?

---

---

Q: What kinds of gossip or stories are you listening to or reading?

---

---

Q: What kinds of conversations leave you feeling like someone rained on your parade?

---

---

Q: What types of news makes you feel doubt, anger, fear, or worry?

---

---

Q: What social media posts make you feel down about yourself?

---

---

It's totally up to you. You are the one who gets to tell your subconscious what to think about.

Admittedly, it's relatively easy to shut off the TV or practice the self-control to not look at the news or spend time on social media ... but what about people? Friends and family,

coworkers and associates, you can't just unplug them from your life!

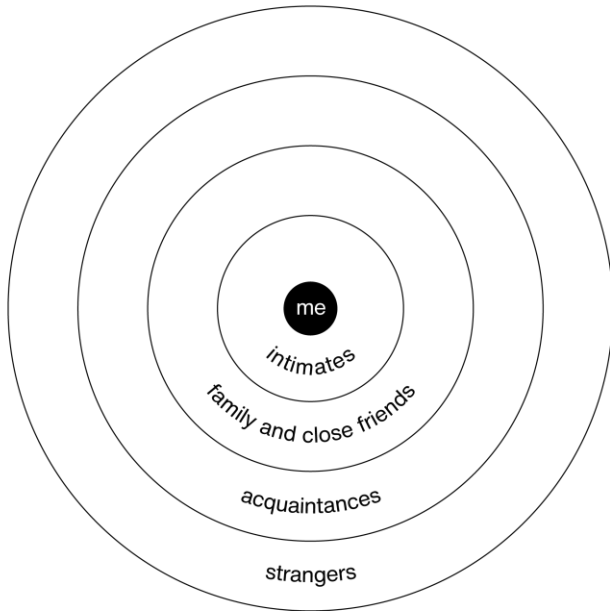
Relationships are a big component to your thoughts and to the results that you want.

One way to look at this is to think of layers of circles, with you in the middle in the smallest circle. The next circle includes your spouse or significant other, the next includes your children, then your close family (siblings, parents), then your close friends, then your general friends and coworkers, and finally the outer ring is for complete strangers.

Basically, it is important to have an overall perspective of who you let into your inner circles. Clearly, the opinion of people on the outer circles should not hold as much weight as those in the inner circles. With social media, these lines blur, and that does more damage than good.



## Building Your Queen Life



Where then should you place negative, toxic people who complain, gossip, tear you down, minimize your dreams, and pretty much just suck the life out of you?

You know the answer to that. I have had to move a few of these people from my inner circles to my outer circles. And so will you.

Be very careful where you put people in your circles.

Sometimes, after talking with someone, you may say to yourself, "Wow, that was a lot of negative energy." In your own mind you can set a boundary.

Moving people around your circles will take time and practice, but it's very important for you. Be strategic, be kind, but be bold.

This is your life, so you are the one in control.

## CHAPTER EIGHT:

# Step #2 – Control Your Feelings

Feelings can be positive, negative, or even neutral. And your feelings are *your* feelings, not mine or anyone else's. You get to choose your feelings based on the thoughts you have let in.

It's OK to experience our feelings whether good or bad. It is scientifically proven that it's healthy to release tears.

What is your burning desire that makes you cry? Napoleon Hill's book, *Think and Grow Rich*, says that the three most powerful feelings are "love, faith, and sex." I teach about that in my coaching programs and book studies.

However, there are three feelings that I'd like to address for the sake of the formula:

1. Burning Desire
2. Gratitude
3. Forgiveness

For example, gratitude is a feeling that first begins in your head. You may journal things you are grateful for (this is an incredibly good habit!) or you may purposefully pause in your day to be grateful.

Before long, this practice of gratitude moves from the conscious to the subconscious. It moves from your head (thoughts) to your heart (feelings). That's when the magic happens.

Tony Robbins insightfully noted that "when you are grateful, fear disappears and abundance appears."

Gratitude is powerful. It bleeds over into everything else. And when you mix gratitude

with your positive thoughts, you begin to think things like:

- This is doable – and I’m grateful that it’s possible!
- I can change my life – and I’m grateful that I’m changing my life!
- I can shift – and I’m grateful that I’m shifting!
- I will get where I want to go – and I’m grateful that others will see it too!

This way of thinking naturally gives you increased desire, energy, focus, and passion to chase down your goals and dreams. Your thinking has helped fuel your burning desires!

You can see the progression, from thoughts to feeling.

So what do you do with the feeling of fear? When you start feeling fearful, take a step back and say to yourself:

“I’m going to change that. I’m going to live in faith, not fear.”

And you choose not to dwell on the thoughts of fear. Stop fear back at the beginning, where it’s just a thought, and it cannot progress any farther. It has no control over you anyway, so you might as well nip it in the bud.

Fear, just like the other lies of doubt, worry, insecurity, etc., will naturally try to mess up your secret sauce. But you are the one in control!

You get to choose your own feelings. Choose to be grateful.

I learned many years ago that forgiveness is not for the people who have wronged you ... it’s for you!

“Forgive, and ye shall be forgiven.” – Luke 6:37

“Forgive anyway.” – Mother Theresa

“Forgiveness doesn’t excuse their actions, it stops their actions from destroying your heart.” – unknown

Forgive yourself for:

- not knowing better at the time
- giving away your power
- past behaviors
- the survival patterns and traits you picked up while enduring trauma
- being who you needed to be at the time

So let’s practice it.

First, make a list of people you need to forgive.

Second, we are going to write a freedom letter ... right now!

Note: You don’t have to give this letter to the person or show it to anyone. It’s for you.

## Freedom (Forgiveness) Letter

Dear \_\_\_\_\_,

Feel free to start with, "I hate you, F-you, I'm so hurt by you, etc...." just to get the faucet flowing.

What happened? Retell the story:

Think of how they hurt you, triggered you, or were mean to you? What did they do? What did they say? What did they not do?

Why did they do/say what they did? Were they trying to hurt you on purpose? Yes, no, maybe?

What was important to them to behave that way? What mattered most to them in that moment? What were they trying to express? What were they trying to do?



Now think of why they were that way to you? What kind of day were they having? Are they a happy person in general? Do they have unconditional love in their life? What is their life really like?

How did it make you feel?

Pour out your feelings, dig deep and keep going until you feel like it's complete.

Write down your TRUTH.

Give yourself a voice. Share your side of the story from your point of view (with lots of grace and wisdom now that you're wiser).

Forgive and release.

At first this might be hard, but just start writing. It's like a faucet at a vacant home. At first the water is yucky, then

it starts turning clear. Just turn on the faucet and let it flow.

Here are some samples to get your words flowing:

- Forgiveness is my choice. I choose to forgive you whether you apologize or not, whether you are remorseful or not...
- I forgive you because... (i.e. you didn't know any better at that moment, you did the best you could in that moment, etc.)
- I release you from this bondage in my mind...
- I have held you as a prisoner in my unforgiving heart, but now I release you. You are free to leave...

In light and love,

– the new and empowered Queen,

---

CHAPTER NINE:

## Step #3 – Take Action

“If you talk about it,  
it’s a dream, if you envision it,  
it’s possible, but if you schedule it,  
it’s real.” – Tony Robbins.

I’ve learned that you will never change your life until you change something you do on a daily basis.

John C Maxwell says it this way:

“The secret of your future is hidden in your daily routine.”

Like a tree, your roots started to grow from tiny seeds (your thoughts and your feelings). They extend out into your actions. And the

fruit you want, the results of accomplishing your goals and dreams, will come!

Every single day, think about where you are going and what you want. Keep your thoughts and feelings in alignment.

The completely natural next steps are the actions you take.

On a practical level, this means action steps that you take every day that inch you closer to where you want to go. I suggest that you take 3 to 5 action steps per day.

For all of us, those action steps will be different. You may be trying to build your business and perhaps making phone calls, connecting with prospective clients, attending networking events, or advertising online are the daily action steps you need to take.

Remember the car ride? Well, the headlights will illuminate a short distance ahead in

darkness. We can't see the entire journey; we can only see a limited distance ahead.

So it is in life, we can only focus on our action steps today. Don't worry about what you're going to do tomorrow or what emergency "might" or "might not" arise. Far too often we worry about potential problems that might never happen.

How we spend our time is important when striving for our vision. Are we getting distracted?

## **Top Time Wasters**

If you feel like you don't have "enough time." Do a time study. Take out a piece of paper and track how you spend your time. Track everything you do. Track your bathroom time, eating, meal prep, time talking on the phone with friends, etc.)

You will be amazed at how you spend your time!

Some of the biggest time wasters are:

- Social media
- Regret
- Dwelling
- Worry

Another thing you could do is set your timer. If you have a difficult time accomplishing certain tasks, make it a game. Race against the clock. Sit down and say you're going to work on your project for 30 minutes and do it. Focus.

However, once you start operating in Einstein time (when time seems to work in your favor), time won't be an issue. This is another topic for another book (or in my coaching sessions). Einstein time is like magic! It happens when you start operating on the third and fourth levels of awareness.

## **Massive Imperfect Action – NOW!**

The main thing is that you take Massive Imperfect Action! When I first started my

business and felt “stuck,” I wrote “Massive Imperfect Action” on my arm (with a temporary tattoo pen). When I looked at the words, I remembered that I needed to keep taking baby steps forward.

There was a story of an economics professor that had split his class into two groups. Group A was instructed to make perfect pots. Group B was instructed to make as many pots as possible. Group B made ten times more pots than Group A.

Guess which group had the nicest pot? To my surprise, Group B had the most and the nicest pots. They were taking massive imperfect action, and in the process, they got better at it!

It’s not about the end product, it is “who” we become in the process.

## **Stay on Course**

Day after day, as you are busy taking action, you may get tired, stressed out, even

anxious. There will inevitably come times when you have negative thoughts or negative feelings. The whole purpose is to stop you from taking action. You know that, but what should you do?

To stay on course, I always suggest that you:

1. **Notice what you are experiencing:** Maybe say to yourself, "I noticed I'm starting to worry about all the little things that could possibly happen." You see it, so call it out.
2. **Choose to get back on track:** Tell yourself, "I interrupt this program and choose to be grateful instead." Your brain is under your control, so change channels!
3. **Keep taking steps forward:** Say, "I'm going to take an extra step toward my goal today." You are shifting everything back into alignment so you can get back to work.



Be you, as Dr. Seuss wisely notes:

“Today you are you, that is truer than true. There is no one alive who is Youer than you.”

Remember that you are created for a purpose to pursue your passions. There is no one else like you with your experiences and journey.

Live your life 100% authentically you! It is YOUR life!

## CHAPTER TEN:

# Your Dream Team

“As iron sharpens iron,  
so a friend sharpens a friend.”  
– Proverbs 27:17

The journey toward your goals and dreams is not a solo trip. It is much more fun, not to mention a lot easier, when you have others with you.

Ecclesiastes 4:9-10 makes it plain:

“Two are better than one, because they have good return for their labor: if either of them falls down, one can help the other up.”

Having the right people around you is so important. They can motivate you, can hold

you accountable, and can point you in the right direction.

They are the people who will go with you. They are, as I like to call them, your “dream team” because they can help you reach your dreams!

Be careful when selecting your dream team. The wrong person can derail your dream or pull you down. Whether it’s fears, doubts, worry, or negative energy, you simply don’t need it.

Get the right people and you benefit in a very tangible way. For example, I’ve read that with accountability partners, we are 85-90% more likely to achieve our goals!

I can’t help but wonder what the reverse might be. Perhaps it would be something like this: “If you are surrounded by negative people, the odds of reaching your goals decrease by more than 50%.” I would bet it

is more like 60-70%, but nobody would admit it.

So be very careful about just who gets on your team!

The truth is, you can't afford to have the wrong people on your dream team. It's a waste of your time, energy, effort, and costs.

## **Protect Yourself from Naysayers**

Nehemiah (Miah) is my third son; when he was six years old, he repeated the first grade and was classified as "special ed" because of a speech impediment that he had. During that same time, he heard about the presidential candidate from Hawaii, Barack Obama.

One day, Miah came up to me and said, "I want to go to the same school as Barack. I want to go to Punahou." I explained to Miah that it was a private school and that not everyone can attend the school.

Knowing that NOTHING is IMPOSSIBLE, I told him, “You have to study hard in order to go to Punahou.” I didn’t tell anyone else about Miah’s secret dream. I didn’t tell my parents or anyone else in my family.

I knew they would put negative thoughts in his head like, “You’re not smart enough ... you’re in special ed ... you can’t speak well ... you’re way behind your grade level ... your parents are struggling financially ... you won’t be able to afford it ... no one in our family went to private school.”

Two years later, when Miah was allowed to apply to Punahou and Kamehameha, both of which are competitive, private schools, I finally told my family that he was scheduled for testing and interviews.

Sure enough, I heard the long list of reasons he would not get accepted, but by that point he had proven to be extremely smart (he worked hard, read a lot of books, and started reading way above his grade level).

However, the naysayers continued to say we wouldn't be able to afford it and that I was only getting his hopes up.

Nehemiah was accepted into both private schools! He tested in the top 1% and we were able to afford it.

Where there is a will, there's a way.

I share this story to remind you that there are dream stealers (naysayers) within our own families.

They mean well, they have good intentions, and like our subconscious mind, they don't want us to get hurt.

But guard your dreams. Not everyone can see the vision and see beyond their comfort zones.

Protect yourself from the naysayers and surround yourself with dream builders.

## Your Circles

Think back to your circles and who is in your inner circles and who is in the outer circles. And just because someone is family does not mean they should be on your dream team.

Choose positive people who want the best for you and your life. And if you can, select a mentor who can show you the way. These are the types of people you want with you on your journey.

I've heard it said that a good coach can change a game, but a great coach can change a life. I love that, and that's what I try to do every single day with my clients.

Remember these true words by the legendary Michael Jordan:

"Talent wins games, but teamwork and intelligence win championships."

Build your team with care. Do it slowly if you need to. That's fine.

## Boundaries and Communication

Someone once said:

“I didn’t set this boundary to either offend or please you. I did it to manage the priorities and goals I have set for my life.”

Until recently, having difficult conversations were out of my comfort zone, so I avoided them at all costs. It led me to a path of brokenness and hurt. I was burned out, resentful, and lacked confidence.

I was too afraid to speak my truth. I feared people wouldn’t like me if I set boundaries or said, “no.”

I put other people’s needs and wants above my own, but now I know how to have difficult conversations.

### Communication Tools:

Here are some tools to help improve your conversations:



## HALT

Never communicate when you are:

Hungry

Angry

Lonely

Tired

## Sticks and Stones

“Sticks and Stones may break my bones, but words will never hurt me.” Remember that saying as a child?

When I learned that this statement was true, it shifted my life. We are NOT victims. We get to choose whether people’s words (and actions – besides physical harm) hurt us.

I had to let that sink in for several days.

## Conflict = Opportunity

Challenging conversations are really an opportunity for us to grow as people and communicators.

Here are some basic tips to having a difficult conversation that I learned from my mentors, Samantha Kaaua and Mary Morrisey:

1. Listen to their side. Don't listen to respond.
2. Fact: State what happened
3. Feeling: Share how you felt by starting with "I felt..."
4. Ask what you would like in the future. "What I need..."
5. No finger pointing (i.e. you did this, you made me feel like this, etc.)

### **What to Avoid**

- No "labeling"
- No "always" or "never"
- No "hitting below the belt"
- No name calling

### **How to Apologize**

- Take responsibility: "I'm sorry I ...."
- "Here's what I'll do to make sure it doesn't happen...."
- "How can I make it up to you?"

## Power of Decision

As a child, I spent a lot of time at the beach. My favorite thing to do was bodyboard. My dad taught me to respect the ocean because the waves could be immensely powerful. I had to constantly watch for the waves. If the waves were big, I had to decide and take action. I either had to go over the wave, duck dive (go under the wave), or turn around to catch the wave.

If I hesitated, I would wipeout or get dragged uncontrollably.

I used to be very indecisive. I had a difficult time making decisions. I felt so confused that I would ask others for their input. Should I accept this job or that job? Should I move here or there? Should I buy this or not? Should I join the gym or not?

All sorts of questions left undecided weighed heavily on me. Then I realized that I was scared that I would make the wrong decision. My lack of decisiveness was like a

bottleneck, causing problems to back up. I felt overwhelmed. My self-esteem went lower and lower.

Once I began to make decisions (starting from the smaller ones), my confidence grew. I was able to see in which direction I was headed. My vision became clearer.

I worked with clients who were indecisive as well. Part of them wanted to pursue their vision, while the other part was cautious.

As I began to ask them questions, I realized it was typically a block that was holding them back. They needed to commit to their decision. Once they committed to it 100%, things began to flow in their favor. If there was any hesitation or doubt, problems seemed to back up.

Make a decision. Commit to it.

## About the Author

Since I was little, I have been able to see untapped potential in people and help them see it within themselves. Reflecting back, I now realize this is my God-given gift to help others transform their lives.

Within one year of deciding to create “femillionaires” (female millionaires), I built a six-figure business, my relationships strengthened, and I became healthier (mentally and emotionally).

My intuition became stronger, my confidence grew and I was gaining more results for my clients. My coach called me a “marketing genius,” because I was able to create marketing and messaging that attracted the right clients. I started living a life that I loved!

This wasn't always the case. At a low point in my life, I told a friend, "If anything happens to me, can you take care of my kids?"

"Are you OK?" my best friend, Leilani (AKA: Lanford) rightfully asked. She knew me too well and sensed something was wrong. "Are you sick?"

"I'm OK," I tried to reassure her. I didn't want to tell her that I had given up on my life and hated waking up in the morning alive. I was plotting an escape route.

Looking back, I can barely believe the transformation. Now I wake up loving life! I continue to work on becoming the better version of myself.

## What Others Are Saying

Not only am I pursuing my passion and purpose, I am helping others do the same.

Here's what some clients have said:

...

Thirty years ago, I met Claire at a very awkward time in my life because I was 15 years old and the “new kid” in high school. We had a connection like no other and became connected at the hip... my bestie! We ended up being roommates in college and created more fond memories. As life suggests, we all take different paths in life. Claire and I managed to keep that bond no matter how long it took for us to reconnect. There are just a small handful of people I have met that have made a great impact on my life – and Claire tops my list!

The personal and business benefits gained from coaching with Biz Coach Claire (BCC) were invaluable. On a personal level, she is the type of person that emits positive energy, radiates joy, and turns your mediocre day into a memorable one. She is a beautiful person inside and out, a loyal friend, and she will lift you up, even if you only spend as much time as it took to finish a cup of coffee at 5:00 am in the morning! On a professional level, her experience, professionalism, coaching, and guidance helped me build the confidence to pursue my goals, helped me clear out the blocks to focus on my vision, and helped me face the difficult conversations which helped me in all aspects of my life.

When COVID hit in March 2020, I went through a “funk” not knowing what to expect for the year. Claire started with her webinars and quickly pivoted to launch her Queen Bee Program. I signed up to be part of the program because I wanted to support my bestie with anything she wanted to do. Little



did I know at the time, she was the one helping me!!! I started in BCC's 90-day Queen Bee program in May 2020 and later started BCC's Elite Program in February 2021.

As mentioned in the book, "put on your mask first" because you need to take care of yourself before you can help anyone. We talked about "deep work" to address some of the issues in my personal life. After all, I needed to work on myself before I could see my vision clearly. After making several adjustments in my career and personal life, I was able to overcome some hurdles and achieved new personal records in sales during my busy season and connected with people I care about on the different and special level. With a more focused program, I experienced "Quantum Leaps"! Record breaking sales, shifts in relationships, etc. Amazing results!

BCC has consistently brought valuable insights and techniques which I have

integrated into my business plan and strategies. These are the tools required to ensure success. I've experienced quantum leaps in 2-3 months, and I look forward to other magical moments. She is not only a natural-born teacher and coach, but she also provides a model for how someone "at the top of his/her field" should be. Like any sport, players continue to excel with proper training and coaching. In business and entrepreneurship, successful leaders work with professional and transformational coaches like BCC. Claire was there every step of the way, and I could not have done it without her. I am so grateful for BCC and I am truly blessed to have an amazing friend and coach like Biz Coach Claire.

– Leilani Soliven, Medicare Specialist

...

God works in mysterious ways! One day out of the blue, Claire called me and told me that God had put me in her heart for about

two weeks. We had a deep conversation about her Queen Bee program and I told her I would have to pray about it. I felt that God had been nudging me in her direction, but avoided it for many months.

Now Queen Bees has changed my life, my belief, and I know what my purpose is more clearly than ever! I am truly so grateful to Claire for listening to her instincts and taking action to reach out to me.

Without her program, I wouldn't be where I am today, hitting the highest level in my company and consistently being in the top 20 for sales!

If you're looking to take your business to the next level while working on self-development, this is the program for you!

– Marilyn Lamer,  
[www.wearablenutrition.innov8tive.com](http://www.wearablenutrition.innov8tive.com)

...

Before I started the Queen Bee 90-day transformation program, I was feeling discouraged and in a “funk.” Maybe it was because we were in the middle of a pandemic and being in a non-essential profession left me feeling really discouraged. I felt I didn’t know what I wanted to do in life, with my family, and myself. “What was my purpose?” was what I kept thinking.

After joining Queen Bees, I knew from the first day that I was where I was meant to be. I felt I was in a safe place where no one was judging me or looked at me differently.

Everyone in the group and the leaders all went through similar or worse situations that made you feel you were not alone, struggling through issues you experienced or were experiencing. This program gave me an understanding of why you go through blocks and other personal issues.

After this program, my family life got stronger and I was a better and happier

person that others around me even noticed. My business began thriving and I was stepping out of my comfort zones. I started to network more, when before I was an introvert and felt embarrassed to talk to other people.

This program was so life changing for me and I'm so grateful for Claire and her coaching. I saw so much difference in myself that I decided to join in her Elite program that allows me coaching with Claire for a year. She is amazing and her leaders are amazing.

You will definitely see a difference in yourself in such a short period of time. Thank you, Claire, for helping me get through blocks and helping me become a better version of myself.

– Nadine Kokubun, Hawaii's Skincare Specialist, [www.EuphoriaByNadine.com](http://www.EuphoriaByNadine.com)

...

As a graduate of BCC's Queen Bee program, and now part of her Dream Team, I have experienced first-hand each and every step outlined in this book. I signed up for the program for support in the process of quitting my W-2 position and fully becoming a serial entrepreneur.

I had no idea what I was getting myself into – in a good way! The biggest breakthrough I experienced was after the Block Party. Block Parties can get intense from digging deep.

But let me tell you – once you are done with the digging and you uncover the cause behind the blocks, you get to equip yourself with the right tools, and the greatness within is unleashed!

If I was to write a list of everything that has happened since completing the Queen Bee program, you would need to take a nap from how extensive it is ... but that is what

happens when the greatness within is unleashed.

– Marie-anne Rouse, Speaker, Author,  
Gratitude Coach, and Serial Entrepreneur

## What's Next?

Work with me. Reach out to me. I would love to hear how this book helped you or if you'd like more support on your journey. I now work with both men and women.

Visit: [www.BizCoachClaire.com](http://www.BizCoachClaire.com)  
Email: [admin@bizcoachclaire.com](mailto:admin@bizcoachclaire.com)