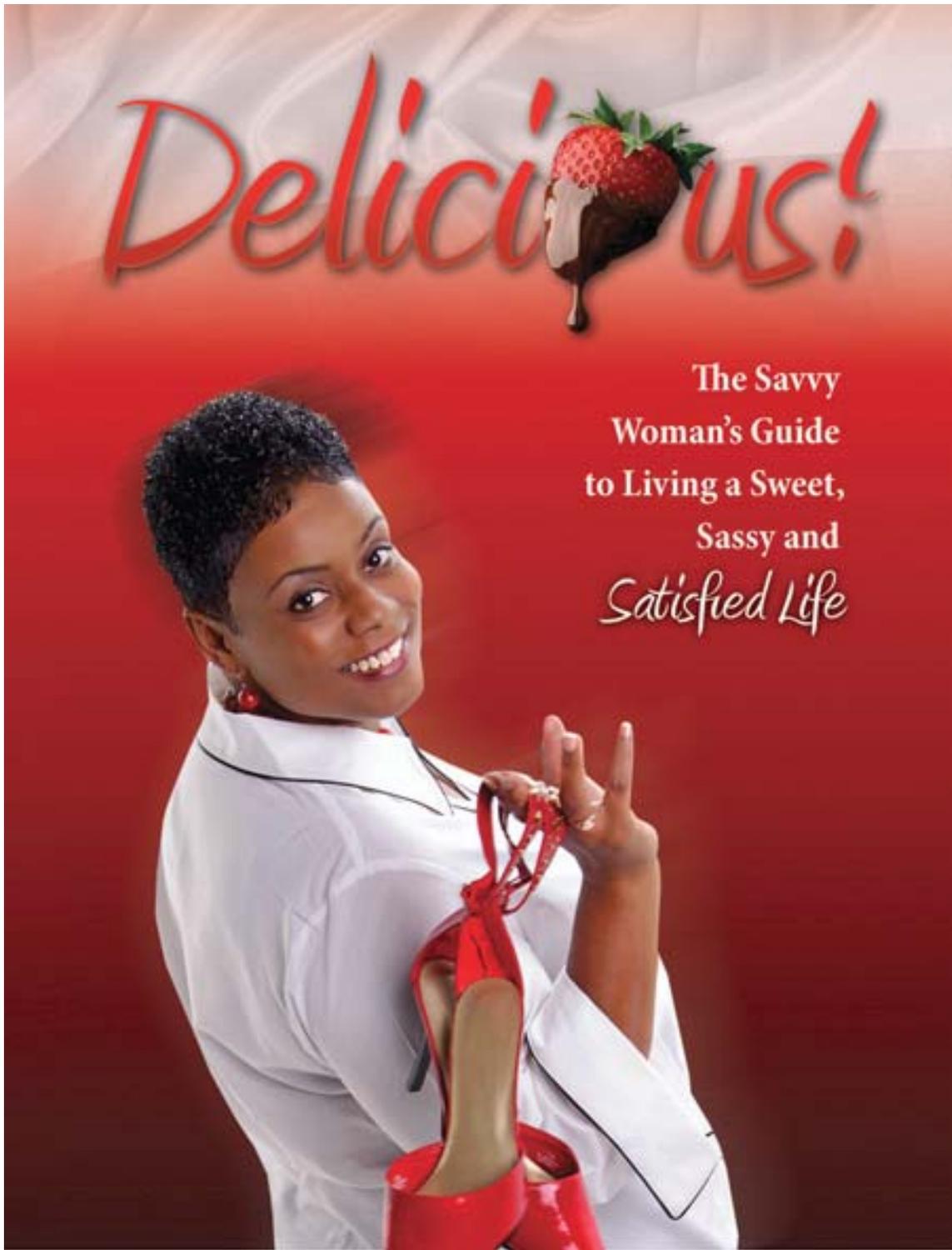


Delicious!

The Savvy
Woman's Guide
to Living a Sweet,
Sassy and
Satisfied Life



Catrice M. Jackson

Chapter 11: Tell the Little Princess to Take a Hike

Congruency is when you treat yourself as fantastically as you treat others... and when you smile at the world with the same honesty and intensity with which you smile within...

Congruency: harmony, consistency, balance, ease, and grace!

There is a little princess in all of us, and there is a fullgrown woman as well. The little princess is our “girl” self who sometimes overshadows the full-grown woman and can become our own demise. When these two parts of us are out of line, we ultimately are living incongruently or out of balance.

Let's talk about the little girl or princess who lives within us as women. She is often immature, self-centered, envious, catty, controlling, whiny, and insecure. Think back to your younger adolescent days of middle and high school. Can you recall the cliques and how girls betrayed, preyed upon, and ostracized other girls? I too once was involved in those types of shenanigans and recall the pain and misery I felt and caused on occasion. Those were moments of transformation as we tried to figure out who we were and where we stood in the world of other people and especially other females. I remember judging other girls by how they looked, what they did, and who they hung out with, and knowing that I too was under that same social microscope. Although I was generally pretty authentic and a leader versus a follower, I too fell victim to and perpetrator of the “mean girl” syndrome. Through my personal transformation I realized there is no place for the little princess or the mean girl syndrome in my life. Yet, as you may have discovered, there are plenty of grown (in age) women who still allow this way of living and engaging to permeate their lives.

Is the little princess reigning in your life?

Let me back up and explain what I mean by *girl* versus *woman*. Think back to your middle school and high school days. You can probably recall incidents when you or other girls participated in the “mean girl” games. You know what I am talking about: the gossiping, snickering, leaving certain girls out, judging and classifying other girls, cliques against cliques, and so on. I believe we all know and have either been the victim or perpetrator in these types of games. Now, think about how the victims must have felt and how nasty and emotionally draining this type of behavior was. Those were girl behaviors. At this point in your life, ideally you have graduated from the school of girlhood and emerged as a full-grown, whole woman. Unlike a girl, a woman is confident in her own skin. She's satisfied with who she is, no matter what titles and credentials she does or does not hold. She doesn't take everything personally, knows her core values and lives by them, and treats other with kindness and respect. What another woman wears, what she looks like, and

whether she is pretty or not does NOT matter to a woman, because a woman sees the souls of other women rather than their outward definitions.

I could continue, but you get the picture. A woman does not play those schoolgirl games. These “mean girl” games continue to show up in our lives and careers today. If you've recently said or thought “Who does she think she is?” you may still have traces of “girl” flowing through your veins. The little princess (girl) inside wants all the attention, gets emotional when things don't go her way, pouts and maybe even cries at the drop of a hat, thinks the world should revolve around her, etc. The little princess wants the best Barbie, has to be the mommy or teacher when playing games, gets jealous when her friends play with other friends—and the scenarios continue.

Okay, now for the point of all this: Who wants to be around someone like the little princess? Who wants to hire or promote her? Who wants to date her? Who wants to be on her team? I may be going out on a limb here, but I would say “No one!” The little princess in you still functions from a place of insecurity and false feelings of superiority. On rare occasions she shows up in my life; however, I have intentionally told her to go take a hike and get out of my way so the whole, full-grown, mature woman in me can reign. Yes, in my queendom there is absolutely no room for the little princess—the queen diva (**D**ivine, **I**nspirational, **V**ibrant, **A**spiring) sister in me rules my space.

What I know to be true is that the little princess causes many women to live an incongruent life. The little princess is alive and kicking on the inside, yet often women will try to portray something else to the world. A full-grown woman—a savvy woman—lives in balance and has declared dominion over her queendom with no tolerance for the little princess' existence. You may be wondering by now if your little princess shows up in your life more than you want her to or whether you would be classified as a full-grown, whole woman. The following are characteristics of women (people) who are living congruently, in balance and harmony. See how many of these characteristics apply to you, describing how you live your life and how you show up in the world.

You are living congruently when...

- Your outer self mirrors your inner self and vice versa.
- The person you display to the world is the same person you are in private.
- You give yourself as much as you give others.
- You do what you say you will do.
- You display internal and external consistency throughout all aspects of life.
- You are perceived as sincere by others.
- You can be authentically yourself, despite the situation or the company you keep.
- You are transparent...people see the real you.
- Others have described you by saying, “What you see is what you get.”

Unity within one's self is essential to living a delicious life. We all have moments when we put on a mask to impress others or be accepted. I encourage you to take off the many masks and let your juicy goodness (authentic reflection) speak for itself. When you achieve congruence, you will have the courage to live your life according to your inner needs and desires, rather than the demands of society.

How to become congruent:

- Make a list of the behaviors you show the world and the ones you display in private, and then compare them to see if there is consistency.

Chapter 11: Tell the Little Princess to Take a Hike. All rights reserved. Catrice M. Jackson © 2010-2011.

Delicious! The Savvy Woman's Guide for Living a Sweet, Sassy and Satisfied Life

- Discover the real you and let your true essence be apparent to world.
- Stop trying to please everyone else, and please yourself first.
- Say what you mean, and mean what you say.
- Speak from the heart and communicate directly.
- When someone has offended you, tell them instead of complaining to others or holding it in.
- Be mindful of how you come across to others.
- Be genuine in your words and actions.
- Don't try to fit in; just be yourself.
- Always act from a place of integrity.

The more congruent you are, the greater will be the amount of vibrancy, peace, and satisfaction you experience. When you are congruent, you are true to yourself, and when you are true to yourself you can be true to others and in every aspect of your life.

Affirmations for living a congruent life:

- _ I will not let others define my success.
- _ I know what's good for me, and I will bring goodness into my life.
- _ I am the architect of my life.
- _ I deserve to have what the world has to offer.
- _ I will listen to that little voice that says "you can do it" even when I am afraid.
- _ I will stop looking outward and begin looking inward and upward.
- _ It's not where I live that is important, but how I live is critical.
- _ I cannot control anyone or anything else, but I am in charge of my own thoughts and behavior.

Using these affirmations and practicing daily intentional behaviors anchored in self-love and wholeness will allow you to keep the little princess at bay. If she is boldly present in your life at this moment, please tell her to get out of the way so the full-grown, whole woman inside you can emerge...

Delicious Living Tip #11

A savvy woman is a whole woman: a woman who is committed to letting go of the little princess within. Be sure to intentionally absorb positive, fulfilling sources of energy each day and do a toxic release before you go to bed (read, pray, meditate, exercise, etc.).

Food for Thought

What ingredients did you extract from this chapter to create your own recipe for a delicious life? Use the space below to record your thoughts.



Catrice M. Jackson, known across the world as the "**Savvy, Sassy Fearless Speaker and Delicious Life Designer.**" Catrice is taking the nation by storm and women's mouths are watering for her scrumptious life strategies and tasty love your life recipes. Catrice understands the psychology of people and human behavior and artfully helps women get out of their own way, quiet the inner critic and do the work from the inside out to create a masterpiece, "their fearless life."

Catrice has 15 years of unforgettable experience in helping women in transition leap to the next level in their life. Having worked with women from diverse, complex and challenging backgrounds, Catrice has the professional skills to help women wake up their inner genius to find solutions that solve problems in life and career.

Three years ago, Catrice left a great paying job and stepped out on faith live her **BIG DREAM.** The soul call she had been waiting on finally rang loudly and she answered by simply saying "I am willing, no matter what." Catrice birthed Catriceology Enterprises, LLC in the heart of the recession of 2008 and despite the economic climate, Catriceology is a thriving, world-wide speaking, coaching and consulting enterprise. Catrice believes destiny is a choice and she helps women finally choose **LIVING LIFE OUTLOUD!**

Catrice recession-proofed her life by writing two life-changing books; Soul Eruption! An Amazing Journey of Self-Discovery and Delicious! The Savvy Woman's Guide to Living a Sweet, Sassy and Satisfied Life. Catrice M. Jackson is second to none, a woman on fire blazing the trail of purpose, passion and prosperity, living her dream and passionate about helping other women create their delicious dream life. **Catrice is an expert at helping women clear out the clutter, eliminate excuses and step boldly into the stilettos of their lives to create a life they absolutely love!**

Fearless Keynote Speeches and Presentations

Catrice brings an inspirational flavor to her messages and leaves audiences craving more Catriceology. Catrice delivers engaging, energizing, solution-laden presentations with simple yet effective recipes for life and career success.

Choose Catrice M. Jackson to speak at your next conference, seminar or event and you'll have your team, colleagues and attendees excited, fired up and ready to transform how they live and work. Catrice M. Jackson, Life Empowerment Coach, Women's Advocate and Licensed Professional Counselor, is a mother, wife and entrepreneur who has found her groove in this ambiguous thing called "work/life balance."

Catrice has unlocked the secrets to creating work-life balance by focusing on what really matters. Catrice's fresh, innovative yet practical strategies have inspired women across the globe to live more deliciously. Catrice, author, radio show personality and empowerment speaker passionately educates and inspires women to live a balanced, satisfying life.

I would love to help you create a delicious life you love so you can be more, do more and give more...Give me a call today and let's design your scrumptious life!

Just live your life and make sure it's absolutley delicious!

Book Catrice to Speak in 2 Easy Steps!

- 1) Contact the Catriceology Team to submit your speaking request. Complete your request now by going to www.catriceology.com
2. Choose your topic (Catrice can tailor a topic to fit your needs) and download Catrice's speaking and media kit to help promote your event. You can find the media kit on www.catriceology.com

A sample of Catriceology's Speaking Topics

1. Get Out of Your Own Way and Live Deliciously
2. The Art of Fear Free Living
3. The Life You Desire Begins with a Soul Journey
4. 10 Right Now Actions to Transform Your Life
5. The Mental Recipe for a Delicious Life

Book Catrice and Bring the Delicious Flavor of Catriceology to Your Event!