



Catrice M. Jackson

## Chapter 14

### Show Up and Show Out



**Presence** is the ability to share space with others and profoundly penetrate the room with a powerful aura that attracts people...

*Presence: charisma, aura, authority, poise, allure, magnetism!*

**A savvy woman is a woman of presence**, and a delicious life affords you many opportunities to show up and show out. What do I mean? When you show up, you step into any situation and are confidently and boldly present. When you show out, you captivate those around you, make a powerful impression, and leave them wanting more. A savvy woman living a delicious life has mastered the art of presence. She knows how to show up and show out.

Becoming a woman of presence can be a reality that no longer has to be dreamt about. How would people describe your personality, style, and ability to engage with others? Have you heard words used such as *amazing, stunning, magical, splendid, or engaging*? When you walk into a room, do you get the sense that people are silently saying, “Wow, who’s that?” or when you speak in any forum or situation do you see the physical expressions of others saying, “Yes, tell me more?” Those things happen to people who have presence.

Here is another example. Remember how Ms. Celie followed Shug Avery (in the movie *The Color Purple*) around everywhere and said she was like honey? (Go ahead, laugh out loud.) Well, Shug Avery had presence. Ms. Shug was delicious! Despite the undercurrents of her character, Ms. Shug knew how to capture the attention of men and women.

Becoming a woman of presence begins with belief in oneself. If you don’t believe that you are capable, dynamic, stunning, or magical, how is anyone else going to believe it? Ms. Shug was a delicious woman...

Who do you hold in high esteem? Is there one woman who has it going on, one woman you secretly admire for her poise, boldness, charisma, and presence? Determine who that is, write down every characteristic she possesses, and define what that looks like for you. We are unique beings, and therefore you must develop our own unique style of presence. If you are daring and willing to take the risk, make contact with this dynamic woman. Tell her she is dynamic and that you admire her presence. Then take it a step further and ask, “How did you develop the art of presence?” Yes, this requires you to think and believe that there are other women out there who are just as delicious as you! Just think what could happen if we all really believed this and acted upon it.

Let’s talk a little more about presence. Presence is the ability to share space with others and profoundly penetrate the room with a powerful aura that attracts people. Let’s face it, you want to be seen, heard, valued, appreciated, and respected. If you live your life like a wallflower, that is unlikely to happen. No one hears the silent voice in the back of the room. No one respects a

woman who does not respect herself. No one pays attention to a woman who doesn't pay attention to how she is showing up in the world. Lastly, no one appreciates a woman who does not appreciate herself and allows others to walk all over her. You may be too shy, modest, or humble to admit it, but I know that somewhere inside, you secretly desire to be a woman of presence. Why? Because a woman of presence is not a perfect woman but a beautiful masterpiece of imperfection who loves every flaw and awkward piece of herself. A woman of presence is a woman who charismatically gets what she wants, goes where she wants, has what she wants to have, and lives life out loud.

Being a woman of presence is not about being conceited, flamboyant, and arrogant but rather about being comfortable in your own skin despite your flaws and idiosyncrasies. So don't be afraid to be a woman of presence; it is a beautiful thing to stand in your own space with confidence.

It is your duty and responsibility to become of woman of presence. There are young women looking to you for guidance and direction. It is our duty as women to create and leave a legacy for our young sisters to emulate and pass on to their younger sisters. Think about it—where would you or I be without the dynamic women who came before us and the dynamic women of our time? I am proud to say that women like Oprah Winfrey, Michelle Obama, Queen Latifah, Jada Pinkett Smith, Tyra Banks, and other fabulous women have helped shaped the woman I have become. But the amazing thing is that I believe when given the opportunity to meet these delicious diamonds in person that I will shine just as bright in my own sweet and savvy way. There is NO woman better than you; however, there are women who shine differently from you. A delicious woman of presence believes this, knows this, and lives her life accordingly.

All too often, women are afraid to give props to another woman—to tell another woman she is fabulous—yet we want other women to do that for us. Let's keep it real. There are millions of women in the world, and many of them are delicious. The key is not to strive to become a carbon copy of another woman but to put your unique ingredients together to create the most deliciously fabulous YOU! You've heard it before: "Only a diamond can cut another diamond." That means you must be comfortable enough in your own skin to share space with other diamonds...other delicious women.

If you want to begin living a delicious life or make your life more scrumptious, then identify other delicious women and learn from them. Manifesting the life you desire takes a vision, belief, and daily intentional actions. So, think about the "best" life you could live. Imagine what the "best" you looks like, and create a plan to create your "best life" reality.

#### *Tips on creating your delicious life recipe...*

1. Define what your best life looks like specifically. Write it down with a timeline and plan. Set specific dates and goals.
3. Sit quietly and imagine yourself living your best life. What are you doing, where do you live, who is in your life, how much money are you earning, how are you specifically making a contribution to humanity?
4. Envision yourself doing what you dream of. Where are you? What are people saying? How do you feel?
5. Hold that image and those feelings in your head. Really feel the feelings and imagine "it" coming into your being... now let it go!

6. Write down the things you need to do to make it happen. Make a list of the people you need to connect with. Repeat steps one through five several times a day until you know for sure what your best you, your best life, looks like.

Here are ten suggestions that will help you to be radiantly vibrant every day and *show up and show out*:

1. Always know and remember that there is no one like you in the world. You are uniquely created to live out your divine purpose on your own terms.
2. Discover your inner jewels (talents and skills), and share them with the world unselfishly.
3. Wake up and see the possibilities in life instead of the challenges.
4. Do something every day to create the life you want.
5. Take time out for yourself. Take care of yourself.
6. Seek to make someone else feel appreciated and special.
7. Speak your authentic voice—never compromise your personal values or integrity.
8. Change your thoughts to reflect what you want instead of what you *don't* want.
9. Pulsate with energy. Be awakened in each moment. Be alive in all you do. Do everything with passion and purpose.
10. Create intentions for your life and speak them daily, focusing your thoughts on what you desire.

Still unclear about what a delicious woman looks like and or sounds like? I offer you the Catriceology blueprint of the epitome of the delicious woman...

### **A Glimpse into a Delicious Woman**

Soul ~~~Enduring  
 Spirit~~~ Unwavering  
 Mind~~~ Clever  
 Heart~~~ Charitable  
 Purpose~~~ Divine  
 Vision~~~ Vivid  
 Personality~~~ Magnetic  
 Attitude~~~ Optimistic  
 Word~~~ Sincere  
 Thoughts~~~ Strategic  
 Behavior~~~ Virtuous  
 Actions~~~ Intentional  
 Feelings~~~ Intense  
 Love~~~ Passionate  
 Intentions~~~ Pure  
 Approach~~~ Compassionate  
 Integrity~~~ Authentic  
 Voice~~~ Influential

Now it's your turn. Fill in each blank with one word describing each delicious part of you or your plan and recipe for how you want to show up in the world.

- Soul \_\_\_\_\_
- Spirit \_\_\_\_\_
- Mind \_\_\_\_\_
- Heart \_\_\_\_\_
- Purpose \_\_\_\_\_
- Vision \_\_\_\_\_
- Personality \_\_\_\_\_
- Attitude \_\_\_\_\_
- Word \_\_\_\_\_
- Thoughts \_\_\_\_\_
- Behavior \_\_\_\_\_
- Actions \_\_\_\_\_
- Feelings \_\_\_\_\_
- Love \_\_\_\_\_
- Intentions \_\_\_\_\_
- Approach \_\_\_\_\_
- Integrity \_\_\_\_\_
- Voice \_\_\_\_\_
- Style \_\_\_\_\_
- Appearance \_\_\_\_\_
- Communication \_\_\_\_\_
- Image \_\_\_\_\_
- Future \_\_\_\_\_



## **Are you ready to whip up an irresistibly delicious life?**

The MasterChef is ready to help you create your own personalized recipe...

### ***This book will help you...***

- Realize your personal power and show you how to use it.
- Take responsibility for crafting the life want and tips for life fulfillment.
- Reveal the sassy, free spirit within and how to embrace her.
- Remove the girl within so the full grown woman can soar.
- Discover your it, master it and flaunt it.
- Gain the confidence and courage to go after what you want.
- Take what you already have and create a masterpiece, your desired life.
- Live , love and create a life fearlessly with no limits.
- Learn how to become a more savvy, sought after business woman.
- Master the art of intention and manifestation.
- Learn how to take "right now action" in your life.
- Ultimately discover that you are wonderfully made and show you how to tap into the power of self to live a sweet life on your own terms.

## **How this book will transform your life!**

Marrianne Williamson said it best "**who are we NOT to be brilliant, gorgeous, talented and fabulous?** There nothing enlightening about shrinking so that other people won't feel insecure around you. As we are liberated from our own fear, our presence automatically liberates others!"

"**Delicious**" will help you discover your light (your juicy goodness), inspire you to believe you ARE brilliant, gorgeous and fabulously talented and reveal the savvy and sassy woman within. The woman who you secretly desire to become, the fearless woman who passionately struts out her destiny towards a life that is um um delicious!

By the time you finish reading this book you will have digested all the ingredients you need to live a purpose-filled, passionate and rewarding life. In this refreshingly candid book you will discover practical yet savvy ways to create a deliciously vibrant life, one that pulsates with "love your life" energy. Savor and digest the tips for living a delicious life, then use them over and over to create and re-create a scrumptious life...

**Pre-order your copy of Delicious today, visit this website**

<http://www.catricemjackson.com>

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