



SUGAR & SPICE –

10 POWER MOVES FOR 2023

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POWER MOVE #1— *ADDRESS YOUR SHAME.*

- ⦿ Brené Brown—The Gifts of Imperfection
 - Secrecy, Silence and Judgment
 - What's the Most Powerful Antidote to Shame?
- ⦿ Live life as authentically as possible.
- ⦿ Harder for people to control you when you have nothing to hide.
- ⦿ Harder to shame you when you're not ashamed.



POWER MOVE #2—

IT'S NONE OF YOUR BUSINESS WHAT OTHER PEOPLE THINK OF YOU.

7 RULES OF LIFE

1. Make peace with your past so it won't disturb your future.
2. What other people think of you is none of your business.
3. The only person in charge of your happiness is you.
4. Don't compare your life to others. Comparison is the thief of joy.
5. Time heals almost everything
Give it time.
6. STOP thinking so much
It's alright not to know all the answers.
7. SMILE
You don't own all the problems in the world.



POWER MOVE #3— *QUITTING IS FOR WINNERS.*

Contrary to popular opinion,
quitting is for winners.
Knowing when to quit, change
direction, leave a toxic
situation, demand more from
life, give up on something
that wasn't working and move
on, is a very important skill
that people who win in life
all seem to have.

Steven Bartlett

~~Word Form~~





Suneera Madhani
@SuneeraMadhani

Be scared, and do it anyway.
Be under-qualified, and get in
the room anyway. Be messy,
imperfect, and unsure and
show up anyway. Comfort is
the enemy of growth. Get
uncomfortable.

POWER MOVE

#4—

***BE SCARED...
AND DO IT
ANYWAY.***

- Radical Candor
 - Written by Kim Scott
- Tell the truth
 - Brutal Honesty?
- Being courageous doesn't mean we aren't afraid

POWER MOVE #5—
SENSITIVITY IS YOUR SUPERPOWER.

Be proud of your kind heart.
Not everyone has it.



POWER MOVE #6— *HEAL YOUR WOUNDS AND GROW, GROW, GROW.*

Reactivity is one of the most obvious invitations to look inwards. If you can't sit with reactivity you run the risk of spending a lifetime running away from information that is available for your healing.

Vienna Pharaon



POWER MOVE #7— *SHINE ON, BABY!*

I will not
apologize
for my strength
and the way it intimidates you.
I will not
tame
my spirit
and the way it howls.

I will not be less.



POWER MOVE #8— *OWN YOUR MAGIC.*



POWER MOVE #9— *FIND YOUR TRIBE AND LOVE THEM HARD. (AND LET THEM LOVE YOU BACK)!*



- Horseshoes are better than circles.
—Glennon Doyle, *Untamed*



POWER MOVE #10— *REFUSE TO SHRINK.*

STOP BREAKING
YOURSELF DOWN
INTO BITE SIZED
PIECES
STAY WHOLE
AND LET THEM
CHOKE

