

Be An ADORABLE BADASS[!] In 2024! (atta girl.)



Your guide to bringing a little magic into your life so you can be that adorable badass you were born to be!



Camp Atta Girl![®]

The Adorable Badass Version



Welcome to Be An Adorable Badass in 2024 and your little BAAB Handbook!

This minicamp and this handbook are designed to share what I feel are the most important things I need to be an adorable badass. As you look over and we dive into all this, the most important thing you need to remember is to do what works for YOU!

This is just a little handbook on what I AM using going forward for 2024. But YOU DO YOU! Take what works, leave what doesn't, modify what you need to modify.

I'm trusting Spirit to guide me during this and I'm going into this with only two goals: 1) to connect with some fabulous women and support one another as we create some magic and become the adorable badasses we want to be (that we already are!); 2) to have fun!

So, let's start the magic! Atta girl!

Lisa

Life is messy at times. But when we get through the mess, we find out who we really are.



An Adorable badass....

1. Understands the law of attraction... believes she attracts what she focuses on. Believes that changing her thoughts, changes her life.
2. Stops worrying about lack and focuses only on abundance.
3. Forgives herself - doesn't beat herself up for things she did or didn't do.
4. Doesn't criticize every wrinkle, bulge, gray hair & ache.
5. Stops caring what others think.
6. Understands it's not about being better than anyone else, it's about being better than she used to be. She celebrates the success of other adorable badasses - there's plenty of goodness for everyone.
7. Always says "Love ya!" when looking in a mirror.
8. Doesn't say yes when she wants to say no.
9. Gives herself permission to be human.
10. Is open to everything and attached to nothing.
11. Changes what she can and lets go of what she cannot.
12. Takes moments to be in stillness.
13. She knows when it's time for rest and knows when it's time for action... and she's okay with both.
14. Takes small steps to do what she's always wanted to do, and knows she'll get there.
15. Manifests what she wants while allowing and receiving what the universe wants her to receive.
16. Dances.
17. Is kind to others and is kind to herself. Loves others and loves herself... unconditionally.
18. Doesn't wear beige.



Intentions for Adorable Badasses

“Just start over.”

“At the start of the year, it’s common to set resolutions. But it’s important to ensure that the strategy we’re using to implement change is an effective one. And most important, that the strategy we’re using is kind and gentle on ourselves.

When we make resolutions, we’re often looking at what’s wrong in our life and taking action to fix that problem. We resolve to lose weight, so we go on a diet and start hitting the gym. We place strong pressure on ourselves and we feel guilt and shame if we fall off course. For many of us, there’s a sense that a resolution is all or nothing.

Intentions, however, have a much more compassionate energy because they don’t tie us to an outcome. They simply ask that we bring mindfulness to our actions and make efforts to change. When we break a resolution to diet and indulge in that second cupcake, it feels like we’ve failed, and sometimes that’s enough to give up on our resolution. But when we set an intention to eat more healthily, we can view that 2nd cupcake with less criticism, understanding that we’re not perfect.

An adorable badass knows that when she is knocked off course she can begin again without being caught up in self-judgment. She can simply move on, realizing that the next moment is a brand-new moment and tomorrow is a brand-new day.

She can always just start over.

With intentions, her focus is not on what she needs to fix but rather on what she wants to create.”

“The secret of change is to focus all your energy not on fighting the old but on building the new.”



What's an Intention?

An intention is a guiding principle for how you want to be, live, and show up in the world, whether at work, in relationships, or in any area of your life.

What is the difference between a wish/dream/goal and an intention?

Wish/Dream: “An aim or desired result”.
Simply put: what you concretely achieve.

Intention: “Something that you want and plan to do”.
In essence: the process you go through until you get to “what you concretely achieve”.

If you've ever been stuck and found it difficult to embrace a positive perspective, then setting intentions could be a magic shift for you. Your intentions support wishes and dreams from the *inside*. Here are some examples:

Wish/Dream/Goal: I want to lose 40lbs
what I concretely achieve.

Intention: I want to feel good and love myself
the underlying result of the goal... but I can find that result in other ways, too.

Wish/Dream/Goal: to dance to one song each day
what I concretely achieve.

Intention: I want to bring joy into my life on a daily basis
the underlying result of the goal... but I can find that result in other ways, too.

Wish/Dream/Goal: I want Camp Atta Girl! to be a profit-making business
what I concretely achieve.

Intention: I want to feel safe when it comes to money, I want to make a living doing what I love while helping others, too.
the underlying result of the goal... but I can find that result in other ways, too.

So, picture where you want to go. Easy peasy! But how does intention help you get there? An intention is powerful because it slowly shows you how incredibly powerful YOU are. You may allow the day, or the week, or the month to happen to you. But when you set an intention, you are activating your receptivity and manifesting and putting out that which you intend to attract and call into your life. That is the power behind it.

Setting intentions on the back of your dreams can act like magic, because you bring the wider perspective of growing through your actions. You get into self-exploration. It's calling on Spirit. It's the law of attraction. This or something better!



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An intention is a guiding principle for how you want to be, live, and show up in the world — whether at work, in relationships, or in any area of your life.



One of my dreams, wishes or goals I have for 2024 is:

My intention - my true want:



One of my dreams, wishes or goals I have for 2024 is:

My intention - my true want:



One of my dreams, wishes or goals I have for 2024 is:

My intention - my true want:

How do I want to show up in 2024? Picture where you want to go!





Gratitude

The Practice of Gratitude in Looking Back at 2023 and Looking Ahead in 2024

In our culture, we lean towards negative in the balance. And over the past couple of years, it was probably easy to lean more towards the negative. But by focusing on the negative, we often take for granted the treasures of happiness in our lives and the good things. The practice of gratitude give us the chance to find the good in the not so good. And creates a happier life! Just what we need in 2024!

The Keys to Getting the Most Out of Practicing Gratitude

- Maintain freshness.
- Do it as if you're doing it for the first time.
- Do it daily or weekly or when it feels right.
- Introduce variety. For example, if you're grateful for nature, focus on the ways it makes you feel or what it does for your spirit. Write something differently each time.
- Do it mindfully, practice mindfulness.
- Make it heartfelt. If you just write it, you're just going through the motion – you must “feel” it.
- Visualize it when you write it.

Tips and Tools

- Buy a gratitude journal.
- Whether you like writing your gratitudes in the morning or night, it's your choice. There's no right or wrong time.
- Carry a small notebook in your purse or pocket... or use your smart phone. When something happens that you are grateful for, write it down immediately.
- And as always, visualize it when you write it.

Ways to Bring Gratitude into Your Life in 2024

- Buy a gratitude journal.
- Whether you like writing your gratitudes in the morning or night, it's your choice. There's no right or wrong time.
- Carry a small notebook in your purse or pocket and write it down immediately.
- Use your smart phone. When something happens that you are grateful for, write it down.
- Every day, say 3 things out loud that you're grateful for.
- Put a posterboard or large paper on your wall. When something good happens, write it down.
- Be playful. When you are playful, the universe brings things into your life that make you smile and feel joy.
- And as always, visualize it and feel it.
- Create an adorable badass happiness jar - see instructions!





Be a Benefit Finder!

Two Archetypes:

Fault-finder and the Benefit-finder

Happiness depends on our state of mind more so than on the state of our bank account. Happiness is about what we focus on.

Two people can experience the exact same thing and experience it differently. To one it is a disaster, to one it is a growth experience. External circumstances DO matter at the extremes, of course, but beyond extreme circumstances, the external matters very little to our happiness.

There are two archetypes and what we choose to focus on determines our happiness.

Fault-finder

- Always looks at the problem. Always finds things to complain about.
- The world is just a bad, negative place.
- “The fault-finder will find faults even in paradise.” – Henry David Thoreau
- Many companies can be filled with fault-finders. It’s their story. If you find yourself in a conversation with a fault-finder, try to help them find the positive about the situation. If they are too steeped in the negative, end the conversation and move on.

Benefit-finder

- Tries to look on the bright side of life.
- The invariable mark of wisdom is to see the miraculous in the common.
- “A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” – Winston Churchill
- The benefit-finder finds the good things in their lives. They experience bad feelings, too, but there’s a balance.

Train Yourself to Become a Benefit-finder

There will always be things that happen. How we become happier is by finding something good about the bad. You can train yourself to be a benefit-finder:

- At the end of the day, write down something “bad” that happened during the day.
- Then write down 1-3 things that are “good” about that situation - something good that you learned, something that came out of the situation that is positive.
- Do this for a week or more. You will soon find yourself finding the benefit more and more.

The more you focus on something good about a situation, the more positive you will become about life in general.

Every moment in our lives we have a choice... a choice to look at the negative or focus on the positive. You can always find a benefit in something... looking at the “bright side” just 51% can tip the scale. How do you view 2023? What can you take from it that is a benefit?



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Gratitude for 2023

There will always be things that happen. How we become resilient and happier is by finding something good about the bad. This is training yourself to be a benefit-finder. The more you focus on something good about a situation, the more positive you will become about life in general, the more your intentions will begin to manifest.

Gratitude for Just One Thing...

Write one thing that you are grateful for from 2023:

Find the good in the bad...

Write one thing that you are disappointed about from 2023. Could be something that didn't happen or something that did.

Now, write down at least one good thing regarding the above. If you can think of 2-3, great, but write down at least one.

How can I use the learnings from 2023 to help me in 2024?



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Ho'oponopono

Ho'oponopono is a traditional Hawaiian practice of reconciliation and forgiveness. The Hawaiian word translates into English roughly "to make things right." Similar forgiveness practices are performed on islands throughout the South Pacific, including Hawaii, Samoa, Tahiti and New Zealand.

Ho'oponopono is a very simple process where you recognize your own responsibility for creating everything in your life. Things that hurt you, you let go. Things you shouldn't focus on, you let go. Think about the Law of Attraction. This is about cleansing the negative thoughts and things that are in your life and changing the story. Whatever happened or didn't happen, it was for a reason. Let it go so you can move forward. Ahhhh... peace.

And the process of helping you let go and forgive yourself so you can start new is by simply applying these words together in the form of a mantra: "I'm sorry, forgive me, thank you, I love you." This is repeated several times over a period of time until you feel the situation has been "cleansed" and you can let it go and move on to what the universe truly has in store for you!

- *Step 1: Regret – I'M SORRY.*
- *Step 2: Ask Forgiveness – PLEASE FORGIVE ME.*
- *Step 3: Gratitude – THANK YOU.*
- *Step 4: Universal Love – I LOVE YOU.*

What is something...

- You are sad about that you didn't accomplish in 2023 or...
- Something you did or didn't do in your life or...
- Something you need to forgive yourself for or...

This could be an actual act or thing, or thoughts or beliefs you've told yourself.

Ho'oponopono... (Ho' – oh – Po'-no – Po'-no)

- Find a quiet place where you can mindfully focus.
- Sit down, close your eyes, and relax your body.
- Inhale and exhale, take a few deep breaths, before you start chanting.
- Say your name and with all your heart and honesty, repeat: I'm sorry. Please forgive me. Thank you. I love you.

Forgive others, not because they deserve forgiveness, but because you deserve peace.

"When you practice "I'm sorry and I love you," you'll notice that it creates a movement of emotion and energy in yourself. When you do it, you will see that while you may be going against what you think and what you believe to be right, something in you moves and something is released. Something changes; a transformation happens. You start to see the person you're thinking of in a different way, from a different perspective. Often, as something in you miraculously changes, the other person changes, too, sometimes right before your eyes!"



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Focus on Your Passions in 2024!

Most people, when asked to choose between focusing on their strengths or focusing on their weaknesses, pick the latter. They want to improve what isn't working and they only focus on that. This is similar to new year's resolutions. However, studies of individuals and organizations clearly demonstrate that focusing on internal strengths and passions — focusing on what IS working — not only makes people happier, but it also makes them more successful. Focus on the positive in 2024! Focus on what is GREAT about you in 2024! Don't try to fix something, focus on what is wonderful about you, what your passions are!

What ARE your top passions? You can find out! Researchers and scientists have discovered there are 24 character strengths or inner passions. Everyone possesses ALL 24 in differing degrees, so each person is truly unique. You are unique! And the really super-exciting part? Research has shown that identifying your character strengths and focusing on your TOP character strengths can help you improve your relationships, enhance your overall wellbeing, build your resilience, strengthen your ability to overcome problems, make you happier, and so much more!

Why does focusing on strengths work? What is the strengths approach about?

It's about identifying your best adorable badass self

What is right for you, not what others are telling you.

It's about focusing on your strengths AND managing your weaknesses

Do not ignore your weaknesses. Improve your weaknesses to the point that they do not prevent you from exercising your strengths.

It's about being honest

Acknowledges problems, but doesn't get lost in them.

This approach is positive

Focuses on what is best and good.

This approach is empowering

Encourages and advances the individual.

This approach is energizing

Uplifts and fuels the person.

Research shows focusing on your top five signature strengths is beneficial, making you happier and more successful.

Signature Strengths – Top 5

Your signature strengths are those strengths that best describe the positive aspects of who you are. These strengths are strong capacities in you and they are probably engaging, energizing, and comfortable for you to use. Your family and friends would immediately agree these are important strengths that you have. Finding ways to use and express these strengths is likely to bring you many benefits, and can help you create your best life.

Middle Strengths – 6-19

Your middle strengths are an important part of who you are. While these are not your highest, or signature strengths, they still are likely to be ones that you express in your life. However, it may be that they are strengths that you express mostly in one life domain (e.g., work) instead of broadly across all domains, or they could be strengths that are, situational strengths, in that you express them when the circumstance calls for it. These strengths are likely not as automatic as your signature strengths, but they are close within reach and at your disposal.

Lesser Strengths – Lower 5

You have a capacity for each of these lesser strengths. These are character strengths that do not occur as naturally as your other strengths. It probably requires a fair amount of effort and energy for you to use these strengths well, and at times this may be draining to you. Naturally, some individuals may have an interest in boosting up their lesser strengths. It is most likely this can be achieved by deliberate practice and by using your signature strengths to do so. Remember: These are your INNER strengths, not your external strengths or talents. For example, you may be very talented at being creative, but it may not be an inner passion of yours. And remember, there are NO BAD strengths.





Focus on Your Passions in 2024!

The more you focus on what's great about you – your inner strengths – the happier, more connected and more successful you will be! Use the exercise below to help you practice using your top strengths, your superpowers. Pick a different one a day and focus on it!

One of my TOP strengths/
passions is: _____

One thing I will do in 2024 to use
this strength/passion: _____

WISDOM <i>(strength of head)</i>	CREATIVITY	CURIOSITY	JUDGMENT	LOVE OF LEARNING	PERSPECTIVE
	<ul style="list-style-type: none"> Originality Adaptive Ingenuity 	<ul style="list-style-type: none"> Interest Novelty-Seeking Exploration Openness 	<ul style="list-style-type: none"> Critical Thinking Thinking Things Through Open-mindedness 	<ul style="list-style-type: none"> Mastering New Skills & Topics Systematically Adding to Knowledge 	<ul style="list-style-type: none"> Wisdom Providing Wise Counsel Taking the Big Picture View
COURAGE <i>(strength of heart)</i>	BRAVERY	PERSEVERANCE	HONESTY	ZEST	
	<ul style="list-style-type: none"> Valor Not Shrinking from Fear Speaking Up for What's Right 	<ul style="list-style-type: none"> Persistence Industry Finishing What One Starts 	<ul style="list-style-type: none"> Authenticity Integrity 	<ul style="list-style-type: none"> Vitality Enthusiasm Vigor Energy Feeling Alive 	
HUMANITY <i>(strength of others)</i>	LOVE	KINDNESS	SOCIAL INTELLIGENCE		
	<ul style="list-style-type: none"> Both Loving and Being Loved Valuing Close Relations with Others 	<ul style="list-style-type: none"> Generosity Nurturance Care & Compassion Altruism "Niceness" 	<ul style="list-style-type: none"> Aware of the Motives/ Feelings of Self/Others Knowing what Makes Other People Tick 		
JUSTICE <i>(strength of community)</i>	TEAMWORK	FAIRNESS	LEADERSHIP		
	<ul style="list-style-type: none"> Citizenship Social Responsibility Loyalty 	<ul style="list-style-type: none"> Just Not Letting Feelings Bias Decisions About Others 	<ul style="list-style-type: none"> Organizing Group Activities Encouraging a Group to Get Things Done 		
TEMPERANCE <i>(strength of self)</i>	FORGIVENESS	HUMILITY	PRUDENCE	SELF-REGULATION	
	<ul style="list-style-type: none"> Mercy Accepting Others' Shortcomings Giving People a Second Chance 	<ul style="list-style-type: none"> Modesty Letting One's Accomplishments Speak for Themselves 	<ul style="list-style-type: none"> Careful Cautious Not Taking Undue Risks 	<ul style="list-style-type: none"> Self-Control Disciplined Managing Impulses & Emotions 	
TRANSCENDENCE <i>(strength of spirit)</i>	APPRECIATION OF BEAUTY & EXCELLENCE	GRATITUDE	HOPE	HUMOR	SPIRITUALITY
	<ul style="list-style-type: none"> Awe Wonder Elevation 	<ul style="list-style-type: none"> Thankful for the Good Expressing Thanks Feeling Blessed 	<ul style="list-style-type: none"> Optimism Future-Mindedness Future Orientation 	<ul style="list-style-type: none"> Playfulness Bringing Smiles to Others Lighthearted 	<ul style="list-style-type: none"> Religiousness Faith Purpose Meaning

Not sure how your inner passions rank? Find your order of strengths – and your top 5 strengths – by taking the VIA Character Survey at viacharacter.org



Your Beliefs

Nothing else affects your thinking (your thoughts!) more than your beliefs!

What are your thoughts about the following?

Are they good, bad, unfair, hard, easy, trustworthy? And why do you think so?

Life: _____

Why do you think so? _____

Yourself: _____

Why do you think so? _____

Your Body: _____

Why do you think so? _____

Money: _____

Why do you think so? _____

Love: _____

Why do you think so? _____

Other People: _____

Why do you think so? _____

Being Successful: _____

Why do you think so? _____

In the exercise, you've just shared some of your beliefs. You probably think your answers are simply observations about your reality, but they've actually helped create your reality. In the exercise you did not just share your opinions on reality; you shared your beliefs about reality, and these beliefs will spark thoughts that become things. For example, if you think life is hard, it becomes hard. It wasn't hard to begin with, not until you started thinking it was hard. Don't believe it? Then why is life easier for some people? Once you believe something, regardless of whether it's "right" or "wrong," helpful or unhelpful, you automatically think similar thoughts. Those thoughts then become the things and events of your life.



Your Beliefs – Thoughts Become Things

Once you believe something, regardless of whether it's "right" or "wrong," helpful or unhelpful, you automatically think similar thoughts. Those thoughts then become the things and events of your life.

- Our beliefs come first, influencing our thoughts, words, and actions, and then the world around us.
- As one believes so shall one think... And as one thinks so shall one become.
- Beliefs are why people succeed in sports, music, business, and everything else.
- The Wright brothers could not have first dreamed of flight, and then flown, if they didn't first believe it was possible.
- Your life won't change unless your beliefs change, but all beliefs can be changed.

Here is an exercise that will help you begin the process of changing your beliefs to ones that serve you:

1. Choose beliefs that serve your life.
2. Claim these beliefs through your thoughts and words.
3. Act as if these beliefs are true every day.

#1: Choose beliefs that serve your life:

Empowering beliefs about life:

Empowering beliefs about yourself:

Empowering beliefs about your body:

Empowering beliefs about money:

Empowering beliefs about Love:

Empowering beliefs about other people:

Empowering beliefs about being successful:



Claim These Beliefs Through Your Thoughts & Words

#2: Claim these beliefs through your thoughts and words.

After you know what you want to believe, then start thinking and speaking as if you already believed it. Thinking and speaking in new ways begins installing new, empowering beliefs and erases old, limiting ones. What can you now think and say that will support and reinforce the beliefs you wrote down? Complete the following sentences, and then think and repeat these beliefs to yourself often.

My Life is: _____

I AM: _____

My body is: _____

Money is: _____

Love is: _____

People are: _____

Success is: _____

#3: Act as if these beliefs are true every day.

This is the most important step, but instead of writing out answers, you must go out into the world and live your new beliefs.

Now that you've determined the beliefs that serve you and how you'll think and speak (in steps 1 and 2), start acting the part. Every day, in addition to thinking and speaking these beliefs, act as if they were yours by behaving in ways that reinforce them. This is how you will gradually install your new beliefs. Consider them when you get out of bed, when you choose your clothes, your food, when you decide where you will go, who you will be friends with, and in all of the decisions you make.



A ^{*}note ^{*}about ^{*}beliefs^{*}...

One of my favorite authors is Byron Katie. She has a simple yet powerful practice she calls “The Work,” in which one remains alert to and explores stressful thoughts with four specific questions and a “turnaround”:

1. Is it true?
2. Can you absolutely know it’s true?
3. How do you react, what happens, when you believe that thought?
4. Who would you be without that thought?

EXAMPLE:

I will never be able to

1. Is it true? _____
2. Can you absolutely know it’s true? _____
3. How do you react, what happens, when you believe that thought? _____

4. Who would you be without that thought? _____



The Law of Attraction - Visualize

Your Best Adorable Badass Self!

The best adorable badass self is all about creating what you want to be reminded of, going back to the real you. It's the law of attraction for who you want to be and a ritual that focuses on what you need to change to come home to yourself and your intentions. When we focus and visualize on our best self (being mindful about it), it creates a trace in our brain that leads to actual change. It's a way to come home to who you are.

We get so bogged down with activities, schedules, and plans that we become lost in the present. But what would happen if you made time — just 5 minutes — to sit down quietly to consider your future, who you want to be in your future. Focus on your intentions.

Picture yourself — at your actual best — thriving and living a full, happy life one year from now. This is called your best possible adorable badass self. And a lot of research has shown (31 studies) this:

1. Boosts optimism and hope, so you are quicker to look for the positive amidst the downpour of stress and negativity that often surrounds us.
2. Boosts positive emotions, so you feel good in the moment. Typical positive emotions are feelings like joy, interest, gratitude, excitement, and peace.
3. Boosts health and well-being. We can all benefit from feeling healthier and experiencing a more global sense of wellness.

Best Adorable Badass Self #1 - Just ONE Way to Visualize Your Best Self

- Name a person you admire
- Write down 4-8 characteristics about that person that you admire
- Think of another person you admire (preferably someone opposite of your first person. For example, if the first one was someone you know, choose someone you don't know personally)
- Write down 4-8 characteristics about that person that you admire
- Continue doing this until you have a list of 10-15 characteristics
- Highlight 4-8 most important characteristics to you
- Rewrite each characteristic of this ideal person in first person, in an "I am" statement — these statements will become your Ideal Self. Whatever goes after "I am" is what you become or come home to.
- These rewritten characteristics create your Best Self — read it out loud and visualize it every day or as many times per week as you can

Best Adorable Badass Self #2 - A SECOND Way to Visualize Your Best Self

- Select a time in your future (e.g., 6 months, 1 year, 5 years from now) and imagine that at that time you are expressing your best possible self strongly.
- Imagine it in details where you have worked hard and succeeded at accomplishing your life goals. You might think of this as reaching your full potential, hitting an important milestone, or realizing one of your life dreams. The point is not to think of unrealistic fantasies, rather, things that are positive and attainable within reason.
- After you have a fairly clear image, write about the details. Writing your best possible self down helps to create a logical structure for the future and can help you move from the realm of foggy ideas and fragmented thoughts to concrete, real possibilities.

Your Best Self can change over time. What you wish for today may change in the coming months, years. It's dynamic.





Best Adorable Badass Self Plan 1 — Part A

Name 2-3 people you admire and write down 4-8 characteristics about each person — why you admire them. Then circle or highlight the top 4-8 characteristics that are most important to you.

A person I admire:

A person I admire:

Their characteristics:

Their characteristics:

A person I admire:

A person I admire:

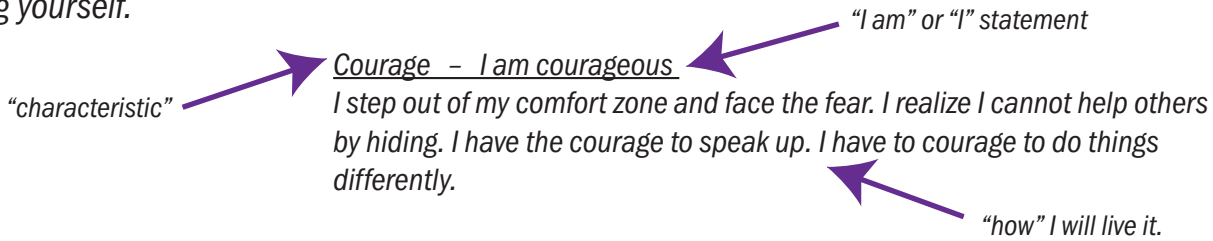
Their characteristics:

Their characteristics:



Best Adorable Badass Self Plan 1 — Part B

Take the characteristics from the previous page and rewrite them in the first person, as if you are describing yourself.



My Best Adorable Badass Self...

_____ *I am* _____
(the "characteristic") (the "I am" or "I" statement)

(the "how")

_____ *I am* _____
(the "characteristic") (the "I am" or "I" statement)

(the "how")

_____ *I am* _____
(the "characteristic") (the "I am" or "I" statement)

(the "how")

Do 5-7 of these statements. You can do a few more, but keep it simple so you can repeat this eachday.



Best Adorable Badass Self Plan 2

Create 5-7 statements and descriptions. Read them and repeat them once each morning while visualizing.

My Future Adorable Badass Best Self Statement: _____
(I or I am statement)

Description of My Future Adorable Badass Self:

My Future Adorable Badass Best Self Statement: _____
(I or I am statement)

Description of My Future Adorable Badass Self:

My Future Adorable Badass Best Self Statement: _____
(I or I am statement)

Description of My Future Adorable Badass Self:

Example of My Future Adorable Badass Best Self Statement:

I am living the law of prosperity.

Example of a Description of My Future Adorable Badass Self:

Everything I need and wish for I get. No need to worry about money whatsoever.

The universe provides! I manifest what I want.



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Your Best Adorable Badass Self! Example

I focus on the law of attraction.

I think only about things that are positive that I wish to happen. I trust in Spirit. I believe that when I change the the way I look at things, the things I look at change. By believing passionately in that which doesn't exist, I create it.

I am living the law of prosperity.

Everything I need and wish for I get. No need to worry about money whatsoever. The universe provides! I believe I can manifest whatever I desire.

I do things differently, not same-old, same-old.

I chip away what isn't benefitng me, what is holding me back, keeping me from being me... in all aspects. I have gotten my health in order so that I can truly promote and live the "physical" part of happiness. But at the same time, I love who I am right now.

I stop worrying about what others think.

The only one I need to worry about is me and what I think about me.

I give myself permission to be human.

I know I'm not perfect. It's okay if things don't go the way I expect them to. I focus on the positive and know things will come my way the way they are supposed to.

I am keeping things simple, so I don't overextend or exhaust myself.

I focus on what's going to benefit me the most. It's time to take care of me.

I am getting clients who seek me out.

I am serving women and organizations and they seek my services. My next book flows easily and helps me get more clients.

I am adding astrology to my toolbox!

I combine helping others through astrology combined with positive psychology and dance. I don't worry about what people may think. I do what feels right in my heart.

I am all about ADVENTURE AND FUN AND JOY!

I do more things that make ME light up and happier. I hike. I play in nature. I AM ME!

All this or SOMETHING BETTER!

I play with life and I trust God, the Universe, my Higher Power to guide me!

Write your Best Adorable Badass Self out and read it every day. Keep it simple. Create a vision board of your Best Adorable Self... visualize each day the best parts!

Live it each and every day. Act as if!





Best Adorable Badass Self As a Reminder

You can also use your Adorable Badass Self practice to prepare for a big event, a big presentation, sharing an idea with your boss that you want to do, or anything important that you wish to plan for. You simply use the same method to create statements and descriptions of how you wish something to turn out.

For example, let's say you have a big presentation coming up. Here's an example I use when preparing for something big. I always go back to this and modify it whenever I have a big presentation...

Event or Idea: **Presenting my First Camp Atta Girl!**

Challenge: **Dealing with fear presenting an important idea**

- I am a calm, authentic and passionate person presenting the tools I've learned that have helped me.
- Speaking in front of these women is a privilege, an opportunity for me to share what I care about most in the world -- positivity, happiness, and how each of us is beautiful and can be or do whatever we want to be or do.
- Rather than having to prove myself, I strive to be known, to be authentic and real, to express myself... to show how great Camp Atta Girl! is and how deep in my heart I know everything I share will help those attending.
- It doesn't matter what they think of me... what I care about is being able to communicate my ideas with passion and clarity. It's the ideas I want them to embrace and to love.
- I experience natural fluctuations in energy and presence. I am a passionate human being, not a perfect machine.

Event or Idea: _____

Challenge: _____

My Adorable Badass Best Self Statement for the Presentation (I or I AM statements):

My Adorable Badass Best Self Statement for the Presentation (I or I AM statements):

My Adorable Badass Best Self Statement for the Presentation (I or I AM statements):





Visualization - Law of Attraction

Visualizing is the simple, childlike process of pretending in your mind. It's using your imagination to create mental scenes and images of your success and happiness.

Guidelines:

- In a quiet place
- Just do it once a day
- Start small, begin with just 2-3 minutes, work up to 5-10 minutes at a time
- Imagine every possible detail – sights, sounds, colors, smells, etc.
- Feel the emotions you're after – emotion as you visualizing is important
- Put yourself in the mental pictures
- Imagine the end result (do not worry about HOW it will happen)



Imagine the details and feel the emotions!

You've taken the first step by figuring out WHAT to visualize. Now, creatively imagine, or even make a list, of the details you'll visualize for every one of your dreams. The more detailed you get, the more you'll actually "feel" and believe what you're visualizing. What will your life be like AFTER your dreams come true? How will your life change?

Visualization Plan of Action

When will you do it? _____

Where will you do it? _____

What will you visualize? List 3-4 things you want in your life:



Vision Board

If you've never made a vision board, it's a great way to represent your intentions and dreams! By actually creating a "vision" you can see, it imprints the desires on your brain. Creating a sacred space that displays what you want actually brings it to life and into focus. When you create a vision board and place it in a space where you see it often, it can help you do short visualization exercises throughout the day. Here's a simple 6-step process for creating a vision board:



1. Create a list of intentions for the year... wishes and dreams, too!

In order to visualize your wishes and dreams, first you need to know what they are. Spend some time getting clear on exactly what you want your BEST ADORABLE BADASS SELF to look like.

2. Collect a bundle of old magazines with beautiful pictures

If you're not a magazine reader or currently don't have any magazines at home, ask your friends to give you any they no longer want. You can also pick some up for just a dollar or two per magazine at your local thrift store. Or google what you want to envision and print pictures from the internet. Or draw or create what you wish!

3. Find pictures that represent your goals and inspire you

Schedule a couple hours one evening or weekend to go through the magazines and cut out pictures that represent your goals and speak to your heart in some meaningful way. When looking for images in the magazines or online, look for those that immediately make you say, "Yes! That is what I want in my life!" They don't have to be physical objects or literal interpretations of what you want in your life. Instead, focus on how the images make you FEEL.

Consider including a picture of yourself on your board, one that was taken in a happy moment. Also post your affirmations, inspirational words, quotes and thoughts. Choose words and images that inspire you and make you feel good. Use only the words and images that best represent your purpose, your ideal future, and words that inspire positive emotions in you. There is beauty in simplicity and clarity. Too many images and too much information will be distracting and harder to focus on.

4. Make a collage out of your photos

Once you have collected enough photos, it's time to make your vision board! Go to your local craft or dollar store and buy a large piece of construction or poster paper. A corkboard or large piece of paper would work as well. Then glue, tack, or tape your pictures to the paper or corkboard in an arrangement that is visually pleasing to you.

5. Add motivational "affirmation words" that represent how you want to FEEL

Your vision of your ideal life shouldn't be focused on "stuff" so much as on how you want to FEEL. Add words to your vision board that describe how you want to feel on a daily basis, such as "joyful," "abundant," "powerful," "fearless," "loved," "strong," "healthy," "loving," and "financially free." Take some time to create a list of words that describe how YOU want to feel. You can use the list of positive words in this guide to help.

6. Take a few moments to contemplate your vision board every day

To get the full benefit from your vision board, it's important for you to place it somewhere you can see it every day. Take a few minutes to look over your vision board at least once or twice a day. Review it before you do some visualization in the morning.

Important note about vision boards: visioning your perfect world and your perfect life should be combined with action. Also envision steps on how you will achieve your dreams and takes steps to make it happen!

VISION BIG! Spirit wants you to imagine big!



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Use your Adorable Badass Wings and Fly! Map Out Your Flight Plan!

What's Your Destination?

Get clear on what your destination is in 2024 - ie: what do you want to do to help bring out that adorable badass inside? You may have a couple of places you want to travel to this year, AKA things you want to do. Could be a personal destination or a professional one. Key is focus... don't travel or "fly" too much. Stick to the destinations that follow your intentions, then follow your heart and passion.

Here goes.... Let's create a flight plan for each "destination" you have. Each ultimate destination is your TOP LEVEL DESTINATION

TOP LEVEL DESTINATION

What are the things that interest you most and give you a sense of PURPOSE in your work and in your life? These top-level destinations are the ones you want to stick with through the successes and the setbacks. These are the destinations you want to be the most resilient and passionate about. Each TOP LEVEL DESTINATION is its own flight plan.

MID LEVEL DESTINATIONS

What are the mid-level destinations that make this purpose possible? These are the main projects or activities that you really want to pour your energy into in order to achieve the things that matter to you most. Try to consistently stick with these, but if it makes sense to swap a priority out then be flexible in your approach.

DIRECTIONS TO DESTINATIONS

What are the directions or plans that are the means to the end destination? What are the little things you need to get done this week or this month to move your mid-level goals forward? If it makes sense to change these activities as you go because a better option becomes available then do so.

Important Notes:

Be aware that anything you do that's not on your plan risks taking you away from achieving the things that matter most to you.

KEEP IT SIMPLE. Not too many destinations. Not too many directions if possible.

Refine the directions each week or month.



Adorable Badass Flight Plan Getting to where I want to go!

(EXAMPLE)

Intention/Wish - Top Level Adorable Badass Destination

Bring my dreams of Happiness Element to the next level, creating a company that serves and helps more women, but one that is simple to run, doesn't exhaust me, and one that is very profitable that lives up to my heart's purpose: making a living by helping women live.

Mid Level Adorable Badass Destinations

Create a simple overall business plan.	Write my next book.	Create plan for next steps for Camp Atta Girl! that makes it simpler but still helps women!	Create plan to bring this online in a simple format that generates revenue easily	Other
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Flight Plans/Directions to Adorable Badass Destinations

Create budget and goals. Focus of business: events, speaking/Keynotes	Create outline of simple chapters that really speak to me. Understand it doesn't have to be a full book. Come up with writing plan, writing 30 minutes a day or week. Self-publish on Amazon as actual book or e-book. Market it in easy ways. Make it a simple process from start to finish.	Create proposals for places I want to share Camp Atta Girl: Omega, Art of Living Retreat Center, Kripalu. Be okay if they don't see the value in what I offer, knowing that others do.	Create online camp business plan. Finish launch training course. Keep it simple and affordable for women. Look at doing a train the trainer	Maybe launch a podcast... keeping it easy and simple. Finish Podcast launch course Reconnect with medium. Look at doing a "train the trainer" module, to train women who want to do women's events.
Workshops for companies. Seek speaking engagements and keynotes at women's events.	Self-publish on Amazon as actual book or e-book. Market it in easy ways. Make it a simple process from start to finish.			
Seek conventions to do LYD classes. Hire accountant in 2025. Hire virtual assistant in 2025.				



Adorable Badass Flight Plan

Getting to where I want to go!

Intention/Wish - Top Level Adorable Badass Destination

Mid Level Adorable Badass Destinations

Flight Plans/Directions to Adorable Badass Destinations

100 DAYS TO ADORABLE BADASS ABUNDANCE & HAPPINESS

Get a **JAR OR CONTAINER** that speaks to your adorable badass self. Put a label on it if you want, but not necessary!

Beginning on December 31, when something **GOOD OR FUN** happens, or something you were **GRATEFUL** for that day, write it down and put it in the jar. And each day, for 100 days, put a little money in the jar, whatever you can spare!

At the end of the 100 days, you will have a jar of **HAPPINESS & ABUNDANCE**. And, you will have a wonderful time reading all the **GOOD** things that happened in your life those past 100 days and truly know that happiness is not about things. Can't put in any money? It's **OKAY!** Abundance is more than just monetary things, it's being abundant in friendship, love, kindness and so much more!

Want to make it truly badass? Buy colorful paper to write down your gratitudes and happy things. It makes the jar colorful! **ADORABLE BADASS HAPPINESS & ABUNDANCE** really is that simple.



Color Your Abundance Calendar!

100 Days to Abundance! Color Each Day You Add Money in the Jar or Do Something fun!!

DEC 31



JANUARY

FEBRUARY

MARCH



APRIL



My Intention(s) for 2024!

My Mantra For 2024!

My Word for 2024!

Atta Girl!

January 2024 - 1 thing every 8 days!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
1-8	7 Adorable Badass Zoom Call #1	8	9	10  11	12	13
14	15 1-8	16	17	18	19	20
21	22 1-8	23	24	25	26	27
28	29	30 1-8	31			



It's the "Today is The Best Day Ever!" Gratitude Practice!

Print out copies of the following page and use it daily during the 108 days to practice magical gratitude.

The bottom "Best Thing That Happened Today" practice can be written and left on the page or cut it out and use this to put in your Adorable Badass Jar of Abundance & Happiness!


ADORABLE BADASS

Today Is the Best Day Ever!
DATE: / /2024

1. I am grateful for: _____

2. I am grateful for: _____

3. I am grateful for: _____

What Could I Do to Make Today Sparkle?

1. _____

2. _____

Today's Mantra is: _____

DATE: / /2024

The Best Thing That Happened Today: _____



Today Is the Best Day Ever!

DATE: / /2024

1. I am grateful for: _____

2. I am grateful for: _____

3. I am grateful for: _____

What Could I Do to Make Today Sparkle?

1. _____

2. _____

Today's Mantra is:

DATE: / /2024

The Best Thing That Happened Today:



Power of Words & Intentions

Words are a unique way to draw happiness, inspiration & magic into your life and to help you visualize who you are and what you want to reflect to the world.

Words inspire. Words give meaning. Words can create happiness and a positive life. One word can create magic, clarity, passion. One word can impact all aspects of your life – spiritual, physical, intellectual, relational and emotional. And this one word is unique to each person. Use the words on the following page and the exercises below to foster a practice of choosing words that will inspire you, help you grow and reach your goals... live up to your word!

Your Word of the Day

What would you like to focus on today or this week? Look through the words in this handbook and see what inspires you. As you're looking, ask yourself, what do I want to focus on? Is there something blocking my happiness? What do I need to lead a more purposeful life? What do I need more or less of in my life? What needs to change?

Once you come up with your word, carry it around with you. Hang it by your desk. Maybe you have a different word than what's on the list. Just write it down on a piece of paper and put it a prominent place.

Month of Inspiration

Each morning, randomly choose a word and focus on that word or motivation that day. Find ways bring the words into your life at work or at home — connect it with your family, with your personal life. Once you've chosen a word, cross it off and choose a different "focus" word each day during the entire month.

New Year, New Word!

A powerful practice is to choose a word at the start of each year. Pick a word that you'd like to focus on for the entire year. Once you have your word for the year, display it as a daily reminder. Maybe paint your word on a smooth stone and put it on your desk? Or many crafty people on Etsy can turn your word into a funky piece of jewelry. Live up to your word all year! Do a check-in periodically.

Family Words

Many families choose a daily word as a way to ring in the new year. Each family member selects the word they want to focus on for the year. Then, as a family, pick a word or saying that will be the family motto for that year. Create a family poster or take a photo of the words. Make it fun. It's a powerful way to reach dreams and goals as a family and a wonderful way to teach children, grandchildren and all the power of words.

Words at Work

Focusing on words is a great team-building exercise. Have each employee choose a word and have that be their word for the week. Or use some of the words on this page to create a "values" of the company or your department.



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Positive Words & Phrases

Laugh!
Feel!

Abundance
 Accept difference
 Accept what you can't change
 Achieve
 Allow
 Amaze
 Appreciate
 Ask
 Aspire
 Be
 Be a friend
 Be a little weird
 Be a rebel
 Be a unicorn
 Be adventurous
 Be authentic
 Be charming
 Be courageous
 Be daring
 Be fearless
 Be fierce
 Be gentle with yourself
 Be happy
 Be in the moment
 Be patient with yourself
 Be silly
 Be spontaneous
 Be the change
 Be unique
 Be wonder-full
 Become the best you
 Begin
 Believe
 Belly laugh
 Blessed
 Bloom
 Breathe
 Care for others
 Challenge yourself
 Cherish
 Choose joy
 Choose kind
 Collect moments, not things
 Color outside the lines
 Compliment yourself
 Count your blessings
 Courage
 Create
 Create a good life
 Create good karma
 Create healthy habits
 Cultivate kindness
 Dance
 Dance in the rain
 Dare
 Decide
 Determined
 Discover
 Disregard random negatives

Allow!

Breathe!

Do everything with love
 Do not judge
 Do Random acts of kindness
 Don't be afraid
 Don't give up
 Don't stress
 Don't underestimate yourself
 Dream
 Dream big
 Embrace change
 Embrace the moment
 Empower others
 Enjoy
 Enjoy the journey
 Enjoy the moment
 Experience life
 Explore
 Express gratitude
 Express your feelings
 Fall in love
 Feel
 Find the wonderful in today
 Find your voice
 Finish something
 Follow your dreams
 Forgive
 Forgive freely
 Giggle
 Give
 Give compliments
 Give freely
 Give hugs
 Give it your all
 Give thanks
 Give your time
 Good hearted
 Grow continuously
 Happiness
 Hard is not impossible
 Have a great attitude
 Have an adventure
 Have faith
 Have integrity
 Have no regrets
 Have patience
 Have permission to be human
 Hope
 Hug
 I am
 I am me
 Ignore the haters
 Imagine
 Innovate
 Inspire
 Just believe
 Keep on moving
 Keep secrets
 Keep smiling
 Keep trying

Create!

Let Go!

Keep your promises
 Kindness
 Laugh
 Laugh at yourself
 Laugh freely
 Laugh out loud
 Learn something from everyone
 Let go
 Believe in yourself
 Let go of blame
 Listen well
 Live minimally
 Live with purpose
 Live. Love. Laugh.
 Look for opportunities
 Love
 Love fiercely
 Love truly
 Love unconditionally
 Love yourself
 Make
 Make a wish
 Make changes
 Make good decisions
 Make new friends
 Make peace
 Make positive changes
 Make someone laugh
 Make someone smile
 Make work meaningful
 Marvel
 Miracles
 Mistakes are lessons
 Meditate
 Motivate
 Move
 Never give up
 No fear
 Nothing is impossible
 Nurture
 Observe and listen
 Observe the moment
 Offer kind words
 Open your heart
 Pat yourself on the back
 Patience
 Persistence
 Perspective
 Play big
 Play with abandon
 Practice self-compassion
 Practice stillness
 Pray
 Purpose
 Rebel
 Relax
 Release
 Rest
 Rise

Dare!

Rise!

Rise strong
 See the good
 See your own beauty
 Seek excellence, not perfection
 Seek wisdom
 Serve with humility
 Set goals
 Share your ideas
 Show up
 simplify
 Sing loudly
 Skip
 Smile
 Sparkle
 Speak the truth
 Speak up
 Start
 Stay curious
 Stay humble
 Stay positivie
 Stay real
 Stay strong
 Strength
 Surrender
 Take a chance
 Take risks
 Tell someone thank you
 Think big
 Touch hearts
 Trust your instincts
 Trust yourself
 Try something new
 Understand
 Use your voice
 Value truth
 Win graciously
 Wish on a star
 Wish others well
 Work hard
 You are amazing
 You are awesome
 You are beautiful
 You are brave
 You are fabulous
 You are kind
 You can do it
 You do you
 You're special
 You're the best
 You got this





Live Up to Your Word

What's your Word for the YEAR? _____

How will you live up to it? _____

Living up to your words through the year...

What's your Word for the DAY? _____

How will you live up to it? _____

What's your Word for the WEEK? _____

How will you live up to it? _____

What's your Word for the MONTH? _____

How will you live up to it? _____



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Love Yourself in 2024!
Imagine your 18-year-old Self...

What 3-5 words of advice
would you give her?

Now... follow your own advice!
(atta girl!)



So happy you were a part of My
Adorable Badass Mini-Camp!

One of my hopes is that you can come to a full Camp Atta Girl! in person some day!

Here's to a fabulous 2024! Put on your wings and fly... or dance... and be that adorable badass you were born to be!

Atta girl.

Lisa

