

# Shout it Out! Embrace Your **Moxie**

***From Lisa Sullivan, the Founder of Camp Atta Girl!....***

To fully embrace your power, you need to tap into your self-love and compassion... you need to love who you are without caring what others think. And you need to shout it out to the world! I like to call it your MOXIE! Here are a few definitions of moxie:

- 1: ENERGY, PEP — She woke up full of moxie.
- 2: COURAGE, THE DETERMINATION IT TAKES — She had the moxie to pull up roots and move across the country without a job, with a child in college, and a daughter in high school.
- 3: KNOW-HOW — They were impressed with her sales moxie and hired her as a VP.

But here's how I define it:

**BOLDNESS, FEARLESSNESS, GRIT, SPUNK, ADVENTUROUSNESS — She spoke up when she wanted. She had the moxie to start living the life she wanted to live, without giving a flip what anyone else thought.**

Let's start using that voice to shout out about who you really are. Start your path to showing more moxie now.

The best way to do that is to step out of your comfort zone. Really put yourself out there.

What is something you've always wanted to do but haven't done — yet?

- Get a tattoo?
- Learn belly dancing?
- Go skydiving?
- Take a long vacation by yourself?
- Write a book?

Write it down here, what is ONE thing you've wanted to do?

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Why haven't you done it? What's holding you back?

Let's map out a way to start you on your journey to finally doing what you've always wanted to do!

(<sup>tt</sup>atta girl!)



# CREATE YOUR MOXIE MAP!

What is holding you back from tapping into that dream/purpose that's in your heart? It doesn't have to be a big dream, just something small to start your journey. Let's map out a way to start you on your journey to finally doing what you've always wanted to do!

On the map, write down that thing you've always wanted to do (from the previous page). Now, let's fill in what might get in your way (roadblocks) or what you THINK will get in your way - as nothing is really in your way of fulfilling your purpose! And then, write down what you will do to get through those roadblocks on the Moxie Map!

## Roadblock: Money

Is it more money than you have right now? What are the ways you can generate what you need? Are there scholarships? Can you do odd jobs during your free time to make money?

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## Roadblock: Fear

Are you too scared? Can you identify where those fears come from? Is what you're fearful of true? Can you reach out to someone who's accomplished what you want to?

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## Roadblock: Work Commitments

Are your fulltime work commitments too much? How can you adjust your employer's needs to fit yours? Can what you plan to achieve benefit your current work? Can you show that to the company?

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## Roadblock: Family Commitments

Are your family commitments too much? How can you adjust everyone's needs to accommodate what you need to do?

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## Roadblocks: Other Things That Keep Me from Doing This

What other things are holding you back? Be honest with yourself. How can you conquer them?

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Once you have figured out solutions to the obstacles, pick a date that you are going to do this one thing. One of the keys to being happy is not just the journey, but having a goal and purpose, too. By picking a date, you are telling yourself this IS going to happen. You are making a commitment. An important caveat on the date: Having a date is important, but if during your moxie road trip, you have to modify or push back your "arrival time," that's okay. Trust the universe to get you there when you're supposed to get there. Having a date is important. Going with the flow is important, too.

# PUT YOUR MOXIE MAP SOMEWHERE YOU'LL SEE IT EVERY DAY!

# MY MOXIE MAP!



MY MOXIE DESTINATION: \_\_\_\_\_



## M\*oney Roadblocks

How will I get past these?  
\_\_\_\_\_  
\_\_\_\_\_

## My Road to Happiness

DATE I WILL ARRIVE:  
\_\_\_\_\_  
\_\_\_\_\_

## Work Roadblocks

How will I get past these?  
\_\_\_\_\_  
\_\_\_\_\_

## Famly Roadblocks

How will I get past these?  
\_\_\_\_\_  
\_\_\_\_\_

## Fear Check!

How will I get past these?  
\_\_\_\_\_  
\_\_\_\_\_

## Other Roadblocks

How will I get past these?  
\_\_\_\_\_  
\_\_\_\_\_

## Fear Check!

How will I get past these?  
\_\_\_\_\_  
\_\_\_\_\_

YOU'VE ARRIVED!  
(atta girl!)