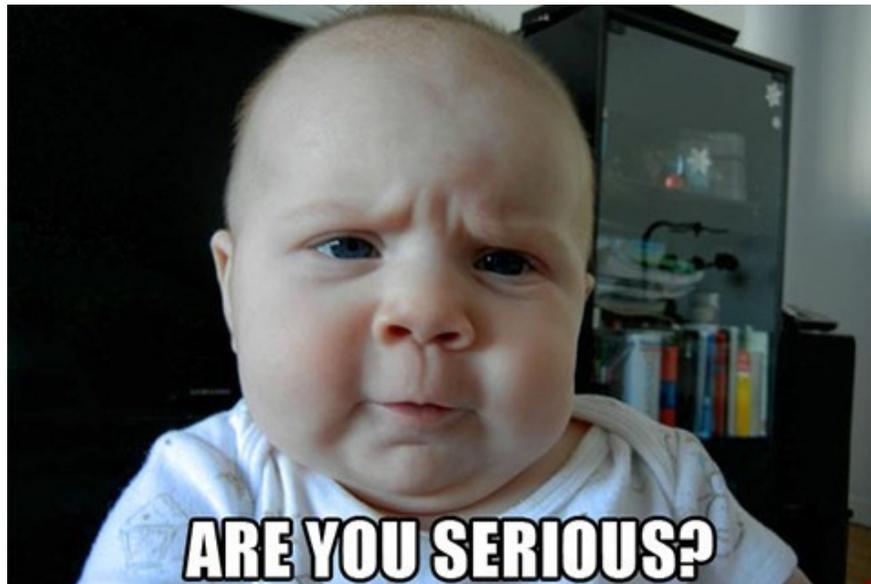


Seriously... NOT!
blog 30

“Life is too serious to be taken seriously...”
~H.S. Psychology Teacher



As Alpha Females and those of you in training, we tend to take ourselves way too seriously instead of enjoying the ride.

From the hair to the right brand of clothing, the car, the neighborhood and the list goes on. And if you do not have the right circle of friends, forget it. It is so important to be considered part of the right group.

My friend Blanche who is a phenomenal woman and a successful business woman is someone that I share a lot with as we both strive to attain our respective goals. She is an officianada in the jazz and arts community in South Florida as well as a Consultant and Trainer. Our brainstorming sessions can explode lightbulbs when we are deep in conversation. But OH!!! The solutions that we generate. What I want you to focus on is that two Alpha Females are not afraid to share and cross fertilize brainiac stuff. (that is a technical term).

The point I am making is that sometimes it takes sharing with another Alpha Female who has discovered him to climb up yet remain grounded in life so that you can truly enjoy the journey also.

I enjoy taking a page out of the life of a Millennial. They want the best in their personal and professional lives without the complications. That work/life balance can be achieved and you can have it all but in smaller bites. Just keeping it simple.

As an Alpha Female, I do try to maintain some balance. Yes, I call balance working at home in my blue jeans, button down shirt and flats, LOL. I constantly ask myself... "Who are you when you strip the titles away and do you want to have that person as a friend. Notice I didn't say business associate. The latter is what you do, not who you are.

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Not being so serious about life and reaching that stratospheric level means you might just learn how to "DO THE REAL YOU" along the way and like it. But first you need to be committed to not take life so seriously. Success can still happen and you might have some fun in spite of yourself.

***"... Sooooo Lighten UP!!!! And enjoy it!!!
...I have been having a great time ever since I discovered me!!!***