FREE PREVIEW

A GIRL'S GUIDE TO BEING ME

Mastering Modern Life Skills for Success with

GRIT & GRACE

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Introduction: An Invitation

You are unique—unique like your thumbprint.

I say to young people on the student journey (a seven-year adventure from middle school through high school): As you forge ahead toward your bright dreams and generous goals, make meaningful contributions to your purposeful passion projects.

It's not easy, being on the student journey. It comes with challenges, changes, and choices, but you have the capacity (you can build the skills) to be courageous and compassionate, empowering your wholeness from within by mastering your modern life skills for success. I wrote this girl's guide for you to have a new look, no matter who you are or where you live in the world. This is your personal modern life skills master class with timeless tools to support who you are, as you grow your generous goals with Grit & Grace.

On your student journey, you travel on your personal path, and as a new "driver" on the road, you begin to discover what's most important to you, or what is most interesting, because you are here to make your contributions. When you have modern life skills to overcome and course-correct for your goals, you experience your purposeful passion projects with meaning and joy.

This guidebook does not have the answers for you. In fact, I don't like calling this a self-help book but rather a

guide to remembering who you are. You are empowering your wholeness from within to deepen your experiences and further the growth of your goals, as you came here to do.

Soon, you will learn that modern life skills are the personal inner-focusing tools despite the adversity and anxiety each person experiences along the way. You see, the goals you choose to create contribute to the world you live in right now, deepening your experiences and life lessons. Your contribution is an expression of your creativity, connection, and curiosity. In playing for your goals, either small or large, you gain personal wisdom, the knowledge and insight to grow your goals, and amplify your awareness with Grit & Grace. There is a formula for success. It begins with you. It is your meditation (Space & Silence), your intention (Accessing Your Brilliance), and taking action now (Look & See to Course-Correct) all with Grit & Grace to open up the possibilities of your desired outcomes. This is true for all of us living on planet Earth, and that is for you to unlearn and learn, as you experience harmony, meaning, and joy, as each one is a reflection of who you are.

Modern life skills for success are for everyone as nature intended, bringing you closer to your goals with the energy you need to overcome barriers and stressful stopping points along the way on your student journey. When you choose to Access Your Briliance through the practice of modern life skills, you will be able to quickly recover, reset, and repair to return to your goals with dignity. Even in the face of hardship and hazardous times, and there are

many of them for each of us on the student journey, your goals remain true to you.

The generous goals are your purposeful passion projects. By living an authentic life, each one is unique like your thumbprint with personal meaning and joy, as you're here to experience and share with others. This is a gift, so might I ask you a question?

Would it be all right with you if the student journey got a little bit easier?

Yes. It is possible to have a little more ease and joy by knowing who you are and practicing the timeless tools and modern life skills that you will uncover here for yourself. I invite you to consider a new look at your student journey with a personal vision and support from others. You have the Grit & Grace to see what is most important or most interesting. All things are possible when we work from the inside, accessing who we are first to grow our goals with endless possibilities.

The student journey is yours, and it does not matter where you go to school or whether you're attending school now (online, a homeschool program, or one-on-one instruction, with your social connections coming from church or the community center). We all have different information and choices as students, but the student journey is a Hero's Journey, as Joseph Campbell, an American writer and professor, described it as a classic rite of passage into adulthood.

The student journey is your story and a personal experience. With a vision and support, all things are possible.

You are greater than the doubts and worries that consume you. In this girl's guide, you have an opportunity to Look & See as you practice the skill for yourself to "look" by observing and to "see" by identifying with a clear vision and to select support from others, despite what may or may not be happening to you right now.

I partner with young people, adults, and their families. Together, we look at *what is working* and *what is not* as they create goals and course-correct toward endless possibilities. In other words, you are the new "driver" as a tween, teen, and young adult, and right now, on your path, there are many challenges, changes, and choices as a student.

In my career, my "Heart Work," as I say, has always been about being of service to others. In an era of smartphones, social media, and reading psychoeducational assessment reports on student learning profiles, I found a creative way to share *how* students could become successful by elevating their goals to be courageous, compassionate, and empowering. As a learning specialist, educator, independent college-to-career consultant, and life coach, I know how important it is to cultivate a vision and make a support plan to play for our goals with the Modern Toolbox for Success (MTS). It is an opportunity for you to unlearn and learn to Look & See for yourself *what is working* and *what is not for you*. What tools do you have, and what new student success skills could you put into practice now as you choose to *course-correct,* aiming for the growth of your goals because it's a true reflection of you.

The MTS is your personal roadmap for all students to

discover practical and timeless tools that are here naturally to support you, as in the three specific pillars, standing tall to guide your unique gifts, talents, and strengths.

As a learning specialist, the third was where students, parents, teachers, tutors, educational therapists, athletic coaches, and more would have many questions about the learning profile and areas of growth for the students' progress so they have more ease and joy living a balanced life. The MTS is very personal, as is your brain, body, and energy. Using it wisely, these timeless tools make your modern life skills for success. These are here to assist you; if you practice them, you may find some relief and quickly learn how to overcome the obstacles as you choose to grow your generous goals despite the missteps and side steps that do occur. People who are most successful in life know how to access their foundational skills that uphold the three pillars throughout life. Mastering *modern life skills* gives you the space to become resilient and resourceful, producing the outcomes that bring you harmony, joy, and fulfillment.

In supporting the student journey, I have worked with thousands of people to uncover a personal vision plan and select the support that will bring it into focus, taking one step with Grit & Grace toward their goal, as they now notice what *is working* and *what is not* from the MTS.

It gives you space to select support as you take steps toward your goals, even if you have an ambitious "on the go" goal or are not so sure about your goals, and what they mean to you—it's OK, you're at the right place. This

is exactly why I am writing this book. For each of you, no matter where you are on your journey, this is about empowering your wholeness for your goals. I was up close in the game, watching the L.A. student life unfold as an independent educational consultant and school learning specialist.

In this girl-centered guidebook, I have gathered for you a few *guideposts* for where you might place your attention and energy now. When you know who you are, you have the capacity to take a new look at where you're going next with your goals. This is simply an invitation for you to have *a little more* ease and joy on your student journey and throughout your life.

I teach people, individually or in groups, to empower themselves with personal, real-time tools that are within each of us. These tools help you achieve your goals as you play a game for your purposeful passion projects, both professionally and personally. A vision and support system from people and pets moves you into your goals both at home and at school, and as you contribute to your communities.

The bright dreams and generous goals that you have from within are your contributions, no matter how small or big each goal is, meant to be shared as a gift for others to experience because we're all interconnected. Navigating your life with Grit & Grace brings you into the present, where you can take a new look and choose to quickly reset by training your brain. By playing for the goals that bring you purpose and joy, you are cultivating your confidence

through courage and compassion. Thereby making you a strong, confident girl.

I know that you're ready to gain student success skills as you're playing for your goals now. The student journey is an adventure, and all adventures have challenges, changes, and uncertainty. On the student journey, there are sadness, sorrow, and experiences of great grief, loss, and regret. The student journey might feel lonely and unpleasant at times, as uncertainty has a way of bringing out emotions and thoughts that seem more difficult and uncomfortable. It's about how we pursue our most important goals, which might ask us to look at adversity and anxiety with a new look on your student journey, practicing modern life skills for success.

On the student journey, you begin to notice that you are becoming independent of your family or tribe as you form your own friendships, peer groups, and community. As you grow up, you have more free choice and more sophisticated, long-lasting goals that lead you to college, your career, and adulthood. Being successful as a student, friend, athlete, singer, creative writer, or coding champion is the essence of who you are, your soul, and how you choose to show up and play for your goals each day.

There are consistent challenges and changes in any game. It is eventful because we don't know about the possibilities of our outcomes. Either way, the game (this adventure) *is* worth playing, even with many peaks, valleys, and mountains; they are the greatest hidden gems in life. Life's lessons we take with purpose and meaning.

Now with a new look at the student journey, you might see that you have an opportunity right now to not work harder but smarter by shifting your attention and applying the student success skills that are producing for you more ease and joy as you play for your goals in the game of life.

Even in difficult times, you have new choices, a different perspective, and rich experiences to be savored, lived for, and shared with others. Although I had a calling to write a book when I was in my twenties, I did not know why, what, or how until I paid attention to the signs, and one day, the signs were screaming at me, as an Archer girl, a student at The Archer School for Girls, where I served as a school learning specialist, shared the following in her serious matter-of-fact manner before her senior seminar class: "Ms. Chase, I hope you write a book someday, so you can share this with other girls who can't go to Archer and have your support, too. I would take you with me to college if I could!"

I had a vision for this book, and it required me to study more than what I was studying for my college degrees. I had to study the nature of being—*ontology*, as in the study of what it truly means to be a *human being.* You have a purpose, and to fulfill it requires you to explore and express yourself on your Hero's Journey. With a personal roadmap, you master modern life skills and bring awareness to play for the possibilities, with Grit & Grace, for your outcomes.

The student journey, even as you venture into adulthood, can be unclear and unpleasant. There are missteps and misfortunes. There could be detours and dead ends,

but when you feel misaligned with who you truly are, and you begin to struggle, you might want to do something about it because your goals are worth it. I am here to simply remind you of who you are and that you are so much greater than your doubts and worries. You keep going for your most generous goals with Grit & Grace, with your heart, from the Heart Center within, to gain momentum going for your goals. The Heart Center is your personal compass, your North Star for guidance from within for the growth of your goals. If you keep going for your goals, you're *being* courageous and compassionate to who you are, doing what you came here to do.

Empowering your wholeness is being kind and loving to the well-being of your soul. Your spirit plays a role in your goals, even when the student journey comes with many challenges and hardships. Soon, you may notice how it takes more than your hopes and wishes to make your goals "go"—it requires more from you to play, plan, and prepare. In times of uncertainty, resiliency is about course-correcting after you Look & See, a skill you will uncover for yourself by taking action to advance your goals now.

Living an authentic life is not about *perfection* or feeling the obligation to constantly be reaching for unattainable goals.

It is about showing up and going for your goals, with Grit & Grace. When you choose to Look & See at the clutter on your personal path, you may notice that you are *drifting in a different direction* (*taking you away from*

your most generous goals). If you don't like it, or you don't want to hold on to it anymore, *you* have the inner power to shift your attention to what is more important or interesting because you have free choice to course-correct. It all begins with *you*, your personal vision, and your support plan. Looking at the MTS, your possibilities are endless.

Your goals are worth it, but if you misstep or find yourself on an unexpected student journey, as you will read later from two sisters from Tanzania. Bibianna (Bibi) and Tindi not once, twice, but more than three times faced the unthinkable from death, disease, and disasters. Yet they chose to rise above, show up, and take charge of their bright dreams and most generous goals to be of service to others in politics, theology, and criminal justice—despite what has happened or will happen, because all things in life are possible with a vision and support. It's the baseline for success: growing your goals with purpose and timeless tools. Modern life skills become natural and open up the possibilities for your goals to thrive and move forward.

You don't have to wait for permission or perfection to begin your *purposeful passion projects because these are your goals and rooted within you always reflecting who you are.* You don't have to become someone else. You get to be you *now*.