

GENDER EQUALITY

We would like to all believe that gender equality is acceptable. However, gender equality is lagging and even tends to get rolled back. In fact, in 2022 there is still no country who has full gender parity.

This session is about you and how to get to the other side. Not everyone is going to understand you, or your lifestyle and you need to be okay with this. Everyone has a right to their opinion and remember that you too have the right to ignore them.

You first need to know that it is not at all about you. I want you to stop and realize this truth: A person's behavior has more to do with their own internal struggle than it does about your gender. You do not need to absorb their pain and you are partaking in their pain when you are angry. Their pain and confusion do not belong to you so create space for yourself.

It's not all about you. Begin to live accepting life as it is, and this means simply let go of all that is beyond your control. Here is a quote by Miguel Ruiz, who is the author of the book entitled *The Four Agreements*, "When you are immune to the opinions and actions of others, you won't be the victim of needless suffering, when you are immune to the opinions and actions of others, you won't be the victim of needless suffering."

Let's go over some steps that can keep you moving forward.

There is something that is important to get to the other side and that is self-value. What is self-value?

I want to point out that self-value and self-worth are terms that describe pretty much the same concept. So, let's look at self-value. This means that you value yourself and feel worthy. There can be nothing that takes this away from you. It is how you feel about yourself and it doesn't matter if it's a good day or a bad day. It is when your value is not dependent on anything external but it's all happening internally. Sure, you will have a bad day from time to time, but you still have your self-value.

Your self-value has an impact on how you make decisions and how you process making decisions. Your relationships,

emotional health and overall, wellbeing are connected directly to your self-value.

As this session is about gender equality, I want to emphasize that you get to decide if someone's disrespect can affect your self-value and self-esteem. You know who you are, and the ignorance of others has no effect on you.

Remember that you are always on a journey that makes you the best version of you. A journey that others may not understand and may not even want to understand. Your journey is not about anyone else but yourself.

I want you to think about being the director of your life. As the director, you get to decide on the script, you chose the actors, you chose those who get the seats in the front row and those who get the nosebleed seats. Is your movie a Blockbuster or a Rotten Tomato? It's that simple. You are focused on your life.

Another important step is your need to forgive others. This does not mean you accept their behavior. It does mean that you forgive them so you can move forward. You do not need to have it all figured out to move forward. You only need to be willing to take the next step. And you know what maturity is, it is when you have the power to destroy someone who did you wrong, but you walk away. I mean when the opportune time comes for you to take them down, you walk away because you decide to let life or karma take care of them. Yup, this is maturity with grace.

I admire these words spoken by Michelle Obama "when they go low, we go high." Well, it is up to you to make this a daily practice. Don't let anyone else's bad behavior destroy your inner peace.

When you feel like you're coming undone after hurtful words have been spoken, you can practice a breathing technique. Did you know that just taking breaths, inhalation and exhalation, sends a message to calm your brain? And you can do this anywhere at any time and it's free. Let's practice a breathing technique now. Ready? I want you to put your right hand on your stomach and the left hand on your chest, now inhale through your nose to the count of three and exhale through your mouth to the count of three. I promise that if you do this breathing technique 3 to 5 times, you will end up with a peaceful state of mind.

In the end of a day, the end of a conversation and even at the end of life, there are only three things that are going to matter and 1) is how much you loved; 2) how gently you lived; and 3) how gracefully you let go of all the things that were never meant for you.

Please enter your email and register for a class entitled My Life's Journey where you will learn the importance of owning your story. Your story does not end here!

Finally, the following is a link to a dad who went before Missouri lawmakers to discuss his transgender daughter. The fight for gender equality is ongoing.

Missouri dad speaks about transgender daughter, urging lawmakers not to pass student-athlete bill

<https://www.youtube.com/watch?v=srNzK6jbdJo>