

AWAKEN YOUR MIND, BODY AND SOUL

How Self Reflection Is The Beginning Of A Better You
Your Guide To Healing, Health And Spiritual Wellness

GINA OLIVETTE DAGGETT

Copyright ©2019 Gina Olivette Daggett. All rights reserved.

Gina Olivette Daggett has asserted her right to be identified as the author of this Work in accordance with the Copyright, Designs and Patents Act 1988. First published in the US in 2019.

Acclaim for Gina Olivette Daggett's book

This is not a self-help fix. It is more like HELP yourself with Gina's amazing insights, knowledge and practices for women of all ages and backgrounds. I'm personally going to have my 14-year old daughter read this book. This will inspire you and increase your self-worth because you know you are worth fighting for. Moreover, this is because you will understand that the "choices" (Chapter 8) you make, will either ignite and empower or destroy and tear you down. Thank you, Gina. You Rock!

DeBora Stewart, co-founder of Urban Surf for Kids

I really enjoyed reading this book. It is empowering and showed me the areas in which I had fallen short. Every woman who is on a journey to better herself will be satisfied with this author's personal approach to awakening the mind, body and spirit.

Jessica Slaughter, business owner

Love this book, especially the part that touches on balancing your life. As a mom of three, this was very enlightening and has helped me to become more disciplined about prioritizing my life. I love how she deepened the impact of each chapter by adding a quote at the beginning - it made me excited to read what the chapter was addressing.

Terry Sanchez, single mom

I have known Gina for several years, as we were once co-workers. She is always positive and enjoys her passion for fitness and wellness. As one of her clients also, she taught me so much about eating healthily and overcoming bad habits. It was very empowering to see her being so transparent about her life experiences. She offered different solutions and I love this! Every woman should purchase this book. Very well done.

Kim Main (retired), wife, mother and grandmother

Powerful, engaging, impactful and inspiring with great, challenging questions that made me evaluate my life and how I need to balance my life and career as a single woman. I have been in some challenging relationships and I learnt so much reading Chapter 8 "Choices". It struck a nerve. I had to step back and reflect on many things that were discussed in this chapter. I realize that taking responsibility isn't easy but to come full circle and continue a journey that is empowering, I must learn to forgive even myself. A life changer. It was a good read that was genuine.

Sonya Gibson, attorney

Contents

Acclaim for Gina Olivette Daggett's book.....	3
Foreword	7
Introduction	9
My Story	13
1. Achieving Balance In Your Life	18
Questions for Self-Reflection.....	26
2. Free Your Mind	28
Questions for Self-Reflection.....	34
3. Prioritizing is Key	36
Questions for Self-Reflection.....	38
4. Sisterhood.....	40
Questions for Self-Reflection.....	43
5. The Power of Self-Worth.....	45
Self-Reflection.....	49
6. A Fit You	51
Self-Reflection.....	60
7. Managing Your Career As A Single Person.....	62
Self-Reflection.....	64
8. Choices.....	66
Self-Reflection.....	76
9. A Woman of Substance	78
Self-Reflection.....	82
10. Nurturing the Spirit.....	84
Self-Reflection.....	90
11. Awakened! Now, Reinvent Yourself.....	92
Self-Reflection.....	95

Acknowledgments 96

About the Author 98

Online References 99

Other Resources 101

Additional Resources 102

7 Must-Have Tools for Your Home Workout 103

Great Plant-Based Protein Sources 105

Going Organic 107

Stock Your Pantry/Fridge 101..... 109

Foreword

Relatable writing that encourages deep thinking and the strength to change is what comes to mind in describing this book. This form of creativity can be developed when someone decides to be open, genuine and vulnerable about her experience in the pursuit to help others.

Gina Daggett, a strong and inspiring woman, whom I have had the privilege of knowing for over a year, lives the words she writes in this book. It is easy to see the honesty, passion and wisdom learned through life experiences, research and soul searching, come through each chapter. Being in the presence of an awakened person such as Gina is a calming and enlightening experience.

Gina's positive, balanced and realistic demeanour radiates a grounding feeling that envelopes one with the notion of hope and motivation to change. This is what I feel around Gina, thus I tend to follow her around the clinic as often as I can. That same fuel and motivation come through her words in this book.

I imagine many women will feel stronger and ready to take on their world after each chapter! As a doctor of neuropsychology, I know firsthand the importance of living a balanced life. Many patients I see have developed diseases and mental health issues because they have neglected aspects of their health for many years.

I watch individuals struggle with health issues because they have trouble taking the steps to make appropriate changes in their life. Instead, many prefer the quick-fix, which unfortunately does

not solve problems at a deeper level. On the other hand, those who spend time working on their health gain insight and balance in their life. These individuals often recover faster, better and maintain stronger health moving forward. Through Gina's experiences, she relates a similar message grounded in life lessons, some of which we have all encountered on one level or another. Although most of us can easily recite the notion that we must learn from our past and mistakes in order to grow, many individuals are stuck in the tough experience itself, unable to find the path to growth.

This book was strategically written to help guide individuals through the process of thinking about each aspect of themselves. It does so by encouraging women to search within for the answers to the questions needed to help awaken the suppressed emotions and thoughts that occasionally overtake them without awareness.

Change is a process that takes a lifetime. When this fact is accepted, an individual is free to grow without limits. This book offers the foundation for the path of that enlightenment and growth, and the starting point for other ideas to expand upon.

Lama Alameddine, Psy.D

Clinical Neuropsychologist, UW-Valley Medical Centre
Renton, WA, USA

Introduction

Some women manage children alongside their careers. Others devote themselves fully to being stay-at-home mothers, which is a job in itself. Yet, we all have something in common - our children and our role in taking care of our family's needs.

However, when putting the family first, we can easily neglect our own needs. Our mind is powerful and strong but it can also be drained from a hard day at work to then moving on to the home front to do the big job of taking care of the family.

If you are a stay-at-home mother, you are dealing with little people 24/7. It is important to devote some of your time to adult interaction. If you don't, you could feel isolated from the world because we all need stimulating and positive adult conversation. Consider the life of a single career woman. Her career could take any shape - she could hold a prestigious job in the corporate world or perhaps she might own her own business. It will most likely be demanding and filled with long hours. There are some corporations which expect you to commit anywhere from 10 to 11 hours a day on the job. So, where does that balance come in?

Don't you desire a life beyond work? There is always a way but it calls for a creative approach. Perhaps it means that you become more open to seeking resources to help with things you cannot attend to on a daily basis.

Think about the choices that some mothers make. Some neglect motherhood almost completely, allowing their children to raise themselves. Others may be checked out mentally or 'turnt up'. Additionally, there are others who fail to think of the costs

(financial, emotional and otherwise) involved in raising children. They may be exclusively interested in the joys that children bring but do not want to take on the burden or responsibility of motherhood in entirety.

Some choose to have their children raised by others - whether these are long hours at a daycare center or leaving them with grandparents for long periods at a time. Then, there are those who want to be more of a friend than a parent.

These behaviors ultimately result in a breakdown within the family, creating a toxic effect. There may be disrespect shown to parents and even to authority figures. Contrast this with those parents who get upset and react to their children being disobedient or disrespectful.

Often, children watch and learn these behaviors within their own household. As such, some of the reactions by parents are hypocritical and may even appear confusing to children. We all need to take responsibility and stop blaming others for our children's behavior.

This is the reason why an awakened mind can be truly useful in helping you conquer your reaction and help you manage mistakes made. In today's fast-paced life, the choices you make either help or hinder you. You will find that society today is always looking for a quick fix in nearly everything, from the food we eat to the men we choose.

The question you need to ask yourself is whether you respect your body and your values. Do you set boundaries that keep you healthy, honest and living a life, confident in the knowledge that you are empowered to embrace, respect and even lift other women up?

How do you respond when your body starts expressing that it is becoming unhealthy? What do you think and do when your body battles illness, obesity, constant colds or fatigue? Do you continue to neglect your health? If you know what is going on and yet choose not to take care of yourself, this could lead to serious consequences.

It is very important to stay healthy. Yet many women have a range of excuses to offer – no time, too exhausted or sometimes, not wanting to sweat. Many women also believe myths about

working out. One well-known myth is that lifting heavy weights will cause you to look more masculine. Not true.

The fact remains that a woman cannot naturally produce as much testosterone as a man. This is the primary hormone which increases muscle size. If you are wondering about how professional female bodybuilders look the way they do, the answer is simple. Most use anabolic steroids (synthetic testosterone) to achieve significant muscle size.

As for the fitness models you may come across in health and fitness magazines, some choose to use enhancers but for many others, it is a life of hard work and discipline. Fitness professionals are constantly in the gym working out and they do this because this is their profession. Fitness models have amazing lean and fit bodies that they have developed through weight training, cardio exercises and diet, not steroids. Where does this leave you?

With choices. You cannot allow your excuses and any myths to take years off your life. Do not let the myths you so persistently see on your social media feeds sway you. All of these are mere detractors, pulling you away from your desire to stay healthy. It is time to awaken.

So, let them see you sweat, put your hair in a ponytail or get a low maintenance hairstyle. Many African American women are going natural today preferring to do whatever is necessary to get and stay healthy and make life easier for themselves. The truth is that you know you will make time for the things you want to do, even after work. After a hard and tiring day, you sometimes find yourself heading to a bar or going for an outing to relax or recharge. So, do not delude yourself by saying that you do not have time to work out. You have time for whatever you want to do. Stop the excuses.

Let me tell you that when you start working out, you will feel so much energy and strength. You will feel better and healthier. Just try it. You will awaken both mind and body. Follow this up with awakening your spirit. Sometimes, our spirit is not at peace. We hold on to guilt, shame, anger, a lack of forgiveness or we become mistake hoarders. A mistake hoarder is a person who never lets go of another's mistakes and keeps a record of it,

ensuring that every time that other person does something wrong, they then bring something up from their past.

Many women have lost touch with or are not sure how to connect with their inner spirit. Without being in touch with your inner spirit, you remain guarded, lack peace, envy others and lose sight of your purpose. Yes, we all have a purpose but to recognize it, we need to have a sound mind and all three facets lined up - mind, body and spirit.

Can you relate to what I am talking about here? If you can, you understand that you can make your life different by allowing healing through self-reflection. You have to become a woman of discipline and respect. Our society is hurting because we have forgotten how important it is to love and show respect to our fellow man and woman.

Do you get into relationships that you know you need to let go of? Do you talk yourself out of it? Or fearing being alone, do you make excuses? Or do you do it for the children because you do not want to break up the home?

If you do, you suffer. If you have children, they suffer too. We have all made mistakes and unwise decisions in our lives but we can always make things better.

When you start loving yourself in a healthy way - mind, body and spirit - then you will be awakened as to what constitutes a healthy lifestyle. You will be able to take that positive energy and empower others with it.

This book is for all women who are on a journey to discover their self-worth and develop a wholeness of the mind, body and spirit.

My Story

I am, like you, a woman. I am a single, career woman. I am also a mother of two beautiful children. I was once married, now divorced. This is my story.

I have always had a passion for women issues, fitness and living healthily. However, I became serious about all of this during my divorce. I had to take some time to reflect on what I wanted for the next chapter in my life. It was time for me to focus on myself and, in return, to empower other women as well.

I believe that if you have anything to give back to others, that if you want to help or inspire another person, you should just do it. Ladies, I have been hurt. I have definitely made mistakes and made bad men choices, lacked discipline, eaten poorly, been critical of others and felt like a victim. Who has not?

If anyone says they have not, then they're probably arrogant and delusional. Therefore, I made the decision to stop, be still and listen to my heartbeat. Why did I focus on my heartbeat? Because it made me realize that my heart beats not only for me but for a life of purpose. I am here for a reason and I need to make good on that.

I was 44 when I separated from my husband, which led to our divorce. To relieve stress and anxiety, I started exercising in the mornings before work. I would get up at 5 AM faithfully; I was working out to DVDs and the more I did that, the more I became stronger and more mentally alert. As my body began to change, my confidence increased. I was so excited - I was ready for the next level.

That was when I started educating myself on clean eating and maintaining a healthy lifestyle. I started cooking healthier meals, and with my kids around, I made it a point to cook six days a week with an off day on Saturday. I realized that, by cooking at home, I was now far more aware of what was going into my children's bodies and mine. I studied and got myself certified as a personal trainer with the International Sports Sciences Association and continued to dive into reading scientific studies, women's anatomy, studies on hormonal imbalance and so much more.

Deep down, I knew that in order to be inspired to work out or even to eat healthily, my mind, body and spirit had to become one. This requires discipline, which I know can be a struggle for many. It certainly was for me, especially, in the beginning. I had to think seriously about my actions and motives.

I looked at this period as a time to focus on my state of mind and my behavior. I realized that in order for me to be good to others, I had to, in turn, be good to myself. I had to let go of past hurts and negative thoughts about myself in order to become a better person.

When I reflected, it was a time for me to ask deep questions. I asked myself questions about my values and my mission in life. I even asked myself whether I was a person that others could respect and whether I respected myself.

What I knew about myself was that even from an early age, I had triggers - things that caused me to cave to junk food, things that made it easy for me to lie, lose control or lack forgiveness. A part of me wanted to hold on to my anger and my negative thoughts. I did not want to forgive anyone.

When I spent time reflecting, these realizations came to me. I began to see things as they were. That was when I started to appreciate myself and understand my self-worth. I am not saying that I had it all figured out or that I had all the answers.

When I made the decision not to focus on what someone else did to me and instead, focus on how I could become a better person, the light came on. I was wasting energy on things that were out of my control. I was not focused on the things I could control ie myself.

Working in the medical field, I found myself immersed in so much information. Meeting so many people who were ill all the time, whether they were young or old, made me more determined to continue on my journey.

I asked myself how I could play a part in teaching preventative measures to women, like myself, women who are busy in so many areas of their lives. I know the feeling of not having the energy or time for myself. I know the feeling of getting off work only to go home, shower, cook and get into bed. I feel the pain that you must feel.

Many of you are not getting right into bed. You are checking homework or you leave work to support your children in their after-school activities. Or you may hold part-time jobs, perhaps you've started a business and so much more. Yet, you have to make time for yourself or you will end up in the hospital or worse.

The time to act is now, I guarantee you. It is about your mindset. Your mind plays a critical part in how you perceive and achieve your life goals, ambition and how smartly you work. Yes, how smartly you work. It is all about being true to yourself.

I say this to let you know that my book is not written to judge. It is to speak the truth, in love, because the one thing we have in common is being women. Womanhood is a celebration.

I am not a celebrity. I do not have a fitness trainer. I made the choice to become one myself. I have no cooks nor nannies but I am not against celebrities or anyone else who has the means to afford these luxuries. I am, instead, all about the empowerment of women. I know that there are those without a team and who are pulling the weight by themselves. I know it can be overwhelming. I applaud you. I promise you that there is a way to do it. I am proof that it can be done.

You just need to ensure a balance of the mind, body and spirit. This book is not a workout book or a cookbook. It is a guidebook on how to achieve balance in your life. Maybe, this is a book for you, maybe it is not. You will only know by reading it.

So awaken your mind, body and spirit by going to your quiet place. Do this with an open mind and embark on a wonderful journey towards your rewarding and healthy life. Let us stop

fighting against one another as women and fight for empowerment. Let the awakening begin.

Seek more balance in your
life. An unbalanced life sways
in the wind while a balanced
life stays firm - Author
Unknown

1. Achieving Balance In Your Life

A good mother is priceless. Words cannot express what some mothers are willing to do, achieve or sacrifice to make things better for their children. Typically, the mother is the glue that keeps the family together. Single mothers, therefore, have the double duty of making all of the household decisions.

Mothers are constantly on the move whether it is dealing with household responsibilities, preparing meals, checking homework, fixing hurts, listening to their child's problems, taking them to and from school or activities. But it does not stop there. If you have a spouse, I say respectfully so, he too will need your attention. All of this can be a lot to do in a day. Sometimes, this leaves no time for you. Can you relate to this?

Even though a mother's love is priceless and she is willing to take on the world for her children, it is important for her to lead a balanced life. Today's modern woman, as you well know, is often not a homemaker. Many are career women. Many desire the pursuit of life goals and dreams.

Some do it because it is financially necessary. As a mother, however, your biggest reward is being there for your children and meeting their needs. No other love can match the love connection between a mother and her child.

You know how your work, as a mother, never ends. It is a full-time position and you are the only kind of worker out there who never gets time off. It is all about fulfilling the desires and wishes of your children.