

A close-up portrait of a Black woman with a warm, confident smile. She has her hair pulled back and is wearing a vibrant blue, ruffled turtleneck top and large, ornate earrings with blue and gold accents. The background is softly blurred, showing horizontal lines that suggest a window with blinds.

SAVOI RAGSDALE

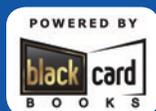
ABSOLUTE
BEST!

CHANGE YOUR MINDSET,
CHANGE YOUR LIFE

ABSOLUTE BEST!

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CHANGE YOUR LIFE

SAVOI RAGSDALE



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Author: Savoi Ragsdale

Title: Absolute Best!

ISBN: 978-1-77371-148-5

Category: SELF-HELP/Motivational & Inspirational

Publisher: Black Card Books

Division of Gerry Robert Enterprises Inc.

Suite 214, 5-18 Ringwood Drive

Stouffville, Ontario, Canada, L4A 0N2

International Calling: +1 877 280 8736

www.blackcardbooks.com

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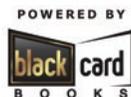
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Printed in the United States of America

ABSOLUTE BEST!

CHANGE YOUR MINDSET,
CHANGE YOUR LIFE

SAVOI RAGSDALE



“When we are
whom we are called to be;
we will set the
world ablaze.”

—St Catherine of Sienna

Uncover in these pages how to:

Get unstuck in any area of your life

Dig deep with soul-stirring exercises throughout the book

Gain practical applications to set yourself up for excelling

Get inspired to have a 'no more excuses' attitude

Keep the fire burning inside you to produce concrete results

Become the highest true version of yourself

Learn how to:

Get out of your own way

Gain a superior mindset

Face your giants (fears)

Kill mediocrity

Stop living a numb, auto-pilot, unfulfilling life

Live your *absolute best* life



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TESTIMONIALS

“You will greatly appreciate how well-written this book is. It’s such an easy read but packs a lot of punches that will make you question yourself: Am I living the absolute best life that I deserve? Don’t procrastinate, grab your copy of Absolute Best!”

—**Virginia Phillips**

Author of *Yes, You Can!*
www.healthyprofitsnow.com
www.aoenow.com



“‘Life is about choices. To not choose is also a choice.’ Don’t you just love how this simple quote from Savoi makes your heart race like you’re running a marathon? It’s just one of the positive realizations that this book has to offer. You will immensely enjoy reading it.”

—**Stania Rensberger**

Author of *The Best Is Yet to Come*
www.linkedin.com/in/staniarensberger



SAVOI RAGS



DEDICATION

I dedicate this book to Momzi. Losing you has propelled me into striving for what you always taught, encouraged, and exemplified in our home: always give, and do your *absolute best!* You genuinely modeled that for O and me.

I remember what you told me when I decided to run for secretary of student council. You asked me, “Why run for secretary when you could be president?” You were ahead of your time! Sure enough, I ran for president and won. Reaching for the moon again, in your honor. There, I will be with you amongst the stars!

“Death is not the
greatest loss in life.
The greatest loss is what dies
inside us while we live.”

—Norman Cousins

JUST BE

“True to my own lights,
doing my absolute best,
inspired to tap into my greatness
more and more.”

—Savoi Rags, excerpt from *Rear View Reflections*

ACKNOWLEDGMENTS

I would like to acknowledge the people who have inspired me with their teachings. Some of the more powerful lessons about this subject have come from the writings and/or teachings of Janet Diederichs, Michele Reisbeck, Susan L. Taylor, Tony Robbins, T.D. Jakes, Lisa Nichols, Earl Nightingale, Maxwell Maltz, Florence Scovel Shinn, Og Mandino, Barbara DeAngelis, Doreatha O'Brande, Marianne Williamson, Iyanlya Vanzant, Dr. Wayne Dyer, Abraham-Hicks, Rev. Dr. Michael Beckwith, Susan Jeffers, Gary Zukav, Dr. Norman Vincent Peale, Dr. David Schwartz, Oprah Winfrey, Dr. Deepak Chopra, Jeff Olson, Wally Long, Paul J. Myers, Vince Lombardi, Ralph Waldo Emerson, Kimberly Snyder, James Allen, Jim Rohn, Zig Ziglar, Sarah Ban Breathnach, Christie Marie Sheldon, Sonia Choquette, Louise Hay, Les Brown and Napoleon Hill.

It takes many people to provide the support, encouragement, and expertise to make a book happen, so, with heartfelt thanks, I would like to acknowledge all those who helped make my second book become a reality. I would like to send a special thank you for your time and expertise: Marty Wolff, Erin Van Horn; Jerome Leonard and Dr. Jason Kroese. I would also like to acknowledge my team at Black Card Books. First, my publisher, Gerry Robert. Thank you for your support and expertise. The entire BCB team was wonderful. I loved my journey with you from day one. You knocked my socks off! I communicated regularly with a few team members. Thank you so much Tina Nesbit, Ken Dablo, Tracy Centeno-Bansil and my editor, Sue Ducharme. You were exceptional! Communicating directly with you was an absolute joy! Your support and guidance were invaluable to me in publishing this book.

ACKNOWLEDGMENTS

Additional support, encouragement, and expertise were contributed by my photographer Jaymie Alexander www.jaymiestouch.mdom.mobi, my graphic designer Crystal Thomas for my logo design www.helloctdesign.com, as well as website designers from Spark Sites www.sparkmysite.com.

INTRODUCTION

TAKING THE WIG OFF!

“We all wear
a mask to some degree.”

—Marty Wolff, Posidyne Group Business Consulting

I hit it! I hit my wall. I was fed up with just existing and not truly living my life. To others, it probably didn't look that way, but only you know the fire burning inside you. Only *you* know if you are playing *full out* or if you are *holding back*. You, and only you, know. And... I knew!

To be honest, I had known for quite some time. I just kept my dreams, my hopes, and my aspirations to myself, as though they were locked in a vault. No

Only you know if you
are playing full out or if
you are holding back.

one else knew. Just me. By keeping it that way, I didn't appear to be falling short at all. It was my secret! *Quicksand* is what I call it—a bog of fear, negative thinking, and misalignment. It's as though I'd walked into quicksand and allowed my dreams and aspirations to suffocate. And they were.

Then Momzi transitioned. It took the wind out of any sail I had. I was numb, hurt, grieving, just like all of us are after losing a loved one. It was my lowest rock bottom yet. I had lost Dad a few years back and my 17-year-old dog Latte' a year before.



INTRODUCTION

I now have what Brendon Burchard calls *mortality motivation*. Now I understand that the clock is ticking. Tomorrow really isn't promised. My loved ones may be gone, but I am still blessed to be here. I want to become ready to earn my blessings for still being here.

While I was down and out, three different nuggets jumped out at me at different times:

“More of you needs to show up!”

—Tony Robbins

“Strive to become the highest true expression of yourself.”

—Oprah

“No matter who you are,
all of us have something
deep down inside of us that is shouting,
‘I want to live! Let me out!’”

—T.D. Jakes

Mediocre: that's who I had allowed myself to become over the years. I had been riding the humdrum roller coaster and was numb enough to be okay with it, day in and day out. Before I knew it, it was *years* later. Sure, a few successes were sprinkled throughout my life here and there. I am blessed to have literally loved most of my job(s) throughout my career. However, year after year consisted of mostly procrastinating regarding almost anything other than work. Of course, my motivation was, “I have got to get paid,” jobwise, that is.

SAVOI RAGSDALE

To be brutally honest, I became miserable at one of my jobs. I appeared happy, but deep down, I wasn't. I was doing what I had to do while neglecting who I was supposed to become. Like I said earlier, only you know the fire burning inside of you. Only you know, and... I knew.

Who wins? Your half-baked self or your best self? By the end of this book, it is my desire that you have also decided to *soar* with your best self. Reexamine your life. Does it resemble how you imagined your life to be or not? Or did your life take on a personality or a route of its own? Are you nowhere near what you could have imagined? Maybe it's not your entire life that needs overhauling. Maybe you would like to improve upon just one area. You know better than anyone else. The ball is in your court.

“I was doing what I had to do,
while neglecting who I was supposed
to become.”

—Savoi Rags

Let me remind you that the only way to grow is to become uncomfortable. I have found that the only way to genuinely live is to live outside of my comfort zone. Fearlessly or fearfully, choose to move the needle toward an *absolute best* you! Be reminded that to act in the face of fear is courage. Courageously decide right now. Courageously intend to change the course of your life. Courageously decide to choose the path of becoming your *absolute best!*

The only way to grow is
to become uncomfortable.

INTRODUCTION

In honor of Momzi, Dad, and Latte', I courageously choose, as Cindy Cherie describes below, to no longer exist and to truly live the rest of my life to the fullest! Come join me! Let's make the world a better place, one *Absolute Bester* at a time!

“One of my greatest fears is
I will die without finding a single soul
who knows what to do with all this fire
behind my eyes.”

—Cindy Cherie

FACE TO FACE

“When I look deep into my eyes,
I see a perfect invisible me
The wisest one I know
staring back at me
Tapping into my greatness is
What she is all about
I could fool the world
But never myself
Face to face.”

—Savoi Rags, *Rear View Reflections*



PART ONE

FACE TO FACE



THE FIGHT OF YOUR LIFE

THE JOURNEY WITHIN

“Every one of us has an internal guidance, GPS; intuition, a heart print; a heart song that speaks to us. Your only job is to be able to listen and discern when it’s speaking versus your head and your personality speaking, and if you follow that, you will be led to the highest good for you.”

—Oprah

I am literally in awe of us human beings! When our Creator made us, He/She literally did break the mold. To understand that no one in this world is like you, has never been like you and never will be, is an understatement. Once we embrace this thought, we realize that we are all pretty special. And we all are! None of us are exempt. You are an original!

THE FIGHT OF YOUR LIFE

We are not here by happenstance. We are all here on assignment, even if you don't think you are. It is your job to find out just what is right for you. I am convinced that the biggest slap in our Creator's face is to not become all of who you were designed and equipped to be! (Just saying!) Hence progress, not perfection, toward your... *absolute best!*

Within the hustle and bustle of your life, how do you achieve this? We are so overstimulated these days with our cell phones, PlayStations, and television, just to name a few. Now that your cell phone pings every time someone on social media likes a post you commented on, your attention is diverted yet again. The last thing on your mind is going within. We, as a society, have been conditioned and become addicted to checking our social media accounts numerous times throughout the day. I have learned how to turn them off. I turn them back on when I am ready for them.

An example of this type of focus was when Von Miller of the Denver Broncos was preparing for the new football season. He set a goal to take his game to another level. He needed to cut out as many distractions as he could. So he gave his phone to his mother. He only received calls she deemed emergencies. Additionally, he removed all social media from his phone. That was one of the years that the Broncos won the Super Bowl. Von Miller was the MVP. When he was interviewed about it, he related that for him to take his performance to excellence, he knew he had to become focused, definitive, and intense. That's an example of someone choosing *absolute best* in his life!

The longer I live on this earth, I become more and more convinced that life is lived within; not solely without. *Within* is defined as your heart, your soul, your greater self, your infinite self, and even your thoughts. For you to tap into your greatness and infinite self, you must go within. QT4U is Quality Time For yoU!

Later, I'll share more ideas of what *QT4U* can look like. When I do not do *QT4U* for myself, I liken myself to a horrible-sounding staticky radio station unable to get a clear signal. I am existing and not living then. That is when

The longer I live on this earth, I become more and more convinced that life is lived within; not solely without.

I don't remember what day it is, or I feel that the week, the month, or the year has flown by. I have been living my life on autopilot. I am so numb when I am like that that I pinch myself to remind myself, *Right here, right now, girl!* That is *laying low*. The opposite is *flying high!*

To assist you to go within, I like beginning with Rev. Michael Beckwith of Agape Spiritual Center's four empowering questions. Ask yourself:

- *What's trying to emerge in your life?*
- *What's your gift to share?*
- *What's your purpose?*
- *Why are you here on this planet?*

Please stop a moment and get a notebook and pen. To get the most out of this book, you need to do the exercises. Please answer these questions as thoroughly as you can right now. Let this book be one that helps you literally *soar* from the actions you take as soon as you receive a *nugget* that resonates with you. Promise yourself that you will be a person of action as you read *Absolute Best!*

“Life is about choices.
To not choose is also a choice.”

—Savoi Rags

WHY ARE WE REALLY HERE?

“The highest honor on earth that you will ever have is
the honor of being yourself.
Your only true job in the world as a human being is
to discover why you came; why you are here.”

—Oprah

After answering the above questions, what did you discover about why *you* are really here? Take just one step toward your discovery today! Watch it unfold for you!

YOU NEVER EXISTED

“Imagine the world without you—
Like in my favorite movie,
It’s A Wonderful Life.
Everything changed because
you were not here to influence it.”

—Savoi Rags, *Rear View Reflections*

So who am I to suggest how to become your *absolute best*? I am a person who regularly strives to achieve this goal. Many of my mentors were mentioned in the acknowledgments, and others are listed in quotes or referred to throughout the book. I not only read or listened to their book(s) but I was a student of the information. I painstakingly implemented many of their suggested practices in my life many times. I put some *do* to it, one endeavor and one challenge at a time. I immersed myself in and implemented what resonated with me. I encourage you to do the same: take what resonates and

implement it. Those are priceless nuggets! Additionally, to write, speak, and inspire others, one *Absolute Bester* at a time, is one of the passions I have dusted off to pursue.

“There is something deep down inside of me shouting, ‘I want to live! Let me out!’”

—T.D. Jakes

Deep down inside, I was shouting, “I want to live! Let me out!” I had to acknowledge I had been squelching my goals and aspirations. I had renegotiated in my mind that not achieving those goals was okay. I existed instead of living. Until... I chose to use grief as a springboard that turned into fuel. For me, it was grief, but what is it for you? Are you stuck in your life in any way? Deciding to live out loud is what life is all about once you get unstuck!

So what is that for you? Are you doing what you really desire and are passionate about right now in your life? It's never too late! This is *your life!* While you work at your job, no longer let it be the excuse to *not* pursue your passion(s). Always set aside time for your passion(s). Deep down, you are the only person who knows what that passion is. If you don't know, you must dig deep!

Are you stuck in your life in any way?

“It takes courage to decide to no longer lie to yourself about yourself.”

—Savoi Rags

DIG DEEP

Digging deep implies effort! I guarantee you that the excavation is... *uncomfortable*. The uncomfortable time equals *expansion and growth*. It takes courage to pursue that growth and begin to truly mine for the *gold* that is already within you!

Digging deep is a *face-to-face* encounter with yourself. It's personal. Take time to stop *right now* and answer these additional questions as thoroughly as you possibly can. You may discover some lifechanging nuggets in your answers. These nuggets are your directional signs along the way, one enlightenment at a time!

“The biggest slap in our Creator’s face
is to not become all of who you were designed
and equipped to be!”

—Savoi Rags

Taking the Wig Off: Dig-Deep Questions

1. What burning desire or passion have you been ignoring? What is gnawing at you? Why have you ignored it?
2. What one small step could you courageously take toward your passion today?
3. Has anything in your life challenged you or have you been stuck in any way? If so, what is it?
4. Have you become fed up about certain things in your life? If so, what is it?
5. On a scale of 1 to 10, how much do you like and love yourself? Why or why not? What is one thing you can do today to show yourself that you love yourself: perhaps treat yourself to a nice walk in the park or maybe even a massage?

6. Imagine for a minute you are living your *absolute best!* Describe in detail what that looks like for you.
7. On a scale of 1 to 10, how serious are you about becoming your *absolute best...* all of who you were meant to be?

UNCHAIN YOUR MIND

“The body has limitations.
The mind does not.”

—Tim Grover, Attack Athletics, Inc.

Up to this point in your life, who is starring in your life, *Lazy You* or *Best You*? Be honest! *Lazy You* just exists and goes with the flow of life. *Lazy You* has no aspirations at all.

Lazy You is living a mediocre, half-baked, numb, unfulfilling life. *Best You* is continually stretching to grow, do, and exceed your last endeavor. *Best You* strives each day toward success. *Best You* gets out of your comfort zone each day. Incrementally, *Best You* continues to build on itself with each failure and achievement. *Lazy You* or *Best You* are evident not only first in your thoughts and secondarily by your actions but also in your words.

Who’s winning the battle in your life? The answer is usually indicative of the status of the affairs of your life. Break the shackles that trap you in bondage and stop you from being and becoming the best you can be. In a later chapter, I will discuss our powerful minds in depth and identify steps to break free of the bondage.

“If you don’t program your mind,
you will be programmed.”

—Les Brown

THE FIGHT OF YOUR LIFE

DECIDE

This *Absolute Best* journey does require some less-traveled steps in your life. But it's not until you truly make up your mind and *decide* that you really are going to *put some do to it* that anything happens. Deciding cuts off all other options.

Stop and answer the following questions:

1. If you could do what you love to do, what would it be?
2. If you are not sure, then what have others told you you are good at? What are you passionate about?
3. What will it take for you to commit to your passion? Can you imagine just how much sweeter life would be if you prioritized your passion?
4. Would you prefer the pain of discipline or the pain of regret?

Nothing really happens until you have genuinely decided. Then write down your goal in as much detail you can picture now. Schedule the time you plan to work on your passion.



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RESOLVE

“When do you know that you have really
resolved to do it? Really do it?”

Deep down you believe it,
no matter what you see.

What makes this time’s commitment
different from the others?

Where does the shift lie?
How do you know you’ve hit the core?

When do you decide to decide?
When do you draw the line?”

—Savoi Rags, *Rear View Reflections*

BELIEVE

Notice that when you believe something, action usually follows the belief. If you say you believe, look behind to see what is following the belief. If action is not following, you really don’t believe. I challenged myself this way regarding belief for years, and now I challenge you. Ultimately, *“believe” is an action word!*

“There is nothing more powerful
than a changed mind.”

—T.D. Jakes

TUG O' WAR

ENEMY: INNER ME

There is a tug o' war between your *me/myself/I*—your *mind/body/soul*. We really are multidimensional beings. To learn that my body is my *earth suit* and that the real me is my soul was eye opening and intriguing to me. Our souls are our divinely wise selves. For years, I thought that what I saw in the mirror was all there was to me.

Think about it. In the physical world, going within is not a part of our usual conversation nor expectation. You move through the physical world via your five senses. Many people live their entire life strictly that way. I know I did—until I was open to learn more.

I am at a point where I desire that my *soul*, also referred to as my *greater self*, my *infinite self*, the *God within me*, will rule. When I am living my *absolute best*, my greater self and the visual me are traveling down the road of life in tandem, in synergy—like a wonderful dance. However, there have been times in my life, many times, that the biggest fight I have had is within myself. The tug o' war, the struggle over which will rule, is real.

“If there is no enemy within,
the enemy outside can do you no harm.”

—African proverb

My dog Prince loves to play tug o' war. I have fun pulling to my side and him to the other; it is a visual representation of what we continue to do to ourselves. To be all of who our Creator made us to be, we have to learn to get our *me/myself/I* flowing in synergy. Upon my enlightenment, this became my daily quest for the rest of my life. Aligned people contribute to the world, as you were intended to do.

Let's get ready to align. The unleashed power that we all have is what this journey within is all about.

No more tug o' war. Let's do this!

My morning mantra: *I am the best I can be. I'm in alignment with my greater me!*

WAKE UP! DON'T JUST EXIST—LIVE!

“Somebody should tell us right
at the start of our lives that we are dying.
Then we might live life to the limit, every minute of
every day. Do it! I say.
Whatever you want to do, do it now!
There are only so many tomorrows.”

—Michael Landon Jr., actor

Tomorrow really is not promised to any of us. Losing loved ones is a reminder of that. If you answered the questions above, you thought about what makes you come alive. I began with asking myself the same questions.

While my professional life has been mainly in banking and finance, I have kept my passions as hobbies. I am very creative. I love dancing, fashion

designing, modeling, and writing, to name a few. Instead of doing these solely as hobbies, I am now looking to embrace some of my passions professionally. For years growing up, it was evident to my classmates that I was a fashion designer in the making.

Dust off your passions,
dreams, and aspirations
today!

THE FIGHT OF YOUR LIFE

I let that goal submerge in *quicksand* along the way. One passion I kept was modeling. I have enjoyed modeling for years! Since I was in my 20s, I knew that I was meant to write. I even incorporated a business in that honor back then. I was afraid. I hid behind my job and anything else I could think of back then. When I did finally write my first book, *Rear View Reflections*, it took me six years to finally publish it.

Come join me! Dust off your passions, dreams, and aspirations today! Just take the first step! Live today as though it is your last, because it just might be! See each day through child-like eyes. Savor every moment. Live in the here and now! Become your *absolute best*, one day at a time. Remember, tomorrow is not promised! Count your blessings daily. There is always something you can be grateful and thankful for. Wake up and live!

MY FAVORITE SCRIPTURE:

“I can do all things through
Christ who strengthens me.”

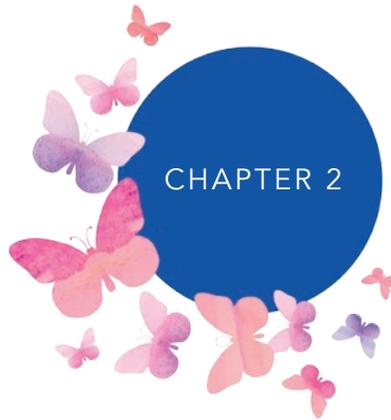
—Philippians 4:13



“Can’t change the past...
But you can do everything about the future!”

—Savoi Rags





SUPERIOR MIND, SUPERIOR FOCUS

“You cannot win the war
against the world
if you can’t win the war
against your own mind.”

—Will Smith

SUPERIOR SPECIES

Our minds are on duty 24/7. How do we know? As soon as we wake up in the morning, we hear some thoughts or conversations in our head. Our minds alone make us humans, the superior species. While we are the most dependent species when born, we grow to be the most magnificent beings. Sure, the cheetah may be one of the fastest animals, and the bear is extremely strong,

but the human being has the one string that the others are not able to play on: the ability to mold, shape, and renew their minds to unimaginable heights! Now that's power! It's like a light switch—choose to turn on the magnificent power within you!

THE TRINITY OF CONSCIOUSNESS

The subconscious mind is the gear that can take your life to a holy 'nother level!

The conscious mind, subconscious mind, and superconscious mind make up what I call the *trinity of consciousness*. The conscious mind is the here and now and deals with logic. It's what you

see, hear, touch, smell, and taste. The conscious mind performs seven functions per second, while the subconscious mind performs 750 functions per second. The subconscious mind (unconscious mind) is by far the most powerful, but it cannot be tapped into without repetition and programming from the conscious mind. The subconscious is like a train without a conductor—massive power without direction. The subconscious mind does not reason nor deal with logic. The subconscious mind is the *gear* that can take your life to a holy 'nother level!

“Your subconscious mind is 30,000 times more powerful than your conscious mind. To unleash your hidden potential, you have to tap into your subconscious mind power.”

—Carl Ramallo

SAVOI RAGSDALE

Your subconscious mind is where your exponential power is. Finding this gem and implementing it is what I call one of my *secret sauces*. It helps me excel to greater heights in my life, believing first that I can do all things that strengthen me. I go to sleep with empowering subliminals and then wake up the next morning feeling that I can achieve anything; it's one of my keys to excelling. It's the evidence and fruit of this wonderful dance, merging your conscious mind with your reprogrammed subconscious mind and producing phenomenal results. Knowing these departments of the mind and choosing to reprogram your minds is important.

The superconscious mind is the God-mind within us, our intuition. Learning to listen to your intuition is another life lesson that helps you gain

OD on PD means
*overdose on personal
development.*

confidence in trusting yourself. Intuition is the small voice that speaks to you along the journey of life. You know, the one that told you to turn right, and later you discovered you'd just missed being in an auto accident. *That* voice. If you have heard and listened to it before, then you are building your intuition muscle, just like working out. The more you use it, the better you become at understanding that you are hearing from that small voice, your intuition; your GPS, your guidance system.

Once I learned that I have a subconscious mind and that there is power when paired with my conscious mind, I went on a mission. I coined the phrase, I love to OD on PD, which means *overdose on personal development*. A few ways to feed your subconscious and intentionally begin to direct your life include listening to or reading books that instruct and inspire you; falling asleep to subliminals; saying positive affirmations with feeling and emotion.

SUPERIOR MIND, SUPERIOR FOCUS

Subliminals are affirmative thoughts and encouraging words that feed your subconscious while you sleep. Since your subconscious is power without direction, you are feeding *and* directing it. One very powerful thing to do is to record affirmations on your phone or a voice recorder. Hearing those affirming words in your own voice is a very powerful way to program your subconscious mind!

A few of my affirmations:

- I am poised and magnetic.
- I savor every moment.
- I am healthy and wise.
- I exceed and excel in all I do.
- I am calm and cheerful.
- I am a yielded vessel.
- I am grateful and thankful for —.

GARBAGE IN, GARBAGE OUT

Imagine you having a conversation with another person, and you look around and notice someone is eavesdropping on your conversation. That's what your subconscious mind does; like a tape recorder, it eavesdrops. Your subconscious mind constantly eavesdrops on how you feel, every thought you think, every word you say, and every word you hear. I have become very particular about what I let into my mind. I no longer stay glued to the television like I had in the past. I was a TV addict. I am aware of this also with my phone, social media, and so many other things that can distract me throughout the day. Understanding the subconscious mind more, I am extremely selective about what I let in now.

SAVOI RAGSDALE

Our minds are always working, but not always to our advantage. It's all about programming your mind. Since you now understand the importance of *mining your mind*, everything starts with your thoughts and feelings. Did you know that you usually have about 50,000 thoughts per day? Out of those thoughts, at least 80 percent are negative. It's no wonder that if you don't *mine your mind*, you can go in the opposite direction of where you desire to go. I strive toward thoughts that are affirming, that feel good—pure, positive thoughts.

When you notice that your thoughts are not affirming, work on adjusting them as soon as possible. I call that adjustment *new beginnings*—right then, right there. By listening to or reading encouraging, positive personal development, you help reprogram your mind. I also enjoy

Your subconscious mind constantly eavesdrops on how you feel, every thought you think, every word you say, and every word you hear.

multitasking by listening to an audiobook while I am driving or cleaning my home. I am now able to adjust my thoughts midstream much quicker when I realize that I am too much in my head about something.

While working in a toxic environment, I was able to thrive due to this practice. My challenge was remaining positive in a negative environment. Sometimes, just thinking better thoughts than totally negative thoughts is a great place to start. Since the mind is a muscle, I am steadily training it to adjust quickly. Then the mind can run cleanly by making many adjustments throughout the day. What a great habit to form!

“Watch your thoughts, they become your words.
Watch your words, they become your actions.
Watch your actions, they become your habits.
Watch your habits, they become your character.
Watch your character, it becomes your destiny.”

—Frank Outlaw

WHO’S DRIVING, YOU OR AUTOPILOT?

That’s the question! Autopilot is like using cruise control. Autopilot is existing. This is as toxic as it gets! When you are on autopilot, it’s extremely dangerous, without you realizing it. The challenge is to choose to be the person who is no longer on autopilot. Remember, we are talking about the mind here. Your mind is everything. The body is not its best without the mind. How do we know? Observe a person who has lost oxygen over a period of time. Their body may become vegetative if they have lost too much oxygen. The mind is very powerful, and many of you take your minds for granted. I challenge you to get in the driver’s seat. Live present—here and now! Let your infinite self be your GPS; be the one driving, not just sitting in the passenger seat and letting life happen to you. Choose to no longer live on cruise control. Be intentional! Conquer the autopilot of your mind.

SUCCESS IS A STATE OF MIND

Remember that success is indeed a state of mind. Decide to be successful with your passion. Decide to make certain that you begin with a superior mind as well as superior focus. Remember: You are running this! By *mining your mind*, you nix stinking thinking: negative thoughts, bad vibes. Other ways to develop a good state of mind will be discussed in later chapters.

SAVOI RAGSDALE

In order to break the record that doesn't serve you and keeps playing in your mind, you must first realize that it's playing in your background and then decide to literally break it and replace it with new programming. New programming can be affirmations, subliminals, an encouraging song, or anything that is uplifting you. Appreciation and gratitude also immediately shift your energy, attitude, and state of mind. Count your blessings continually!

“All personal changes must take place at the subconscious level.”

—Tony Robbins

DEFINING MOMENT

“You are the architect of your life.
You decide your destiny.”

—Swami Rama

One of my bad habits as a little girl was biting my nails. I bit them down so far that it hurt. One day Momzi said, “Did you know that all you have to do is decide that you won't do that again, and you can stop biting your nails?” I remember thinking, *Is it that easy?* About a week later, I decided to try. I did it, without telling anyone else. After the third day or so, I told Momzi I had quit. I was maybe five or six years old.

That was a defining moment in my life, when I learned the power of making my mind up. I realized that my power *was* my mind. I continued to explore this gift regularly throughout my life. But that was when everything changed for me, when I said to myself, “I'm running this!” Sure, I am grateful to God! I also realize I have free will. I have the power to make the choices and decisions about the

SUPERIOR MIND, SUPERIOR FOCUS

directions of my life. If we didn't have free will, we'd all be puppets on a string. Free will is power for *you* to rule and not let objects or other things rule your life.

THINK FOR YOURSELF

I recently heard a minister speak about one of the things that's wrong with the world today. He said that people don't overcome peer pressure. Everyone wants to be like everyone else, even adults. They just can't think for themselves. I really had to agree with him about this. Just look around and see how many *cookie cutter* people are out there. Oprah said it best: *Your highest honor is being yourself!* Be authentic. Be you!

Before going off to grade school, I remember the conversation that laid the foundation of my life. Momzi taught me the importance of thinking for myself. She explained what peer pressure was and why I needed to decide for myself. I remember taking what she said to heart... literally! I remember having butterflies in my stomach when I went against whatever others were doing—in other words, thinking for myself. It wasn't easy.

But I preferred the butterflies in my stomach to going against my decision. Yes, it did build character, tenacity, and grit. Sure, I will admit that I swayed a few times that I am not proud of, but for the most part, I did what was right for me. Thinking for yourself lays a foundation of authenticity and trust in yourself about making decisions for your best interest.

Remember: Your life will *never* be the same when you tap into the exponential power of your subconscious mind!

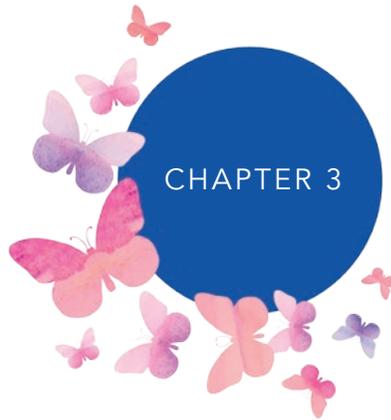
SAVOI RAGSDALE

“Whatever we plant in our
subconscious mind and nourish with
repetition and emotion will one day
become a reality.”

—Earl Nightingale







HELLO FEAR

“F-E-A-R: Forget Everything and Run
Or
Face Everything and Rise.”

—Zig Ziglar

FACING YOUR GIANTS

The number one reason many of us do not live our *absolute best* is fear. Faith is the polar opposite of fear. When you live in faith, you conquer fear. When you live in fear, there is no faith. There is no in between. It's that simple. According to my spiritual teacher Janet Diederichs, *fear is a wake-up call, a warning sign*. Fear is designed to get your attention. Fear helps you determine what your next step should be. That's all it is to be and all it is to do for us. How many times have you found yourself stuck in fear, letting fear take over and rule and ruin your life? In this chapter, you will learn some ways to address fear directly and learn how to face your giants.

HELLO FEAR

Think of a time when you were fearful. What was the outcome? I notice that I experience anxiety and fear when I am doing anything brand new. The unknowns make me uncomfortable. I work to push past and do.

“Walk with your fear,
and breathe through it.”

—Michele Reisbeck LMT
The Language of Touch

To live on this earth is to deal with fear. We are not robots. Fear of the unknown, fear of failing, fear of success, and worry are just a few of the different types of fear. The goal is to learn to not allow fear to paralyze you. Other than things that can harm you, usually the thing you fear exploring might be the direction of your greatness. For example, let's say you desire to become a nurse. The thing you fear is completing the required training. If you desire to become a nurse, learn more about it; ask to shadow someone who is a nurse. And then, *walk with your fear, and breathe through it*, and do it. When you turn fear into faith, fear is a good thing. It takes courage to walk with your fear.

Are you tired of fear ruling your life, squelching your zeal and dreams and aspirations? If you are honest, many of you have served fear, as though it was/is your master, many times. I know I have at different times in my life. You can't serve two masters. There is no in between. Adjust as soon as you realize you feel fear by focusing on the positive. Replace the negative fearful thoughts with uplifting faithful

Fear is a wake-up call,
a warning sign.

thoughts. Do it over and over again, as you need to. Not addressing the fear just makes matters worse. You must definitively decide.

RICHEST PLACE IN THE WORLD

“The graveyard is the richest place on earth, because it is here that you will find all the hopes and dreams that were never fulfilled.”

—Les Brown

To have faith is to act, to do, to move. Combine your hopes and dreams with the faith to execute them. Decide now that your passions won't die. Decide now that your dreams, goals, and aspirations will be achieved. It's never too late to pursue your dreams, goals, and aspirations. This is *your* life! Decide today to let faith rule, not fear!

Replace the negative fearful thoughts with uplifting faithful thoughts.

“Usually the thing you fear to explore might be the direction of your greatness!”

—Savoi Rags

HELLO FEAR

QUICKSAND

Over the years, I have allowed quicksand to snuff out many of my goals and dreams. All that limits us is quicksand: fear, procrastination, doubt, negative self-talk, negative beliefs, unforgiveness, excuses, worry, toxic people. All are poison. But you could turn them into fuel. Recognize quicksand, and do something about it! Action kills any quicksand that shows up. Also know that if whatever you are doing is not outside your comfort zone, you are most likely not genuinely living up to your capacity.

I WIN

“One is always trying to win:
Faith versus Fear.
In the end, I win. I have faith, that is!”

—Savoi Rags, *Rear View Reflections*

NEVER AGAIN WILL I LOVE YOU

I really love the Kirk Franklin song “Hello Fear,” as well as the movie *Facing the Giants*. Both deal directly with fear. It takes courage to live an *Absolute Best* life. Decide now to no longer love fear or be fear’s prisoner, as “Hello Fear” suggests. That’s faith consciousness. *Facing the Giants* really reinforces the importance of facing any fears (giants) in your life. This movie reminds you to walk with your fear, do your best, and give the rest to God.

SHAKE IN BOOTS AND DO

Shake in your boots and do it anyway!

How many times have I done that one? There are many areas in my life, many times when I moved beyond my ability and went with the God in me to achieve a goal. Think of one area of your life when you *shook in your boots and did it anyway!* Duplicate that! Choose to pull it out; choose faith instead of fear. Choose one action you can do right now toward demonstrating faith. Do the opposite of fear. *CCID: Confidence Comes In Doing!*

“Feel the fear and do it anyway!”

—Susan Jeffers

Here’s my recent journal declaration regarding fear:

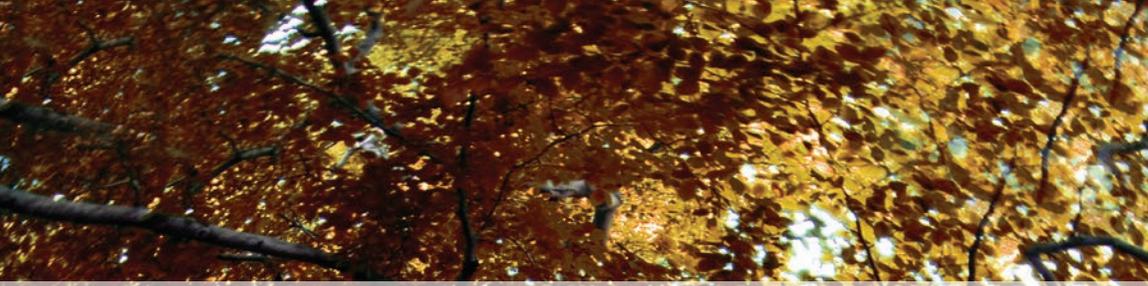
I am releasing fear—in all its disguises! I am ready to release fear and replace it with faith in all my endeavors. I am ready to release negative self-talk and replace it with affirming encouragement. I am ready to release procrastination and put some do to what I know to do. I realize that I am the one who puts myself in quicksand. I am fed up with not pulling myself out as soon as I realize it.

CCID: Confidence
Comes In Doing!

Release! Refocus! Renew!

“S.O.A.R. Stretch Own It
Acknowledge Rise Up!”

—Savoi Rags



PART TWO

BREAK THE ICE!





HABITS AND RITUALS

“Divorce the story of your limitations.
Marry the truth of unlimited capacity of your life.”

—Tony Robbins

SELF-IMPOSED LIMITATIONS

Whether you realize it or not, you have imposed limitations on yourself. All of us have, in some area or another. Stop and think about it; what is one area in your life where you have set achievement limit(s) on yourself? Why do you think you placed those limitations on yourself? Can you see that you have been self-sabotaging your success(es)?

In this chapter, my goal is for you to liberate yourself by severing your ties with any toxic belief systems you have allowed to take root in your life. After gaining a superior mind, the number one way to sever those ties is with habits and rituals that affirm your goals and aspirations. Gaining alignment by implementing steps from each chapter in this book is the gateway to your destination.

HABITS AND RITUALS

One way to help be in the present moment in our lives is to savor every moment and account for every second. Taking a deep breath, lightly pinch yourself and say, *“Here and now or minute by minute helps me live in the present moment.”* When I do this, I absorb my surroundings and am truly present.

Scheduling your day is one way to take full advantage of every single moment.

“We are what we repeatedly do.
Excellence, then, is not an act but a habit.”

—Aristotle

THE FIRST STEP

By now, you have evaluated where you are in your life and have hopefully decided on some adjustments. This is the beginning of a new day for you! Greatness starts with the first step.

We really are what we repeatedly do! Gratitude is one of the most important habits to begin with. Anytime you are about to start a new adventure, it is scary and different from what you are accustomed to. That’s okay. Feel good about your new plan and your new life.

Be grateful for your journey so far, and be grateful for the new journey you are creating.

BREAK THE ICE WITH YOURSELF

When was the last time you needed to do something you had never done before; did you feel very uncomfortable at first? But you followed through and did it anyway. Think about if you had just become paralyzed; you would never have made it to the other side.

SAVOI RAGSDALE

I found when there is something new coming, I need to begin by *breaking the ice with myself* as my first step. Taking the first step should feel weird. Butterflies or an uncomfortable feeling are normal at first for many of us.

I am hilarious when I do something that I have never done before. No, I am not laughing, but you definitely are! I say to myself, *“I might be hilarious when I do something new, but don’t let me get this!”*

One day after a challenge, I decided to learn how to ski. After buying the expensive clothing and gear to do so—and it was expensive, even on sale—I said to myself, “Oh, I’m learning how to ski!” With butterflies and all, not keen on heights as well as stumbling off of the ski lift, I broke the ice with myself. For you skiers out there, I stayed in the pie formation for five ski trips straight. It is how beginners learn to ski. But that’s neither here nor there. At least I didn’t give up. Finally, my friends asked on trip five, where was I? I told them to go ahead of me. I didn’t need the pressure of trying to keep up with them. I felt that understanding how to ski was still in my brain and not completely down to my legs and feet yet. I told them I’d see them at lunch. The pie formation was my safety zone, but it really exhausts the legs. My goal was to parallel ski down the mountain like everyone else was doing.

Barely five minutes after I said that, my friends heard *swish, swish, swish* as I quickly passed all of them. I heard one of them say, “Is that Savoï?”

I yelled, “Yeah, baby!!”

HABITS AND RITUALS

Many times in life, you must take that first step. Breaking the ice with yourself is one of the most important things you can do. It means totally getting out of your comfort zone. Sometimes, I break the ice in a less significant area, because it builds my confidence to duplicate that in other areas. An example of this is going to a party where I know no one. Believe it or not, I can be shy. To break the ice

Breaking the ice is a game changer!

with myself, I make myself begin chatting with at least one person. It's all downhill from there! Breaking the ice is a game changer!

REPLACE A BAD HABIT WITH A GOOD ONE

Pursuing several bad habits at the same time can also lead to failure. I encourage you to decide to replace one bad habit at a time. Work on that. As your confidence builds after having done so, then build on that success and either tackle another habit or pursue the next part of the goal you have decided you need to work on, and so on.

The habits you form should align with the goals you are seeking.

The habits you form should align with the goals you are seeking. A goal that is not written down is a dream, a wish. I like to write my goals on small index

cards, as I learned from Earl Nightingale's *The Strangest Secret* challenge. I use one card per goal. I like using the pastel-colored ones; my financial goals are written on the green ones, while my relationship goals are written on yellow. I also enjoy using the Best Self journal to track my progress and so much more. How do you get rid of a bad habit? Replace it with a good habit!

“Strive for progress,
not perfection toward your... *absolute best!*”

—Savoi Rags

HABITS, RITUALS, AND GOALS

- Step 1: Write your goal out in detail as well as the steps to achieve your goal in first person. *I enjoy skiing! I am safe and a proficient skier.*
- Step 2: Work toward a quarterly goal. Shorter goals help you achieve the larger goal.
- Step 3: Replace bad habits with good habits that support the new goal. Master one habit for 30 days.
- Step 4: Plan, do, review every Sunday and make any adjustments to your goal.
- Step 5: Review goals and visualize your goal morning, noon, and night.

“The journey of a thousand miles
begins with one step.”

—Lao Tzu

TRUST YOURSELF

“Don’t just talk about it, be about it!”

—Unknown

Your word must become your bond, first and foremost with yourself. Trusting yourself to make the right decision for yourself is critical in life. Over time, you may get to a point where you don’t even trust yourself. I once observed that I am a person of my word to everyone else, but often not to myself. I didn’t realize that I no longer trusted myself until I observed that I didn’t do what I said I was going to do regarding daily habits and goals in my life. Having small successes each day has changed my life and given me confidence to trust myself. I believe in myself again when I say that I am going to do something. I have become a person of my word to *me* again.

For an example, I started out with one crunch day one and then I got up to 100 per day. That’s just one habit/goal at a time. I started with small successes first. I gained confidence and trust in myself

Your word must become your bond, first and foremost with yourself.

again. I am enjoying the fruits of my actions now, doing so much toward each individual habit or goal daily. Be a person of your word to yourself! Be your own best friend.

As I mentioned earlier, another way I have found to help hold myself accountable to habits and goals during the day is using the Best Self journal. It has helped me plan my daily, weekly, and quarterly goals in much more detail. I also enjoy planning out my day hour by hour. I find that I am extremely efficient when I have one place to track my habits and rituals and, ultimately, my goal(s).

UNCOMFORTABLE: THE NEW COMFORTABLE

If you are comfortable in any area of your life, you are stagnant. Unfortunately, any time you are comfortable, no growth is happening in that area of your life. If you are not growing, you are not learning, expanding, nor improving. In this journey, neither standing still nor regressing is what this journey is about. This journey is about challenging yourselves, day in and day out. It's about putting some *do* in it, putting some action toward your goals. It's about forming nothing but good habits!

What better example than Blake Leeper. Blake is a young man born without legs. Imagine running to third base when your prosthetic leg falls off. That's what happened to Blake. Kids laughed. How horrible that made Blake feel. How he loved to run, though. He loved feeling the wind hitting his face. Early in his life, he just didn't understand why he was born without legs. He felt sorry for himself many times, until one day he chose not to. When he was introduced to much better prosthetics, everything changed for him. He learned to see his disability as his ability. This double amputee is now an eight-time International Paralympic medalist in track and field. He chose to make his discomfort his comfort.

PAIN OF DISCIPLINE vs PAIN OF REGRET

“When you form a habit,
there is groove in the brain that
gets created for that new habit.”

—Erin Van Horn LMT, CST

Z-Health Exercise Therapy Specialist

HABITS AND RITUALS

It's exciting to learn that forming a habit creates biological responses in our bodies, just as when you work out, your muscles become more defined. If you stop working out, muscle atrophies.

All of us can discipline ourselves to do something. Choose the pain of discipline any time you question if you should or should not do something. You won't regret it. I love forming good habits and rituals in my life. Because the habit is good for me, it nourishes and enriches my life. I notice that I sow the seed I really want to harvest! It feels effortless over time, because it's how I live. Our life is a conglomerate of habits—might as well make them good ones. Be consistent and persistent.

“Maturity is doing what you know to do.”

—Momzi

WHO'S YOUR HERO?

“I need each day—
Someone to chase.
...to my hero, that's who I chase...
You know who my hero is? It's me in 10 years.”

—Matthew McConaughey

Who is the hero you are chasing? Have you thought about this lately? Once you decide, know that what you do today will assist you in reaching that goal tomorrow. Are your habits in alignment with your future goals? *What you sow today is truly what you reap* (Gal. 6:7) tomorrow. None of us can escape that. You have to put the work in! I have chosen to strive to be my own hero, like my hometown friend stated above. Let's begin to chase the you will

SAVOI RAGSDALE

become in 10 years! Imagine it. Visualize it. Write it out! Who are you 10 years from now? List as much detail as you can imagine! Stop and do this now! You can also make a vision board and put your face in all the pictures! Now chase your 10-years-old self! Get with it! You've got a lot of work to do!

HABITS DON'T LIE

“Practice like you've never won.
Play like you've never lost.”

—Michael Jordan

One of my favorite examples of someone who prospered from daily habits and rituals is Michael Jordan. The misconception is that one is born great. Sure, we have within us what we need to become great. It's up to us to do something with what's within.

Michael's older brother Larry at only 5'8" was the better basketball player in the family. Michael himself has said that Larry is Air Jordan Number One and he is Air Jordan Number Two. Michael did not make the varsity basketball team when he first tried out. He was very upset about it. He felt that he was better than a few others on the roster. He decided to turn that anger into fuel. He would visualize the varsity roster without his name on it to motivate himself to practice longer, work on his weaknesses, and improve day by day. One reason he was able to shine and soar as he did with basketball was because he put the work in. He was known to practice as though it was game day. That's one of the reasons he was able to excel in the clutch moments during a game. He'd been there so many times before in practice physically and mentally. Good habits and rituals help you achieve your goals!

HABITS AND RITUALS

“The only difference between those who have failed and those who have succeeded lies in the differences of their habits.”

—Og Mandino

STOP BEING A FRAUD TO YOURSELF

One day, I was talking to a friend about a goal I wanted to achieve. I was not being totally honest with her nor myself about my progress. That day I said to her, “*I no longer want to be a fraud to myself.*” Let’s get real. After I called it out, I was more committed to doing what I knew to do to achieve my goal.

Only you know what you are doing. Only you know if you are doing the things that help you achieve your goal, minute by minute, day by day, year by year. Remember: you reap what you sow. I started asking myself if I was sowing the seed (habits) I wanted to harvest later (goal).

Remember: Good habits and rituals help you achieve your goals! They go hand in hand.

“Uncomfortable—the new comfortable.”

—Savoi Rags



A person with their back to the camera, wearing a dark green jacket, holds a white banner high above their head with both hands. The banner features the text "Free Your Mind" written in a black, cursive script. The background consists of a clear blue sky and a dense network of bare, brown tree branches, suggesting a winter or late autumn setting. The person's hair is pulled back into a ponytail.

Free Your Mind



HOW'S YOUR THOUGHT LIFE?

“We become what we think about.”

—Earl Nightingale

FREE YOUR MIND

Freeing your mind means letting go of the shackles that have you in bondage. Bondage is horrible! We think about people incarcerated in prison, but many of us who are not in prison have already incarcerated ourselves through the bondage we've allowed. Free your mind by being real with yourself and *taking the wig off*—discovering who you genuinely are. With daily excavation and self-discovery, learning who you really are and what you are to achieve, you can free your mind.

UNCHECKED THOUGHTS

Our thoughts run us, whether we realize it or not. Even if you are not aware of it, you are creating with your thoughts. Many times, our negative thoughts are like wildfire, a small spark that becomes a danger to you. If our thoughts feed us, this is a good thing. As mentioned earlier, statistics show that at least 80 percent of the time our thoughts are negative.

“A man is what he thinks about all day long.”

—Ralph Waldo Emerson

The mind is the body's engine. As you maintain the engine of your vehicle with oil changes and tune-ups, freeing your mind is maintaining your mind. If you are not helping direct which path you are following, then you are traveling by default. This journey is about you no longer doing *anything* by default! The *Absolute Best* journey is intentional, every step of the way!

My question is, “How is your thought life?” What are you thinking about all day long? Have you stopped to listen and really hear what that is? Have you eavesdropped lately on your thoughts? Earlier you learned that your subconscious mind is always eavesdropping. I challenge you to eavesdrop on your thoughts. You will be amazed at what you find.

Negative thoughts are like wildfire, a small spark that becomes a danger to you.

For years, I considered myself to be a rather uplifting, positive person. One day, I decided to take on a challenge I read in *The Strangest Secret* by Earl Nightingale. The challenge was to manage

your thought life regarding a goal for a full 30 days. I wrote down the goal on an index card. I read it throughout the day, as well as when my thoughts were negative. I was floored at how often I had to pull that card out to get back to thinking positively. I failed the test for numerous months. No one could have convinced me that I was that negative, but I was. This challenge led me to explore my thought life more and more. Before, I thought that my mind was supposed to be a runaway train. I had no control over it. Learning later that I can *mine my mind* changed everything for me.

New beginnings include forgiving yourself and starting again immediately.

NEW BEGINNINGS

New beginnings include forgiving yourself and starting again immediately. I no longer allow negative thoughts to take root and become weeds and expand over time into a tree. Quickly replace any negative thoughts with positive ones. The mind genuinely does have a mind of its own, if you don't direct it. Better yet, learn how to have *new beginnings* much quicker when you have gone negative. *New beginnings* are one of the most forgiving things you can do for yourself. Let it go! *LIG*, as my brother O says!

ENERGY VIBRATIONS FREQUENCY

Every thought you have and word you say has its own energy, vibration, and frequency. I work on limiting negative self-talk by replacing that with affirming thoughts all day long. As discussed earlier, negative thoughts will come; it's what you do with them that counts. Quickly replace negativity with positivity. Being conscientious helps you avoid self-sabotage. You are also energy, whether you

HOW'S YOUR THOUGHT LIFE?

realize it or not. Each of us carries our own vibration and frequency, just like our thoughts do. Wonder what your vibe is when you walk into a room.

ALIGNMENT

If your thoughts, words, and actions agree, you are living in alignment with your goal. If only one of the three don't agree, you are not in alignment. I have learned that when I am in alignment, I experience peace about something. When I am challenged, I must double-check myself to see if I am out of alignment. Don't contradict yourself; if you do, adjust quickly.

ATTITUDE IS YOUR ALTITUDE

“Your attitude determines your altitude!”

—Zig Ziglar

One of the main components of the *Absolute Best* journey is your attitude. Once I realized that I was sometimes sabotaging a situation by not having a good attitude, I chose to work on it. While

Don't contradict yourself;
if you do, adjust quickly.

you may not like someone else's attitude, you can still choose to be your best with a good attitude. Challenging? Yes! Yet achievable!

Having a good attitude is more important than talent or intellect. A good attitude is not only contagious, it feels magical! Anyone can do smooth sailing! But the person who can have a good attitude during trials wins. It takes practice! Your attitude does indeed determine your success! Years ago, I was fired from a temporary job

because of a bad attitude. I learned my lesson. The only thing in life I can control is myself. Your good attitude can truly be your altitude.

If I needed an Attitude Adjustment (AA), I learned to have a conversation with myself in the mirror, eye to eye. It would ask myself, “Girl, what are you doing?” By the time I left, I’d say, “You got this!”

PRACTICE OF GRATITUDE

There are so many things that you can be grateful for. Many times if we are being challenged, it’s not easy to come up with what is good. My first experience with the practice of gratitude was when I heard Sarah Ban Breathnach of the *Simple Abundance* books speak of it on *Oprah*. I purchased her gratitude journal. I formed the habit to write out five things per day that I am grateful for. I now keep a small notebook with me to write these out, no matter where I am. Even when I worked at the challenging job I mentioned earlier, I learned to think of things to be thankful for. I regularly wrote out a few things I liked about my job. While others complained, I chose not. Oh, I had a lot to say, I just chose not to bite the hand that fed me. While I still worked there, I chose to focus on the positives, like:

1. *Appreciate my earnings*
2. *Love my customers*
3. *Love my friends there*
4. *Appreciate the great benefits*

HOW'S YOUR THOUGHT LIFE?

When I write out the minimum of five things I am grateful for per day, it can look like this:

I am so grateful and thankful for... (Date it.)

1. *All of the magnificent feats my body does to keep me alive and thriving*
2. *My loved ones*
3. *Warm bed to sleep in at night*
4. *Safe and dependable vehicles*
5. *Food to eat*

I have learned that I can always be grateful and thankful for something. It doesn't matter if I am going through a storm in my life, I can always find some good and appreciate that. It is so important to not take anything for granted. I also love acknowledging what I call *simple pleasures*: a walk in the park or catching up with a friend. Simple pleasures are priceless!

An *Absolute Best* person is a grateful person! Gratitude is a *secret sauce*! Start a gratitude journal. Bookend your day by being grateful not only in the morning but also right before going to bed. Start your gratitude practice today! These are the thoughts and feelings that you want to be reminded of all day long! Choose to remain on *Channel P* (P is for positive)—as I learned from Dr. David Schwartz of *The Magic of Thinking Big*.

“Many of us who are not in prison
have already incarcerated ourselves through
the bondage we've allowed.”

—Savoi Rags







CRYSTAL-CLEAR VISION

“The most pathetic person in the world is someone
who has sight but no vision!”

—Helen Keller

Unless you have perfect or near perfect vision, you may wear glasses or contacts, as I do. I am unable to see some things as clearly without my prescription. When I put in my contacts or wear my glasses, I see much more clearly. Just as we can correct vision with a prescription, when it comes to our goals and aspirations we are able to get very definitive. You can get even clearer about your goals.

Crystal-Clear Vision (CCV) is needed to exceed and excel. Crystal-Clear Vision is where it's at! When your goal is vivid and detailed, you really see where you are going. Better yet, your body feels as if it is experiencing the goal as you vividly imagine it.

CRYSTAL-CLEAR VISION

Years ago, I researched and wrote a paper on *Psycho-Cybernetics* by Maxwell Maltz. This book intrigued me so much I found myself reading anything I could get my hands on about the mind-body connection. Examples of psycho-cybernetics were demonstrated in the movie *The Secret*; the athlete's brain was connected to a machine while he imagined every single step involved in executing his best. That's *Crystal-Clear Vision*.

IMAGINE3D

You lost it along the way. Imagination used to be second nature for you. Over time, you wondered when was the last time you imagined anything? Growing up, all you did was use your imagination:

Crystal-Clear Vision (CCV) is needed to exceed and excel.

playing with your pretend friend, pretending your mud pies were delicious, imagining the first time you met the person you liked in school. Our imagination was wired for sound then!

When was the last time you caught yourself daydreaming? How much detail is there when you review your imaginary reel? How much detail have you used to not only see your goal but feel it as well? Use your child-like imagination—your *Imagine3D*. How about striving to make sure that whatever you desire you develop and cultivate CCV. *Imagine3D* is where you should learn to reside again. Daydream again—imagine and feel it. Your body literally does not know the difference between your daydream and reality. Choose to be the person who has sight *and* vision!

SAVOI RAGSDALE

Stop and dedicate a minimum of five minutes per day to *Imagine3D* for achieving a goal. Relax and dream morning and evening. Visualize vividly and in detail. See and feel yourself achieving that goal. What does the feeling of accomplishment feel like to you?

“A man who has no imagination has no wings.”

—Muhammad Ali

BURNING DESIRE

Having a burning desire is key to reaching your goals. I was only three years old when I began to shape my mind to be a majorette. I had no clue! Years later, I learned what my intuition and instincts had taught me. I hated football games—boring! While at my dad’s football games, I would fall asleep in Momzi’s arms. But as soon as the band began to play, I was wide awake and intrigued—mesmerized! Not only did I like the marching, the music, the uniforms, and the formations, but I *loved* the majorettes. From then on, anytime I was photographed, I would pose with my knee up, as majorettes would often pose. Everyone knew shortly after meeting me that I aspired to be a majorette. I love looking back at my pictures; seeing myself posed like that, picture after picture, year after year. *Imagine3D* it regularly. To be perfectly honest, I felt like I had already realized the goal. That’s how real it was for me and how it should feel—truly CCV.

Use your child-like
imagination—your
Imagine3D.

The day came to try out for majorettes. I didn’t make it on my first try in the eighth grade. Then in my ninth grade year, I made alternate majorette. One day after several practices, I was asked

CRYSTAL-CLEAR VISION

to take the place of one of the majorettes. Her cadence was a little off. Mr. Yancy did give her numerous opportunities to work on it. You guessed it—I killed the marching! I was in as a majorette from then on. My strong suit was sharp, crisp turns. Ultimately, I was chosen as the lead majorette in a phenomenal arrow formation, and I began the formation *without* the whistle from the drum major. That meant that I was the *tip* of the arrow, and I had to be spot on! My day had come to lead a formation! Better yet, I had achieved my, at that time, lifelong goal to be a majorette!

“Only you know the flame that
burns inside of you!”

—Savoi Rags



VISION BOARDS

“Hands can’t hit what your eyes can’t see.”

—Muhammad Ali

What are you wearing when you are achieving your goal? Can you see it? Vision boards are another great *Imagine3D* visual tool. Some families even do a family vision board. I think that an individual version should be done first. Our subconscious can be affected verbally, in writing, and in this case by sight.

Step 1: Stop now and write out your goals from your CCV in vivid detail. Something powerful happens with the subconscious mind when you write a vision down. I have learned that a major connection occurs with journaling it out versus typing out your goal. There is power in your written word.

Step 2: Review your goals in the morning, at noon, and right before bed (feeds your subconscious).

Step 3: Set aside five minutes to *Imagine3D* it—movie style.

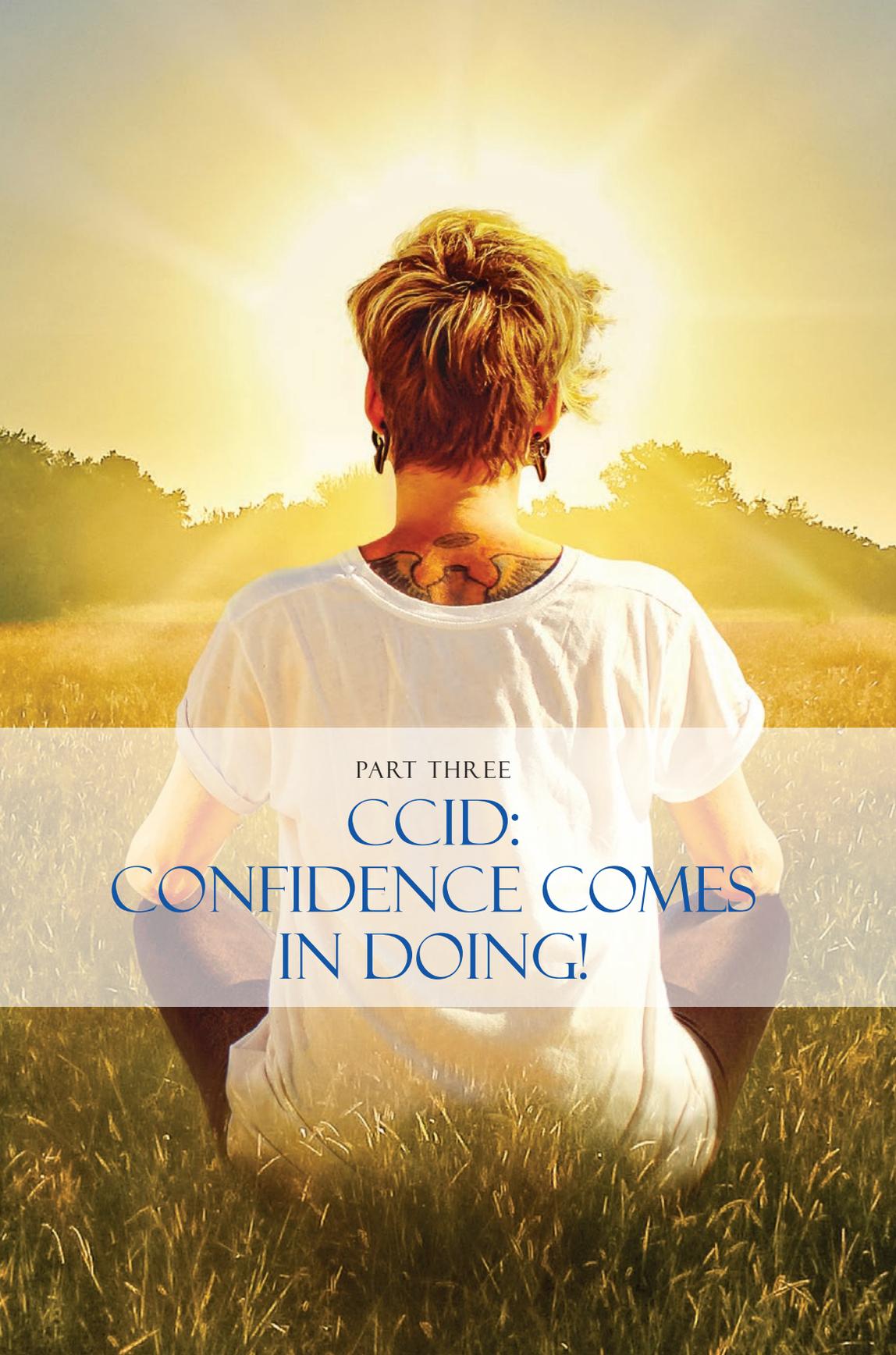
Step 4: Complete a vision board by printing images of your goal or cutting out pictures from a magazine. Replacing the faces with pictures of yours is pretty amazing!

Vision boards
are another great
Imagine3D visual tool.

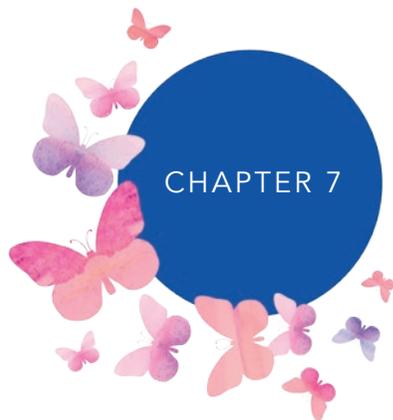
“People who tend to be successful have a really strong mind-body connection.”

—Dr. Jason Kroese, DC, CGFI

5280 Chiropractic



PART THREE
CCID:
CONFIDENCE COMES
IN DOING!



WIN THE MORNING! WIN THE DAY!

CARPE DIEM: SEIZE THE DAY

Optimal morning rituals are key habits to form. They help ground you! Using nurturing rituals in the morning, you can start your day feeling and being your *absolute best*. As a reminder, *QT4U is Quality Time For yoU*. Getting up early is one of the best habits you can form. You can usually hear a pin drop. It's that wonderful experience called solitude. As a reminder, you can form some habits in the morning: reciting affirmations, meditating, speaking and/or writing out your gratitude list, exercising, and *Imagine3D*. I like to start some mornings by listening to motivational music, singing and dancing. Only you know what puts you in a good mood. Even petting my dog makes me feel wonderful! You control your state of mind. By controlling your state of mind, *you* control your day! Go with *your* flow and not with what shows up that day!

WIN THE MORNING! WIN THE DAY!

For years, I'd roll out of bed, exhausted from just thinking about going to a job that had become mundane. No wonder so many people can hardly wait for the weekend. "Living for the Weekend" is not just a song, it's a way of life for many. Deciding that it is a privilege to be alive changes your perspective on getting up each morning. It's amazing that when I am intentional and take time to have my *QT4U* in the morning, my day goes wonderfully well. If I have not taken time for myself, how I respond to a situation is more erratic.

So how did I really do it? Mind over matter is how I did it. I mentioned earlier that one job I had eventually became a very toxic work environment. I learned how to soar during toxicity by ruling with my mind. It all starts with me winning the morning. It's like being *armored up*. Whether I was taking the train in or driving to work, I'd start my day out listening to *Tony Robbins's Daily Magic*. Tony's guided steps focuses on gratitude, visualization, and affirmations. By the time I got to the elevator, I was ready to take on the world!

“Today is a day you have never seen before.
Enjoy it with child-like eyes!”

—Savoi Rags

I have continued this practice since I formed the daily habit of *superior mindset, superior focus* years ago. Many successful people have a regimen first thing in the morning. Success really does leave clues. Also, how do you define success? The success I am speaking of is becoming all of who you were designed and meant to be. This is priceless! If anything else comes along that is beneficial for you, that's gravy.

SAVOI RAGSDALE

The character George Bailey in *It's A Wonderful Life* found doing his best and blessing others to be the most priceless gift on earth. Who has been blessed by you, your presence, your encouragement today? Who have you touched today by becoming who you were meant to be? George Bailey learned that he had no idea of the number of people he had sown into for years. Their lives were better just because he was there to influence them.

QT4U

JOURNAL IT OUT!

“To be grateful is to be rich!”

—Tony Robbins

Journaling is one of the most powerful and sincere things you can do for yourself! Even with misspelled words, journaling is all about growing, grounding, and having a discussion with yourself. When writing out uncensored thoughts and feelings, you discover gems. I often found that I didn't even know I was thinking or feeling a certain way until I journaled it out.

The seeker in me also found books or CDs to listen to that might help me with deciphering what I was learning, as well as give me some practical steps to practice. When I journal consistently, it helps me find *focus and flow* in my life. My *radio station*, as I call it, has a strong clear signal—a clear frequency. I find that I can deal with life's challenges better when I am grounded and thankful. Gratitude is a large part of my journaling time, as previously discussed. Gratitude is a huge *secret sauce* to living an *Absolute Best* life!

WIN THE MORNING! WIN THE DAY!

I learned some very powerful group of words to journal and write about from author Barbara DeAngelis: *anger/fear/remorse/intention/love*. When needing to *journal it out*, I have used this group of words and referred them to others I have coached. I use them anytime I need to address or deal with anything in my life. Life is like a big circle. If I don't choose to deal with something now, it will circle back around. I have learned not to harbor any ill feelings about whatever might have bothered, concerned, or even angered me. Journaling has helped me release it. It's very liberating! I am also notorious for going in the ladies' room at work with a note pad and journaling it out. Sometimes, I tear it up, symbolic of letting go.

Addressing forgiveness is also crucial. Forgiveness is not about the other person. Forgiveness is about your well-being! In some instances, the first person needing to be forgiven is yourself. Forgive yourself for waiting until now to pursue your passions, for instance, if you are feeling this way. Give yourself some grace. Timing is everything!

“When the student is ready, the teacher appears.”

—Buddha

I notice that we will give grace to others before giving grace to ourselves. Until I worked on forgiveness in my life, it was as though I had intentionally ingested poison. When you judge, gossip, or “throw shade”, as it is called lately, and express any other negativity, that is also poison. Writing out how you feel about a situation helps you when it is time to talk about it. I find that I can speak with more care if I journal about how I felt about it, first. Journaling is that therapeutic. My first book, *Rear View Reflections*, was a byproduct of my journaling.

“Journal it out!”

—Savoi Rags

MEDITATING

Meditating is another *secret sauce* in my life that helps me tap into my infinite self and gain guidance in my life. There are many ways to meditate. Just becoming quiet for a short period of time is meditating. I do 15 minutes in the morning. If you are new at this, I think it's great to try guided meditations to start. Go with what and who resonates and feels right for you. *Find your zen*—what resonates with you. A few of my favorite guided meditations are with Oprah & Deepak's 21 day meditation experience, Christie Marie Sheldon, Sonia Choquette, as well as Abraham-Hicks.

Even if I am not meditating, I love to take time out of my day and just do what I call *relax, refresh, renew*. I take seven deep breaths

Find your zen—what resonates with you.

in and exhale seven times. This really relaxes me. Another practice is Sanskrit's Nadi Shodhana Pranayama: alternate nostril breathing. This is a subtle energy-clearing breathing technique. I do this any time I need to relax rather quickly.

If you are going to meditate, find a quiet place. The bathroom works well for me. I become quiet. I begin to breathe deeply through my diaphragm. I take a deep breath in and let my breath out through my mouth three times. The mantra I sometimes say to myself is *here and now* or *relax*. During this quiet time, I may not have any expectations. However, many times I gain inspirational thought, direction, or an idea. I feel that this inspiration comes from within my infinite self. As I have meditated more and more, every guidance I get is just the next step I am to take in my life—one step at a time.

WIN THE MORNING! WIN THE DAY!

PRAYER

“Prayer is when you talk to God.
Meditation is when God talks to you.”

—Anonymous

I find myself praying throughout the day. I don't pray only when things are not good; I pray a prayer of thanksgiving. This type of prayer is being thankful for different things already in my life or that I would like to be in my life. Prayer gives me peace of mind about a situation. I enjoy writing down the title of my prayer. I fold it up and put it in my prayer basket. This has helped me with letting go of what I prayed for. The act of putting the prayer in the prayer basket is truly giving it to God. Otherwise, I find that I tend to hold on to it.

MY BUDDY

“Never ever do you lead me wrong
my life just flows when I acknowledge You first
I call you my secret sauce
my buddy, God, the divine, infinite,
intelligent source.”

—Savoi Rags, *Rear View Reflections*

SUNDAY NIGHT REFLECTION

Sunday night reflection is an excellent time to reflect and evaluate just how well you did with your goal for the week. What do you need to improve upon for the following week? Additionally, this is also a good time to plan the following week. Mapping out your week helps you be prepared for the week and be on time with all tasks needed.

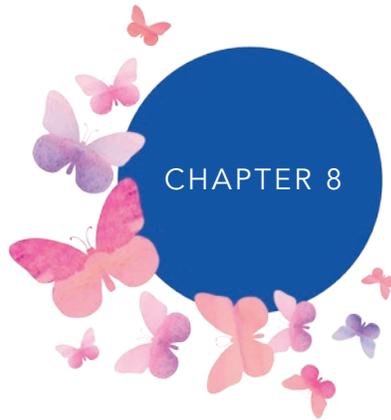
GREATEST LOVE OF ALL

If you haven't noticed, this book is all about Y-O-U... no one else. Why is that? Until you develop and have a relationship with the most important person in the world—*you*—nothing else matters. Many of you are looking for others to complete you, to love you, to encourage you. I know, because I once did. But *you* must love you first and foremost. So I ask: when was the last time you had QT4U? When was the last time you stopped and acknowledged yourself and told yourself just how much you love you? When was the last time you looked into your own eyes and said, "I love you, (your name)"? I challenge you do to this regularly. Look into the mirror now. Stare into your eyes and say it. Ladies, I encourage you to do so while naked. Learn to love all of you, your body as God made it. Please know that no one else can love you the way you deserve to be loved until you genuinely love yourself first. Otherwise, you will always be searching for someone else to fill your cup. That's *your* job to fill your cup. What have *you* done for *you* lately?

Until you develop and have a relationship with the most important person in the world—*you*—nothing else matters.

The first time I said this to myself in the mirror, I cried uncontrollably. I could tell others how much I loved them, but not myself? What's wrong with that picture? I also later wrote a love letter to myself about myself. I wrote it in third person. I mailed it to myself. When I opened the letter, I read it as though I had never seen it before, and the same emotions came up again. This *Absolute Best* journey is all about learning to love yourself first. Learn to accept all of who you are. Learn to embrace and encourage yourself. Learn to love *you*, not just in word but in deed. Then and only then can you be your best for those around you. Besides, *you* are *the greatest love of all!*





NO MORE EXCUSES!

“The only thing standing
between you and your dreams are the bullshit
excuses you keep telling yourself as to
why you can’t achieve them.”

—HTFU

KILL MEDIOCRITY

What is mediocrity? Ultimately, a mediocre person is complacent and doesn’t aspire for much: *laying low*. This is 97 percent of the population. Some mediocre people are victims, as well. It’s all everyone else’s fault. This person usually makes all kinds of excuses.

My first experience with the word *mediocre* was when I was in junior high school, before becoming majorette. Our band teacher, Mr. Yancy, spoke about mediocrity regularly. I was fortunate to join the band in the seventh grade. I learned to play the piano when I was six years old. That musical background helped me excel rather

NO MORE EXCUSES!

quickly with a different instrument. I chose the saxophone. By the way, I was the only seventh grader in a sea of eighth and ninth graders. All eyes were on me.

Foster Junior High's marching band had a reputation as one of the best bands in East Texas. We practiced every school day in the Texas heat. We had some complex formations. I don't remember what really happened one game night, but I missed a turn on formation during our half-time performance. I single-handedly messed up our half-time performance. Deep down, I hoped Mr. Yancy wouldn't be too hard on me. I don't know why I thought that. I knew he had no favorites. He was extremely fair regarding praise as well as constructive criticism.

“Most people are okay with mediocrity due to their layers of self-doubt.”

—Jerome Leonard, CyberCloud Leader Entrepreneur

I didn't want to show up for school the following Monday. But with Momzi and Dad both educators, in our household that wasn't happening. So I went to school with butterflies in my stomach, my heart almost beating out of my chest. Not even five minutes into the practice that day, Mr. Yancy let me have it. He let me know that I had turned an excellently designed and thoroughly practiced performance into the worst he had ever seen. He let me know that mediocrity was unacceptable in Foster Junior High band. I hated disappointing not only myself but my band mates and, even worse, Mr. Yancy. I had come a long way from totally ruining the band's performance in the seventh grade to being trusted to lead the arrow formation in the ninth grade as majorette! Thanks, Mr. Yancy, for teaching me to not only forgive myself but to continue to strive for excellence!

“Kill mediocrity by replacing it with excellence.”

—Savoi Rags

I decided that day that would never happen again. Over the years, I have found myself dealing with bouts of mediocrity in my life. Once I broke the cycle

Life is about choices!
To not choose is also a
choice.

of mediocrity in my life, I now strive to do my *absolute best!* You must demand it of yourself. The choice is yours! Life is about choices! To not choose is also a choice.

DISEASE OF EXCUSITIS

According to Dr. David Schwartz of *The Magic of Thinking Big*, there is a disease called *excusitis*—the disease of making excuses. Why have you not done the things you already know you should do? What will make this time any different? After reading this book, what nuggets resonate with you so that you have already taken action(s) toward your goal? Remember the importance of acting on a revelation as soon as it arrives! The last thing you want to do is read another book and find your life is no different than when you began. That would be terrible. Move the needle forward by taking some of the life lessons you gain, and implement them and grow. Surely there is at least one thing that resonates with you that you should have implemented already or you plan to do once you have completed the book. Stop and do a nugget right now! No excuses!

“Act as though it were impossible to fail.”

—Dorothea O’Brande

NO MORE EXCUSES!

Decide right now that you won't make any more excuses to yourself about your life, your goals, nor your dreams. Be the person whose uncomfortable is your new comfortable. Be the person who has decided to explore what you haven't yet. Be the person who will live with *no* regrets. What excuses are you telling yourself? This is where I like to allow for *new beginnings*. Instead of starting the diet and then failing over what you are supposed to eat, stop right then and right there and begin the diet again. That's *new beginnings*. Never give yourself even a second to wallow in the error or the miss. Take the next opportunity to rule and reign in your life. No more excuses!

Excusitis—the disease of making excuses.

“Every excuse is a choice to fail.”

—Julie Mae Reck

ACCOUNTABILITY PARTNER

Another way to not make excuses with yourself is to find an accountability partner. Just the fact that you are in touch with someone keeps you honest about your new goal. Just as a spotter is there for a body builder, an accountability partner helps you keep your word and helps you stretch farther than you would without them. Make sure that your accountability partner is as serious as you are.

Be the person who will live with no regrets.

“Never give yourself even a second to wallow in the error or the miss.”

—Savoi Rags



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FIRST WEALTH IS YOUR HEALTH!

EARTH SUITS

Our health is a very vital part of this *Absolute Best* journey. What I find interesting is just how quickly this area of life is dismissed. If it weren't for your body, you wouldn't be able to physically participate in this life on earth. Our bodies are our *earth suits*. You live in your body, which houses your *Me/Myself/I*.

“Stop taking your earth suits for granted!”

—Savoi Rags

I notice that we take care of everything that we pay for—our homes, our cars—but a large percentage of people don't appear to ever take care of their bodies nor their minds. Those people take their earth suits for granted. Our health is priceless! Just ask someone who has lost theirs. The habit of abuse is horrible! How can you say that you love yourself?

FIRST WEALTH IS YOUR HEALTH!

The first wealth *is* our health. Remember to get your annual checkups. Quality of life is diminished when our health suffers. Even the richest person in the world can't buy health. Sure, they can afford expensive doctors, but you can't go out and buy a body part, like at an auto parts store.

I was just like anyone else once, not taking care of my body. I later learned as an adult that not everything I ate was compatible with me. Years later, I discovered that I have food allergies. No wonder I regularly broke out in rashes as a child. As an adult, I became educated and informed about better choices for *my* body. I learned to listen to my body better. If I observed that I had a headache every time I ate sugar, I adjusted. If I noticed that I was not as regular with eliminating, I started eating a salad a day again. That's listening to your body. Instead of existing, choosing to live helps us be in touch with our bodies. Our amazing machines are so majestically and magnificently made. They continue to adjust

Even the richest person in the world can't buy health.

to keep us alive despite how we treat it. And over time, the abuse can become evident in some form of illness, dis-ease, or, in the worst case, death.

GAME CHANGER

It wasn't until I was in college, away from my parents, that I began to implement what I had learned in 4-H about the four basic food groups. I had gained about 20 pounds, in keeping with the "Freshman 15." Gaining weight was a big deal for me. I had been thin all my life. I decided right then, if I was going to be a big woman, then I would be a big, beautiful, healthy woman! I called Dad, a coach and biology teacher, and I cried to him about it. He told me that I didn't

SAVOI RAGSDALE

drink enough water. I remember like it was yesterday. He said, “*Did you know that if you were in a desert you would survive on water alone?*” That was a profound statement to me.

I told Dad I hated the taste of water. He suggested I put some lemons in it. (I now put the juice of a whole lemon in my water—the tarter the better for me!) Either way, that was step one. I also began jogging regularly. Through a process of elimination, I also found that I just didn’t feel good sometimes when I ate meat. So I became vegan in college. I felt great! By December of that year, I had lost the 20 pounds. More importantly, it was one of the healthiest times in my life. Momzi came to pick me up at the airport and walked right past me. She literally didn’t even recognize me. I yelled, “Momzi!” She said, “Oh, my! Sweetie, you look like a peach! You have been really taking care of yourself!”

That started my affair with health. Just as in every area of my life, I was a sponge. I built on what I learned and implemented it; rinse and repeat. Before I knew it, friends were asking me about nutrition and exercises. I am affectionately known as either Coach Rags (like my dad) or Dr. Rags, due to the holistic life I have led since college.

I taught aerobics when I first moved to Colorado. I also lifted weights, with the goal of competing. I established some habits that have been with me my entire adult life. Other than my haircut, I am told I look a lot like I did in high school.

As with every area discussed, you must *find your zen* regarding your body and your diet. One of my favorite resources about nutrition is Kimberly Snyder’s *The Detox Solution*.

YOU ARE WHAT YOU EAT

Did you know that you literally are what you eat? Book after book speaks of this truth. While it is true that many things can contribute to any dis-ease in our bodies, one of the first areas is our diet. One of the second areas is stress.

When Momzi was diagnosed with cancer, she did what she always did in life. She—and we—read as much as she could get her hands on about it. She wasn't surprised to learn that those who encourage a holistic approach to curing cancer lay out a diet that does not include meats. Momzi had eaten healthily for years! We learned to do our best to keep her body as alkaline as possible with even more green leafy vegetables, certain supplements, and as little stress as possible. An acidic body encourages dis-ease. It is our belief that it's not just diet that can bring on dis-ease.

Are you an overeater? I was. I remember the day I stopped. I ate so much at Thanksgiving that my side hurt. That day, I decided that overeating wasn't for me. I still eat too quickly after only having 30-minute lunch breaks at work at McDonald's in high school. I am continually working on slowing down when I eat; I put my fork down after every bite and thoroughly chew my food.

Balanced meals are important. Not sure how to do it? Check out Kimberly Snyder's *The Detox Solution*. Here are a few basics. Consume organic meat, a piece no larger than a deck of cards. Try to fill your plate with a rainbow of colors. That's the simple way to do it. A quick way to add color is to include a salad and/or vegetables with each meal. I also incorporated my variation of Kimberly Snyder's green drink recipe for alkalinity.

Instead of a diet, do a *live it*. Make how you eat a lifestyle. Enjoy all things in moderation. As an aerobics instructor, I encouraged my

students to decide to live a healthy lifestyle, not just when they were about to have a class reunion or family reunion. This is just another area where you want good habits to become your master! Always consult with a medical doctor regarding the right practices for your health.

MOVEMENT AND EXERCISE

Keep the body moving is the advice a former pro baseball player shared with me one day. He said that movement is like oil in the car. Your joints will stay lubricated throughout your life with movement. That's why simply walking each day is one of the best exercises you can do for yourself. Enjoying the scenery as well as the gentle movement without high impact is key to so many functions in the body without being as harsh as high-impact exercises.

There are many types of exercises to choose from: aerobics, strength training, Pilates, and yoga, to name a few. It is important to be consistent and persistent with this good habit. One main benefit of exercising and stretching is that all parts of the body work more cohesively and in synergy together.

Always consult with a medical doctor regarding the right practices for your health.

CLEANLINESS

From head to teeth to toes, daily hygiene is important to good health. Have you noticed some people have immaculate homes and cars, yet their bodies are not clean? One of the first areas of neglect can be your teeth. Unfortunately, if your teeth go bad, it can negatively affect your bloodstream and more. Flossing your teeth is key. You just can't get past needing to do that.

FIRST WEALTH IS YOUR HEALTH!

Detoxing the body is a way to periodically clean it out. I have enjoyed getting colonics, as well as doing other types of detoxes periodically. You will spring clean your home; why not your *earth suit* home, as well? Again, consult with your doctor to see what is best for you to do or not do. Detoxing is *not* good for everyone.

LAUGHTER

Laughter is the key to good health and living. When was the last time you laughed? I am talking about the kind of laughter when you totally lose yourself. I enjoy comedies or oldies. I usually get a good laugh from those. There was a time when I took myself so seriously that I couldn't even laugh at myself. A friend brought that to my attention, and I started working on that.

Some benefits of laughter are felt immediately. It relaxes you, and you just feel good all over! Medically, there is so much more positive that is happening! Having a good sense of humor is not only attractive, it is contagious! Learn to laugh, even at yourself.

H2O

Remember what Dad told me in college about water? Water has changed my life drastically. I encourage the eight-by-eight rule (eight 8-ounce glasses of water per day) for most of us. Our bodies are composed of 60 percent water. Most of us walk around dehydrated. If you are dehydrated, all of your body systems are compromised. I notice that I have regular bowel movements, my skin glows, and I think better when I stay on top of my water consumption. Remember to check with your doctor first about just how much water you should consume per day. Make this a good habit/goal to work on!

“Did you know that if you were in a desert
you would survive on water alone?”

—Dad

STRESS

In this world, who isn't stressed? From job deadlines to family issues to traffic jams to multiple responsibilities to bills—how you deal with them can cause stress. Usually stress is thought of as coming from an external source. However, stress can come from within our bodies. Since we are all different, it's important to learn to listen to your body to learn what foods nurture you and which ones do not. In addition to other stressors, eating foods that are not compatible with your body causes stress. I found this out personally when I discovered that I am gluten-intolerant. Many of the practices that have been discussed already assist with reducing stress.

“It's not what happens,
but how you respond to it that matters.”

—Zig Ziglar

TOXIC PEOPLE

I went through a time in my life when I pulled up the weeds—toxic people. I made some unpopular decisions for who I chose to be around. Birds of a feather do flock together. Over time, you learn what is important and who is important. Sometimes the toxic person is the last person you would think of. Maybe it's the person who regularly throws shade or a dig at you and calls it a joke. The dig is not a joke, because they said what they really meant and just laughed. Over time you get to make that decision. No, I am not

FIRST WEALTH IS YOUR HEALTH!

asking you to be touchy and defensive. I am just saying be realistic and honest. Here are a few questions to ask yourself about toxic people in your life.

1. Who feeds you and who doesn't?
2. Who uplifts you and who doesn't?
3. Who helps you be a better version of yourself and who doesn't?

Toxic people can ruin your health. If anyone doesn't feed you,

Write your earth suit a love letter today!

uplift you, or help you be a better person, they may be toxic. Toxic people and toxic environments are stressful!

NO LONGER TAKE FOR GRANTED

Our earth suits do so many magnificent feats every single second of our lives. I love what I once read. After deciding to form the habit of taking better care of herself, a young lady journaled a love letter to her body. She thanked her body for all the things it does that she has no idea of. A person who once abused her body now appreciates the earth suit she lives in. This is a page out of her book that's worth duplicating! *Appreciate* your earth suit. Write your earth suit a love letter today!

“A better body is ultimately a better you!”

—Savoi Rags







LIVE OUT LOUD! UNAPOLOGETICALLY *YOU!*

“It is never too late
to become who you were meant to be.”

—Jane Fonda

NOW WHAT?

No matter what you may have done up to this point in your life, it does not matter. What matters is *now!* Become all of who you were meant to be... starting *today!* One step at a time. Just focus on the step immediately in front of you.

“Don’t count the days.
Make the days count!”

—Muhammad Ali

EMBRACE THE JOURNEY

It is important to acknowledge your journey in your life to this point. You must know by now that without the past, you would not be who you are today. Therefore, it is important that you are grateful along the way. Through the thick, the thin, and the in-between, learn to find the gems that you use in your life to move to a higher level. Ask yourself what you like better about yourself since you went through a certain situation. Stop and write it down now. It's great to be able to reflect on making it through and being here to give even more

Become all of who you
were meant to be...
starting today!

to someone else. Just know that someone also has been watching you. Who have you inspired without realizing it? Okay, George Bailey, like in *It's a Wonderful Life!*

“Your journey has made you who you are today!”

—Savoi Rags

LIVE AUTHENTICALLY

How many people do you know who are living authentically? Just be real! I don't know one person who does not appreciate a real person. Earlier I showed you how to dig deep. Remember that you need to do that type of excavation on a regular to basis. Since you now understand the importance taking care of you, too, take the time out to do it.

“Stay you.
Be you.
Do you.

No one can do you better than you!”

—Savoi Rags

INTUITION

Tap into your infinite self, and follow your gut—that is, your intuition! I'm a gut girl. I do so much based on whether it feels good or not. If I feel a gnawing in my stomach or solar plexus, I just don't do it. You may have received guidance from your intuition and not realized it.

One time I felt the need to get down to visit Dad in Texas. It became an urgent need. Instead of waiting to coordinate with other family members, I went. When I arrived there, he had been in the hospital for a full month. He had asked his wife not to tell us. My superconscious/intuition inspired that action.

NEVER EVER EVER QUIT!

“Winners never quit. Quitters never win!”

—Vince Lombardi

Quitting is not an option. What would your life be like if you quit? So how do you get back up if you are continually knocked down or discouraged? How do you rise and soar? Decide and do. Tap into your greater self, form good habits, *mine your mind* with positive affirmations. Also gain support from outside of yourself. Your God, your Higher Power, your workout partner, your mentor, or your coach is where to go for external support. These are great resources to go to when you just don't know what to do next. No matter what, resolve to never, ever, ever quit!

“Stop burning daylight.”

—Dr. Phil

LIVE OUT LOUD! UNAPOLOGETICALLY YOU!

Declare today that you will no longer waste time by procrastinating, merely existing, being mediocre, making excuses, and so much more already discussed in this book. Watch the time wasters! *Stop burning daylight!*

“Savour every moment.”

—Savoi Rags

THE WORLD NEEDS YOU!

In daily living, it's so easy to lose ourselves. We don't even realize that we've done it. But we have. Amid responsibilities like work and family, it's easy to become robotic and rote. Often, down time means resting instead of perfecting our talents and gifts or passions. So another year goes by... SOS: same ole situation. The world needs you! If you need help discovering your place, you may hire a coach

No matter what, resolve
to never, ever, ever quit!

you are comfortable with, seek a counselor, or get in touch with me. I'd love to support you through this *Absolute Best* journey! www.savoirags.com.

TRUE BLUE

“Authentic, original, unforgettable...
Exploding with the juice of life!
True blue is you!”

—Savoi Rags, *Rear View Reflections*

LOOK OUT WORLD, I FINALLY WOKE UP

Yeah! You made it. No matter how long it took you to arrive, you've arrived. That's what's important. The saying nowadays "I'm *woke!*" is true, because so many of us are like *The Walking Dead*—literally.

Now that you have a game plan to remain *awoke* for the rest of your wonderful days on earth, let's do this! Just one *awoke* person adds brilliance to so many others' lives!

Congratulations on challenging yourself throughout this book. Just that action shows just how serious you are about making some positive changes in your life! Remember to regularly review and challenge yourself with many of the suggestions that resonated with you. Rinse, repeat! Review your notebook of answers periodically.

LIVE OUT LOUD!

“The two most important days in your life are the day you are born and the day you find out why.”

—Mark Twain

Living out loud means embracing all of who you are and your desires and aspirations. It's doing *you*, no longer trying to be like anyone else. It's being real and it's about just being your *Absolute Best* self! It's reminding yourself that when God made you, He/She literally broke the mold. You are an original. What will you contribute?

Living out loud means learning more about an area of interest. It's being committed to the journey to arrive where you imagine yourself to be. It's no longer making any excuses about why you should or should not pursue your goal(s). It's becoming a student in areas that tug at you. It's taking seminars that expand your

LIVE OUT LOUD! UNAPOLOGETICALLY YOU!

knowledge, understanding, and expertise toward your goals. It's totally *living uncomfortably—your new comfort zone*.

I know. No matter how sure you are or you become, occasionally doubtful thoughts rise to challenge you. Start looking at doubt as a challenge to keep you on your A game. What does it take for you to make up your mind and follow through? Ask yourself: what would your life be like if you didn't follow through? Adjust quickly and conquer doubt. Remember—*new beginnings!*

PDR: Plan, Do, Review

- Reevaluate
- Adjust
- Add
- Delete

UNAPOLOGETICALLY YOU

“To be yourself in a world that is
constantly trying to make
You something else is the
greatest accomplishment.”

—Ralph Waldo Emerson

This is all about *Stay You, Be You, Do You!* This is about merging your *Me/Myself/I*. This is about Team You! Now that you have *taken the wig off*, dug deep, and really done some soul work, you are able to tackle one step at a time toward your destiny. You are much clearer than you were before. You have changed your mindset and so much more. Now it's up to you to change your life. You have dealt with

SAVOI RAGSDALE

anything that has been a challenge in the past. You are prepared to tackle any challenges that arise, because you understand that that is a part of the journey. You understand better that someone out there needs what you can contribute. Someone out there needs what you are to contribute to this world from you, your style, your flavor, your way. It will reach whomever it is meant to reach—much more than it ever could, due to your sincerity, the heart space you share, and your authenticity. Someone out there needs you to be your *absolute best!*

Through every step that you addressed, you gradually peeled the layers to assist you with delving deeply to get to know your real, authentic self if you hadn't made that connection before. It's never too late to do so, and do so repeatedly! Ask yourself what you like better about yourself since you went through a storm or a challenge in your life thus far. That's the importance of appreciating your journey!

Florence Scovel Shinn in *The Game of Life and How to Play It* said it best:

“There is a place you are to fill
and no one else can fill,
something you are to do,
which no one else can do.”

—Florence Scovel Shinn

“Good, better, best.
Never let it rest.
Till your good is better,
your better is best.”

—St. Jerome

MISSION POSSIBLE

Recap of the *Absolute Best!* journey. The steps to mission possible are:

- Tap into your greater self.
- Mine your mind.
- Live in faith.
- Form only good habits!
- Positive thoughts only!
- Implement CCV and Imagine3D.
- Seize the day.
- No more excuses: CCID
- Earth suit care
- Live out loud—unapologetically do *you!*

Rinse and repeat steps 1 through 10! Expect more of yourself!
New version 2.0 and beyond! Remain true to you!

“Give the world notice that
Non-negotiable just showed up
No longer dim your light.
If they can’t handle your light,
Put some shades on!”

—Lisa Nichols

SHOW TIME!

Show time! Every single day of your life is show time now. *You* are the star of your life—not the guest star or even the extra. You are the *star!* With star status comes responsibility for you to be all of who you were designed to be. Everyone you know will benefit from you stepping up! Tap into your greater self! Merge your Me/Myself/I. Become all of who you were meant to be! The focus of this book has been on nothing and no one else but *you!* By keeping the focus on you and you being your best, you can show up stronger in your friendships, your relationships, your job, and ultimately in every area of your life. So next time you are just moping around, pinch yourself (jolt yourself) to remind yourself. Say “here and now!” to remind yourself the present moment, the here and now, is all that matters.

Come join me! Decide today to be *Best You* for the rest of your life! Remember, you can't

Tap into your greater self!

change the past, but you can do absolutely *everything* about the future! Let's make the world a better place, one *Absolute Bester* at a time! The *In Living Color* television show song asked, “*How ya living?!*” I ask, “How ya living?” I hope you reply that you have chosen to now **live out loud—unapologetically your *Absolute Best* life!**

“Give your best.
Do your best.
Be your Absolute Best!”

—Momzi





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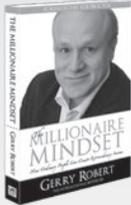
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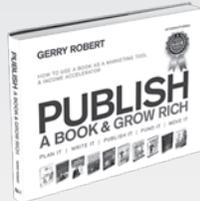
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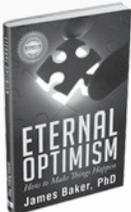
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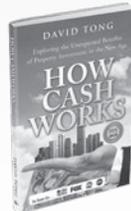
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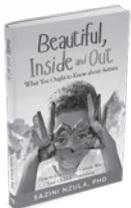
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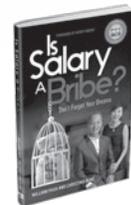
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ABSOLUTE BEST!

CHANGE YOUR MINDSET,
CHANGE YOUR LIFE

Absolute Best! Change Your Mindset, Change Your Life is a self-help book for people who are stuck in any area of their lives and fed up enough to do something about it! Get ready to be brutally honest with yourself about yourself. Learn how to stop living a numb, auto-pilot, unfulfilling life.

By the end of *Absolute Best! Change Your Mindset, Change Your Life*, you will be equipped to:

- Gain a superior mindset
- Face your giants (fears)
- Kill mediocrity
- Become the *absolute best* version of yourself

It's *never* too late to become *all* of who you were created and designed to be! No more excuses!

“No one can do the best version of you but YOU! Mastering the mind to break the chain of your limiting beliefs is just the starting point. Savoi Rags shares her passion to empower people one step at a time, to become closer to the highest version of themselves, soaring high and reaching their dreams.”

—Adeline Heng

Author of *Doing Good and Doing Well*

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“There’s no other way but up! Savoi Rags will not take NO for an answer in this book. What she offers will push you to stop existing and start living. Become the very best version of yourself by becoming fearless: seize the day, no more excuses. Overcome self-doubt and BREAK FREE from a mediocre life!”

—Elizabeth Rentz

Author of *Reinvent*

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Savoi Ragsdale, a.k.a. Savoi Rags, an American motivational speaker, MBA graduate, and award-winning author, was born on February 28, 1961. *Rear View Reflections*, her most recent book, earned 4.8 star out of 5 star Amazon reader reviews.

Best known for her dynamic personality, encouraging motivational speeches—both in the United States and internationally—and passion for life, Savoi Rags has been a featured speaker at the Women of Denver’s Badassery in the Boardroom event, Woman Wine and Wellness, Black Card Books Bookology Event, Re-Ignite Podcast, Queens Stand up, WMAP Radio, Monday Morning Motivation with Rebeca Flott, and Engle Jones’ 12-minute convos.

Savoi Rags resides in Denver, Colorado with her honey, Anthony McCummings and their dog Prince, (who was named after The Artist). Her hobbies include modeling, fashion design, karaoke, dancing, and games. Her biggest passion is helping others understand how to achieve their full potential. Find out more about Savoi Rags at www.savoirags.com



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