

# I'm Allowed: A Woman's Key to Confidence

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## Synopsis

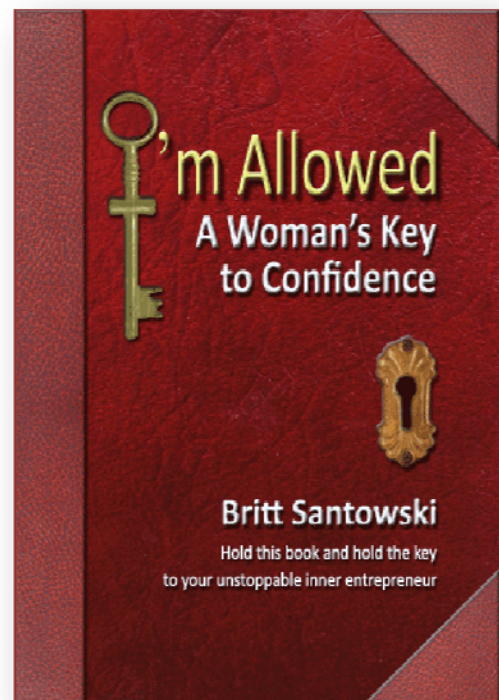
The book is about confidence, and shows that confidence is at the core of any success, be it in health, wealth or love. The model I use is based on Rosabeth Kanter's model of confidence for athletes, politicians and big business, and is anchored on these three pillars: Accountability, Collaboration, and Initiative.

Accountability = own your own (pardon my language here) sh!t. This particularly relevant to women who are raised with a victim mentality. We live in a society that is heavily focused on the victim and what's wrong with her; less focus is on the fact that there's really nothing wrong with her, but the perpetrator certainly has issues. As long as a woman blames others for her lot in life, she will not be in a position to grow in her own power. It extends to anyone who lives in a victim mentality, and women certainly aren't the only members! But this book is based on my experience, and I know of what I write: I wallowed in the victim mentality mire for 20 years.

Collaboration = the measure of your success is directly correlated to the people in your team. Again, particularly relevant to women is that we are raised in animosity to other women (remember high school? It was always easier to hang out with the guys than the deal with the psychology of girl gangs). In pursuit of success, of your dream (defined NOT in terms of wealth but gauged by happiness — although there is nothing wrong with wealth, money, etc), you need to focus on your strengths and then build a team that complements your weaknesses. Women-collaborations can produce pure magic, so be open to including strong women (esp. as mentors) on your team.

Initiative = action + initiative + creative problem solving. You can "visualize" till the cows come home, and pray that the law of attraction will come into play, but without actually doing anything, your will not magically receive. Even to win a lottery (not a strategy I endorse), you have to get off your buns, go out the door, and buy that ticket. This section takes a gentler and more productive look at goal-setting and the psychology around it.

So, in a nutshell, it is intended to teach women the three pillars of confidence, and once they have mastered these three pillars, they will be able to know what they want, and be able to get it.



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