

Adonica Shaw

Excerpt from *Depressed to Daring*

There comes a time in every woman's life when she must decide if she's in or out. She must decide if she wants to live the life she's always imagined for herself or if she wants to settle for the status quo. Living the life you've always pictured for yourself means you are willing to do whatever it takes to protect, enhance, or restore your emotional and mental health. It means you are willing to create a self-care plan, stick to it, and set boundaries between yourself and the things that do not serve you. Settling for the status quo means you are willing to continue getting beat up by the negative or detrimental thoughts, opinions, and circumstances that surround you.

Getting radical about who you are in this world, your voice, and what you bring to the table will be one of the most transformative experiences you ever undergo. But I assure you, with clarity and proper planning, you can become the daring, confident, emotionally grounded woman I believe you are, and you'll be so self-assured by your dedication to yourself by doing so, you'll learn to surf the waves of uncertainty with ease.

A woman who believes in radical self-care can:

- Slay the dragons of self-doubt in five-inch heels after a four-hour board meeting.
- Take the boulders of opinion, form them into bricks with her hands, and build the foundation of a career that empowers her.
- Hurdle mountains of anxiety in single bounds.
- Shred feelings of inadequacy with razor sharp confidence in her ability to bounce back after defeat.
- Stretch the limits of space and time by continuously investing in herself, even when she stumbles, and is forced to start again.
- Tackle the thieves of joy with self-belief in her ability to transform in such a way that makes her proud.

Three hundred and nine (309) words from Depressed to Daring by Adonica Shaw. Copyright © Adonica Shaw 2020