

Unseen.
Unheard.
Unappreciated.

Do you feel that way? Maybe you feel like you aren't allowed any time to focus on your own needs, let alone something fun and exciting that helps you develop and feel delight. Maybe it's been so long since you had a chance to stop and think about what that looks like that you don't even know where to begin.

Girlfriend, if that is speaking to your heart, then you have come to the right place.

Your story is my story. Let me explain. Without any consideration for what was best for me at the time, I was thrust into the role of caring for the needs of others when that's exactly what someone should've been doing for me. From the time I was in 5th grade, I was expected to cook dinner for my family, take care of my sister, and get straight A's in school. There was no appreciation, no thank you. It was simply the role I was handed in life. Maybe the age that started was different for you but does that story ring true?

Do you find that you have so many roles and responsibilities thanklessly handed to you that you have lost yourself in the process of taking care of everyone else?

Between 6th and 10th grade, I grew up fast. I was in six schools in the span of five years. I was always an outsider and girls were mean. Honestly, it was during this time that I experienced a few brief but monumental moments where a handful of women showed me unconditional love. In different ways, they showed me that they cared, that they believed in me and accepted me - and I knew that they meant it. It gave me glimpses of what life could be like. And, honestly, it was nothing earth shattering. It was a girl who decided to sit next to me in the school lunchroom and another who was willing to sit next to me in biology class. I also had two teachers who genuinely believed in me and accepted me.

In a world of darkness, I received love from a total stranger in those instances. Those simple acts were invaluable in helping me keep it together when it felt like my entire world was falling apart in high school.

By the time I was 15, my mother died of a drug overdose. She was so insecure and died never understanding her true value. I was 3 months pregnant at the time. What had already been an extremely difficult childhood felt like it only served to prepare me for what came next. From 16-18, I raised my baby, graduated high school, worked at night, and shuttled my son to family and sitters, often driving an hour each way to drop him off and pick him up each day.

In my early 20s, as I was grieving the loss of my mother, I was introduced to mindset books and concepts that I clung to help me receive some closure at that time.

Throughout my 20s, my understanding of mindset continued to evolve, and by then, as I was raising three young boys, it helped me immediately bounce back from getting laid off from my corporate interior design job and start my own interior design business. Everything felt strong and clear. While I was working in my corporate job, I felt intimidated to strike out on my own, even though I dreamed of having my own business. But by the time I was laid off, that hesitation was gone. I knew I could have a successful business. My mindset had shifted. I was ready to be brave. And I took hold of that to continue moving forward.

In my own business, many of my interior design clients were women business owners and corporate executives. When we met to pick out furniture and paint colors, the conversation always seemed to turn toward business conversations about mindset. I lit up talking about it and they ate it up, sometimes realizing for the first time that they had limiting beliefs that were working against them in their own development. Despite their career accomplishments, they still felt chained to putting the needs of others above their own - and often completely lost sight of their own dreams. It turns out, those feelings are universal. It doesn't matter if you've never gone to college or worked in the corporate world or if you have advanced degrees and a prominent position.

It finally dawned on me that I hadn't approached college with the right attitude. I never thought to consider what I wanted to do. I got a degree in building to impress my father, who was a builder by trade. When it was clear that my degree had failed to impress him, I got another degree in interior design. Having struck out again, this time I was ready to do something that I found satisfying - serving women by showing them that they could break free from what held them back. Yes, financial freedom was a part of that but the first part was learning that it was both ok and possible for them to take a breath, take stock of their life, and dream again.

At this point, there was no question that my calling was not interior design, it was teaching women that they have value. I became so excited to show women what was possible for them. Today, my business continues to equip women, who may not even realize they are stuck, and to show them that they are capable of so much more.

I realize that everyone's story is different, that my circumstances and the ages that I experienced certain struggles and hardships may look different than yours on the surface. But when we dive below that, we have shared the pain of going through life unseen and unheard. With an endless to-do list to accomplish for those around you, it's easy to stop realizing that your voice and heart have value. In fact, they have immeasurable value.

If you are at a place where you want to start building a life you love - even if you're not sure how - then I invite you in to join me in exploring what that can look like.

Through my own experience, I know that one person can make all the difference in the world. When you receive unconditional love from even one person, your entire world can change. For me, that was a girl who sat next to me in the school lunchroom and another who sat next to me in biology class. When I received that light in a world of darkness, it showed me that I wanted and needed to be that light for others.

I want to show you that you can be brave. You can take care of your needs. I love equipping women to do so much more than they feel is even within the realm of possibility. But first, you need to do something that is going to sound completely unattainable at the moment. You need to start this whole process by taking a breath and receiving love.

While I know you're thinking, "*Ain't nobody got time for that,*" I'm about to share with you how all of that can begin to change.

I know firsthand that love has to be received first, and then it needs to be nurtured, before we are ready to be equipped to move forward and build the life we want. Let me be what the girl in the lunchroom and the girl in biology class were for me - a light in the darkness and unconditional love in a judgmental and dismissive world.

If this sounds like what you've been wanting, [click here](#) to start your journey today.