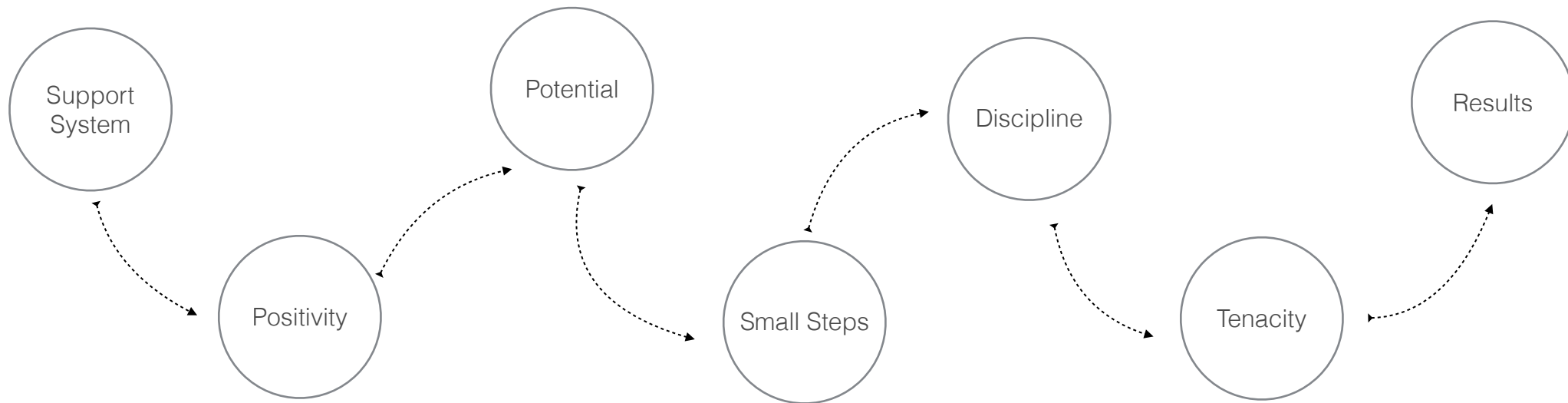


7 Building Blocks To Empower You

7 Building Blocks to Any Success



7 Building Blocks To Empower You.

Do you feel exhausted? Tired? Do you feel like you are doing all the right things but can't get anywhere? Are you facing a challenge that you don't think you can get through? Do you feel overwhelmed? Do you feel like so much weight is on your shoulders? Are you stressed? Ready to give up? Do you feel beat?

If you answered yes to any of those questions. I can help you.

Feeling, empowered, happy, exhilarated, and balanced can be achieved, and is really simple. Well, simple, yes, but it does require that you do your part. So if you think this is an overnight fix, then go get a lottery ticket, because reading this won't help you. But if you are truly interested in making a difference in your life, and changing it for the better, then keep reading! I will show you 7 building blocks to Empower. You. A road map to get to a place where you feel like anything is possible. The place where you know you can and have accomplished everything you have set out to do. Regardless if you are looking for financial, emotional or any other freedom, these 7 building blocks will show you the way to get there. With these 7 building blocks you will find the peace, and know that you can face anything that comes your way -- no matter how big or small it is.

Before war, when on the news I saw a war clip I would think to myself: "I don't understand how those people do it? How strong they must be not to be afraid and go through all this? I could NEVER DO IT!" Little did I know that couple years later I would be in a similar situation. I lived through a genocide, and had horrible things happen to me, and with these 7 Building Blocks I was able to reach much further than I could have ever imagined. Now I want to share these 7 building blocks to help you get anywhere you want to go. It's your pick! Set a goal and let's do it. I am here to guide you and help you get there.

After reading about each block, take a minute and grade yourself to find out where you fit. Which part is lacking, which part is stronger than another? Be truthful -- there aren't any wrong answers.

Building Block 1 - Support System

Our support system is extremely important. We all talk about it, but do we all have it? And what does it look like? I am extremely close to my family. Not just my immediate family, but also my aunts, cousins, sister in law, and so on. Even many of my friends **and colleagues** feel like a family. Having a healthy support system is a basic building block of anything you are trying to do and to be successful. Not only that, but your support system has to match multiple areas in your life, and also be relevant to what you are doing. Some of us may not have huge and supportive families like mine (and believe me, not all of my family members are supportive). That still doesn't mean we can't build the support system around us. I've had a supportive family in Bosnia, but when I was evacuated for emergency medical treatment, I left everything I had known behind me. My parents and my brother couldn't come with me. We had no communication for many months, and I didn't see my family for 2 years. So I found myself in a strange world, with horrific injuries, unable to speak the language, having multiple surgeries per week, trying to figure out what the next thing is and



how to bring my family to the United States. And without having a support system from - at that time - strangers, I would have not been able to do anything. I would have been dead. So no matter how big or small your support system is. This is the first place to start. You have to make sure it's good and relevant. A healthy support system will continually grow, and as it does, things will become easier to do. Everything you do will feel a lot more natural. You will also become accountable to your support system and that will prove to be crucial at times.

Building Block 2 - Positivity

Oh so many people talk about positivity. I roll my eyes every time I see "hang in there" kitty poster on Facebook. It's easy to be positive when everything is going right or you are not facing any change or challenge. What's difficult is to stay positive when things get tough. That's when you learn what you bring to the table. After a RPG (rocket propelled grenade) exploded 10 ft from me, instantly killing 5 of my friends, I was severely injured. I found myself choking on the smoke, with shrapnel bits closing my airways, and I thought I was going to die. So here I am, lying there, in the pool of my own blood, with 5 of my closest friends sliced into pieces. As I am looking around I see my brother across the street with his friends, and few other people who rushed to help us. What do I do? How do you stay positive in that moment? How do you see the light? Let me tell you, positivity is all about relativity of the situation, and as Einstein said it: it's all relative. You can look at any situation multiple ways. And instead of looking at my situation and saying: Why did this happen to me? Look at all those around me that are near us and the bomb didn't hurt them. Why me, why did I have to lose 5 of my friends? Instead I said to myself: "I am lucky!!! I can't believe I am not dead. Look at all of my dead friends around me and I got to live. This is amazing!" I am the one that's looking at my situation and I am the one that decides how to look at it. What do you decide when you are in the midst of one of life's hurricane? What do you concentrate on when a bomb lands on your lap in your life?

Building Block 3 - Potential

Realizing your potential is extremely important. Sadly, I think, majority of people today don't have any idea what their true potential is. Some, maybe like you might be, feel something within yourself. You know you are special and are meant to do something big or great, but it's just not happening. A vast amount of people that come up to me tell me that I am so strong and they would never be able to do what I have done. What I say to that is: "Bullshit. I know you can do it. The problem is that YOU don't know you can do it." This is why having a great support system and positivity around you is imperative, because it allows the potential to grow on top of it. Before war I was an avid athlete, and had devoted my entire life to sports. When I was injured, the majority of my injuries were to my legs. To make matters worse, due to lack of medication and medical supplies, the infection was so bad in my body they had to amputate my left leg without anesthesia. I was worried I would never walk or run again. But my father said to me: "You are going to be running in a few weeks." It took me 15 years before I could run again, but I never forgot what he said. You need to realize your potential and surround yourself with those who know you can do it, and will support your goal, and let you realize your potential even if and when you are doubting yourself.



Building Block 4 - Small Steps

Now you have a great support system, you are positive and you've realized your potential is limitless. You know you can do anything. (It feels good, doesn't it.) But how do you do it? One sure way to succeed is to take small steps. Make small little changes that you can barely notice. Most people make goals and try to get to that goal right away. Yes, you need to have a goal, but you need to break it into small steps. As small as you can get them, because the smaller the steps, the easier the journey. This is why most people fail at dieting and exercise. Changing your diet and starting to exercise couple times per week is a huge change (even though on a calendar it seems small). There is a big difference in eating salad 1 meal per day and exercising 2-3 times per week versus eating 1 salad per week and exercising once per week. The second is much more doable, almost not noticeable. And once you get that in your system, and that becomes a routine, then you make another tiny change. And you won't feel this change either because your mind and body is used to the first change already, so that no longer feels or counts like something extra you are doing. After my injury I didn't walk for so long that I literally forgot how to walk. I never knew you could forget that. But I always wanted to run a marathon. So instead of making huge changes in my life, I slowly learned how to stand, and after that became comfortable, I started to walk with a walker, then crutches, then a cane. Then I was walking little, but I was limping a lot, because I was in a lot of pain. And I didn't want that pain and limping to stop me from learning how to walk properly. Because the walking habits I developed then would stick with me for the rest of my life. So where does an 18 yr old wounded girl go to learn how to walk properly -- Physical Therapy, you say? Wrong. At that point I spent so much time in the hospital and physical therapy it was the last place I wanted to be. Plus they are not trained to teach you how to walk properly. Instead, I joined a marching band. What a great way to learn take one little step at a time and reach my goal. You too can do this, just remember to break it down. The smaller the better.

Building Block 5 - Discipline

If you have been building your blocks, discipline should come very easy and naturally. I believe many people fail at this block because it feels the most difficult. I think that's because they are missing the first 4 building blocks or at least the 4th -- small steps. If you have small steps it's easy to be disciplined. For me dealing with PTSD (post traumatic stress disorder), as well as severe and debilitating panic attacks, required a huge amount of discipline. Especially because I decided to go through everything without any western or prescription medication. That is not the right choice for everyone, or even for me at varying points in my life, but it was the right choice for me at the time. So I wasn't able to, at once, stop drinking coffee, stop smoking, start yoga, begin meditation, exercise, deal with constant panic attacks, while working full time, and functioning on 2-3 hours of sleep due to horrific and persistent nightmares. I was a peach during this time, as you can imagine. But, making everything into very small steps made it all manageable and I was able to be disciplined about what I was doing. This is how I know that you can do it. There isn't a doubt in my mind. Small, tiny, achievable steps build on one another and lead us to successful and sustainable change.



Building Block 6 - Tenacity

How do you get to a place where you are so adamant to reach your goal, to win, to get there, that you just keep saying -- "I can do it. I am gonna do it. I am not going to give up now. I am going to do it again, and the next time is gonna be the time I reach my goal."? How do you get to a place where you refuse to give up? Just like with the other steps, if you have been building your blocks, this is not a big deal. Why not? Because your steps are so small and you are disciplined that you can just keep going like an energizer bunny. So why would you give up? Giving up would feel so much worse than doing that small step and trying just one more time. So you keep going, and eventually you will get there. It's not a matter of if, it's a matter of when.

The time I considered giving up was 15 yrs into me trying to run again. 15 years is a long time and I felt awful because people were constantly telling me that my injuries are so great and different. That they don't deal with anything like that in the US, so they couldn't make me a prosthetic that fits well. I heard it so much, but I refused to give up because I have come so far! I can't give up now! Especially because I believe that, at the time the problem or obstacle is created, a solution for that problem is created at the exact same time. It's just up to me to find it. One day I went to Clearwater Marine Aquarium. While I was there I saw Winter, the dolphin, swim with her prosthetic tail. Immediately I thought: "Wait a second, this dolphin has a prosthetic tail. She IS different, her injuries are different, and not something prosthetists deal with every day. So whoever made her prosthetic tail should be able to make my prosthetic leg." So I called the company, and bam, two weeks later I had this awesome prosthetic and was running. Who would have thought that's where my solution would lie? Where does your solution lie?

Building Block 7 - Results

Oh, this is the cherry on top of your life cake. Doing one little building block at a time eventually leads you to great results. And this too, will be a small step so you won't have to angst over "your reward". As you saw in my case, learning how to run and getting fitted with a proper prosthetic was a long road. But once my prosthetic got fitted, it took a week before I was able to run and was working with an Olympic Athlete who was showing me exactly how to run. It took couple sessions with him, because like walking, I had forgotten how to run. But literally within a couple of weeks I was able to run comfortably on my own. So this 15 year journey came down to 2 weeks! And that result is so exhilarating because it is at that moment you realize what you have actually done. It is at that moment that you play that film back in your head of where you started and how far you have come. And it is at this time that you realize that you couldn't have done it without these building blocks and the most important block of all -- your support system. So when you get to your goal, don't forget to say thank you.



7 Building Blocks Assessment Test

Now that you've read the **7 Building Blocks To Empower You** take this short test to determine where do you fit in. And which building block you need to improve and build on. You will also notice that as you are moving from forward, each building block becomes easier.

My Goal Is _____

My Support System is _____

1. Is my support system relevant to my goal? Yes **+1** No **+0**
2. Is my support system big enough? Yes **+1** No **+0**
3. Am I positive **in tough situations** ? Yes **+1** No **+0**
4. Do I have potential to reach my goal ? Yes **+1** No **+0**
5. Can the steps to my goal be any smaller? Yes **+0** No **+1**
6. Are these small steps too challenging? Yes **+0** No **+1**
7. Am I disciplined? Yes **+1** No **+0**
8. How quickly do I give up? (1=gives up easy; 5 never give up) **+ 1** **2** **3** **4** **5**
9. Do I reach my results and get to my goals? Yes **+1** No **+0**
10. How often do I reach my goals? (1=not often; 5 very often) **+ 1** **2** **3** **4** **5**



The Results

Adding the Numbers

Add together all the points you scored. Points are marked in red as +1, or +0. If it's a zero, you do not get a point. Questions 8 and 10 are on scale 1 (one) through 5 (five). Whichever number you circled IS the number of points you will add to your total score. For example, if you answered questions number 8 by circling number 3 - you will add 3 points to your total score.

My total score is _____

Reading the results

Lowest score you can get it 2, and the highest is 18. The score represents the strength of your building blocks.

Scores 2 - 7 Weak

Your building block system is **very weak** and it probably won't take much to shake your foundation. You should start at the very first building block and focus on completion before you move to the next. Remember, these are not steps, they are building blocks. You do not want to move to the build the next block until the first one is very strong and steady. If you are having a difficult time, try to find out why this happens. It could be some other external barrier (like anxiety, or adhd, or fear) that's stopping you from moving forward.

Scores 8 - 12 Medium

Your building block system is **medium strength**. Try to clearly analyze where your weakness lie and try to work on those areas to create improvements. Remember, you always want to work in small steps, and focus your energy for best results. Lack of focus causes us to move from one building block to another and that's like building a 7 story building erratically, instead of finishing the first floor, then working on each consequent floor until the structure is sound. We have to start at the foundation. And then move slowly up, one building block at a time.

Scores 8 - 12 Strong

Congratulations!!! Your building block system is **strong**! You are doing really well. However, there is probably a reason why you took this test. Perhaps you are wondering how to improve? Or something isn't just right and you need some help? The best thing you can do is try to find ways to fine tune your building block system so it's working smoothly and you feel confident about reaching your goals.

