

FEARLESS
FABULOUS
You!

LESSONS *on* LIVING LIFE

ON *your* TERMS

MELANIE YOUNG

AUTHOR OF GETTING THINGS OFF MY CHEST

Fearless Fabulous YOU!

Lessons on Living Life on Your Terms

by

Melanie Young

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One day, she remembered that the only person who could make her happy was herself! So, she took back her power, re-claimed her place in the world and shined like never. Anna Taylor

INTRODUCTION

There was a time when I felt stuck between two worlds that clashed. I asked myself, “Are my best years behind me, or are my worst years behind me? And, is the best still yet to come?” I was in my early 50s. I had just completed treatment for breast cancer. My father had passed away from cancer the year I was diagnosed. I marked my twentieth anniversary in business for myself by closing my public relations agency, letting my staff go and re-branding as a writer and consultant. I harbored anger over my “lost year” undergoing treatment for cancer, struggling to keep afloat financially and mourning the one person who I counted on all my life to have my back when the chips were down, my father. I knew I did not want to go back to my old life as an overworked public relations executive. I knew that my life moving forward needed to be more balanced, with less stress and a healthier outcome. I wanted to reclaim my life and live it on better terms.

As I speak with women and men around the country, they have shared their stories about feeling stuck between two worlds. Many are cancer survivors but not all. Many have faced other challenges and changes and find themselves in transition by choice or otherwise. Most have reached a point in their life where they are taking stock and seeking balance and repurpose. Some have been successful. Others are still finding their way.

To make my own change happen I took stock of my own life I made a list of everything that was right and everything that was wrong. And when I looked at the two columns side by side, I realized I had a lot to offer. I just needed to reshuffle my deck.

More important, realize I needed to kick my tires, change the mental oil and recharge my chassis for a smoother ride down the road to the rest of my life. I may have had a few body parts replaced, but the car was still running fine.

We all have the capacity to stay fearless and fabulous at every age and stage of our lives.

Don't let anyone make you think or feel otherwise. Always remember: Aim to live life on your terms with passion and purpose. And always try to enjoy the ride.

Stay Fearless & Fabulous!

Fear less, hope more

eat less, chew more

whine less, breathe more

talk less, say more

hate less, love more

and all good things will be yours

Swedish Proverb

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This artwork looks even better in color!

About the Artist:

When I met April Stewart at the National Women's Cancer Survivor Convention in Nashville, Tennessee, I thought I had met my Sister Muse. April's whimsical collages peppered with inspirational sayings formed from a scattering of words spoke to me.

A resident of Franklin, Tennessee with a Master's Degree in Architecture from Georgia Tech, April's "i.b.liev'n" line of canvas art, jewelry and accessories was driven by an innate desire to teach her three daughters to believe in themselves and in possibilities. To learn more about April and see her work please visit:

www.mypersonalcredo.com

SAMPLE CHAPTER /SECTION 1: RECHARGE!

Make You A Priority

If I am not for myself, who will be for me? If I am only for myself, what am I? If not now, when? Rabbi Hillel

I speak often about the importance of making YOU a priority. My attitude is: If you don't take care of yourself, who will? Maintaining good health is your right and your responsibility.

Someone once asked me, "Are you being a little self-indulgent?" My answer was. "Making your well-being a priority is neither selfish or self-indulgent. It's about self-reliance and self-sustainability."

For years building my business was my priority. Clients came first in my service business. But when the economy collapsed, and businesses changed, my clients reset their priorities and moved on. It may have been emotional for me, but not for them. As I was told over and over, "It's just business."

I have friends who gave up careers to focus on building a marriage and family. This was their priority. And it should be. But you should never lose your sense of self or make sacrifices, even for those you care about deeply, if it negatively impacts your mental and physical health and stability.

You were not put on this earth to give in or give up; you were put on this world to be giving and you were gifted with a mind and body to nourish and nurture to give life.

Never underestimate that gift.

Never let someone be your priority, while you remain their option. Author

Unknown

Fearless & Fabulous Five:

1. It's not selfish to put your well-being first. It's smart.
2. If you are strong and healthy on the inside you will appear strong and healthy on the outside.
3. Taking care of your health will enable you to better care for others.
4. Never lose your sense of self.
5. While your personal and professional priorities may change over time, the priority of YOU should be a constant.

It's not selfish to give TO yourself as much as you give OF yourself. – Suze

Orman



i.b.liev'n...

“Stepping Out
of My
Comfort Zone
Every Once in a While!”

She said,
Secretly Knowing that
She Had to Push Her
Limits In Order to Grow!

SAMPLE CHAPTER/SECTION 2: RELEASE!

Change Is Something You Want for Yourself

Not everything that is faced can be changed, but nothing can be changed until it is faced. – James Baldwin

Sometimes we face changes in life by choice. We want to switch careers move cities, break off a relationship, lose weight. Other times we are forced to make a change. We lose our jobs or receive a promotion, you or a loved one becomes ill; someone leaves your life either for the better or worse. The result is deciding whether to return to our old life or repurpose it to change.

I decided even before I was diagnosed with cancer that I wanted to make changes in how I lived, but something always held me back. I kept saying, “Let’s just wait one more year.” Finishing cancer treatment was simply the tipping point that reminded me “It’s now or never to make a change if you really want it.” I wanted change so bad I could taste it, and I was willing to make sacrifices to do it.

My husband likes to say, “If you want to change your life change your residence.” Others say, “Change your job.” I don’t think you need to go to such drastic measures, and it may not make sense when you have family or community

obligations. I'm an advocate for making the right kind of change at the right time based on your need, your desire and your economic situation and your level of patience to manage the evolution of a change.

Sometimes making small changes can amount to a big difference. Change can be about time: stepping out of a routine and rearranging a schedule. It may be as simple as adjusting your daily schedule to give yourself an extra hour a day to exercise or take up a new hobby. Change can be physical: getting a new hairstyle, losing weight. Change can be spatial: rearranging your furniture, taking a new route to work.

The most important change you can make is your outlook and attitude if both are negative. If you don't make that change first, anything else you do won't make much of a difference.

Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights. – Pauline R. Kezer

Fearless & Fabulous Five:

1. Decide how you want to change your life and what you want to change and write down pros and cons. Make sure you even want to make a change.

2. Don't make a change to please someone else or if it makes your uncomfortable. Change should be your decision.

3. Change will come at a price: What are you willing to invest in time and money? Acknowledge what you are willing to give up changing.

4. Be considerate of those around you who will be impacted by your change. Make sure they understand why things are changing, what to expect and what you expect from them.

5. If you make a change and then regret it, just remember: you can always make another change. You may not be able to go back, but you can always move forward.

If you don't like something, change it. If you can't change it, change your attitude.

– Maya Angelou {Mary Engelbreit}

Time is a dressmaker's specializing in alterations. – Faith Baldwin

i b.liev'n...

In
Search
of
My Bliss!

“Finding My 
Passion!”

She said,
as she Carefully Reached
Way Down Deep Inside
and Pulled
to the Surface
the One Thing that Brought her
the Most Joy!

SAMPLE CHAPTER/SECTION 3: RECONNECT!

Turn Road Blocks into Building Blocks

There are no road blocks in life, just more challenging detours.

As a professional event planner, even the best made plans can go awry. You plan for something to wrong inasmuch as you plan for everything to go right. Two examples:

In 2005 Hurricane Katrina caused massive destruction to my beloved city of New Orleans. My company was in the middle of producing a major multiple day destination event in the city, and almost everyone we were working with in New Orleans had evacuated, closed shop and, in most cases, were unreachable. Talk about a road block! We assessed the situation, did our best to keep planning what we could. Eventually we realized the event would need to be cancelled. The road block was too much to fix at the time. However, several months later, we produced a tribute to the art and culinary culture of New Orleans at The 2006 James Beard Foundation Awards. It was beautiful evening recognizing the historical and cultural significance of this great city and the strength of those who withstood the hurricane. We turned a road block into a building block, or in this case toward helping rebuild New Orleans.

A nice side effect to the tribute was my then boyfriend, David Ransom, come out on stage to propose marriage in front of 2000 awards attendees. We decided to plan a destination wedding in New Orleans March 17, 2007 – St. Patrick’s Day. But there was no luck that day for us. A nor’easter cancelled all flights out of New York, and many of our close friends were unable to make it to New Orleans to attend our wedding.

I didn’t dwell or panic. With a phone call to a friend in the restaurant business, I booked a location in New York to stage a wedding re-enactment for all our friends the Wednesday after our wedding. We brought all our wedding décor with us and everyone was told to “dress for a ceremony.” I wore my wedding gown again and showed the video of the actual ceremony in New Orleans on a large screen. Everyone was happy and grateful we went the extra mile. We redirected a road block.

I bring these two stories up to illustrate that road blocks are usually situations or barriers that are put in front of us, not something we build ourselves. They can be hard to navigate, if at all. But, with ingenuity and the right attitude, you can turn a road block into a building block to make something else happen.

Road blocks are relative to the individual and situation. My wedding weather drama is a pittance of a problem when compared what the victims in the Boston Marathon bombing faced, or the loss of your home after a storm or any number

of catastrophic occurrences and accidents. You cannot compare apples to oranges.

But what you can draw from is the inspiration that comes from the story of a survivor who was able to come back with a strong attitude and determination not to let the road block derail his or her life. You may need to make physical, emotional and economic adjustments but you rearrange them the best way you can to make your foundation strong.

Everyone faces a road block at some point in his/her life. The keys to navigating around or jumping over the hurdle are confidence in your self and the team helping you recover, your emotional and spiritual faith, your determination to get past the road block and your wit, both your smarts and your sense of humor. All is not lost unless you allow it to be or lose all hope. Even the worst-case scenario can teach you a lesson. And if a door is slammed in your face, start knocking elsewhere. Do not give in or give up unless it is because you have decided on a better option or choose to settle on your terms.

4. Rejection should not lead to dejection. Just because you are not someone's "type" or "choice" doesn't mean there is someone or something else out there more suited to you.

i. b. liev'n...

“a Light that Always
Shines with a
Little Change in my Perspective!”

She said, Realizing that Sometimes
All it Took was
Putting a
New Frame Around an
Old Situation to Create
a New Opportunity!

SAMPLE CHAPTER/SECTION 4: REFRAME!

Is Your Happiness Within Reach?

Plenty of people miss their share of happiness, not because they never found it, but because they did not stop to enjoy it. – William Feather

What makes you happy? And is it within reach?

Who is the happier person: The ambitious person who reaches higher and higher but remains restless, so happiness is never quite in full grasp. Or the placid person who reaches out and not up, and embraces what is around him and seeks nothing more?

Which one are you? Or are you a combination?

My Dad always told me to aim high and be a success. And I did it in a short amount of time. At twenty-two I was working in a public relations firm in Atlanta, on glamorous travel and leisure accounts and won an industry award for a radio station account. At twenty-five I moved to New York to work for a large public relations firm and won another industry accolade for a frozen yogurt client. At thirty I launched my own public relations and special events business and helped create some amazing food industry programs like The James Beard Foundation Awards and New York Restaurant Week, among others. By forty I was the focus of a television segment called “Who’s Making It in New York.” I never rested, not

even on my laurels. I was always restless, aiming higher to do more. I was fiercely competitive and constantly comparing myself to others. If I could reach up and take the clouds from the sky and prop myself up on them like big fluffy Princess and the Pea throne bed, I would have.

But then the sky fell. I aimed too high with an expensive office expansion. The economy collapsed. I was diagnosed with breast cancer. My Dad's cancer metastasized over the course of two years and he died. The business environment changed. It was beyond stressful. It could have been a darker time, but I resolved to stay positive and focused. The experience made me refocus and re-assess my concept of happiness.

I learned to simplify my life and stop aiming so high. I learned that happiness was not how far you go or how high you fly but how centered and content you are from within. I stopped focusing as much on what I did not have or what I had not accomplished, and I started appreciating more what I did have and the people who stood by me during the highs and the lows. Your vision of happiness can become clearer when you refocus your gaze.

Happiness was always within my reach. I just may have been grasping at the wrong things.

There are as many styles of beauty as there are visions of happiness. - Stendahl

Fearless & Fabulous Five:

1. What makes you happy and gives you purpose is your choice. Happiness is not cookie cutter. Be your own barometer for happiness: Don't measure your life or against anyone else's.
2. Happiness is what you do with your life not what you do for a living. Happiness is not about how much money you make but how you make the money work to make your life better and to help make the lives of others better.
3. Happiness does not have a price tag and can be neither bought nor sold. It is intangible joy that is free to anyone. A poor woman filled with joy is better than a wealthy one filled with misery.
4. Happiness is looking around you and enjoying what you have and not focusing on what you do not have. Happiness is acquiring all you need to enjoy life and share it with those in your life but not overextending yourself so that you are weighed down with debt and with objects you do not really want.
5. The best way to increase your happiness is to share it with others. Laughter and smiles are contagious. Spread them around.

Happiness is as a butterfly, which when pursued is always just beyond your grasp, but which, if will sit down quietly, may alight upon you. Nathaniel

Hawthorne

i b.liev'n...

It's
Never
Too late to
Be
All
that You can
Be!

“Starting
a New
Chapter
in my Life!”



She said,
as she Confidently
Headed Off
In Pursuit of her Cause!

SAMPLE CHAPTER/SECTION 5: RECLAIM!

Always Look for and Project Brilliance

There are two ways of spreading light...to be the candle, or the mirror that reflects it. – Edith Wharton

I think we live in an era of being too judgmental. The internet, where anyone can establish a blog, create a persona and become a critic on food, fashion, entertainment and manners; and television reality competitions, fosters this culture. Magazines criticize celebrities for being too thin or too fat. Yelpers rate everything from restaurants to dry cleaning services. We take online quizzes and surveys to see how we, and others, measure up.

We look at ourselves in the mirror and focus on our flaws instead of our best features. We size each other up based on appearance and performance rather than effort and best intentions. We evaluate people by the wrong metrics, loosely applying titles and labels.

The only label that should matter is how you define yourself.

We have become our worst critics when we should be our best cheerleaders, not only for ourselves but for those who matter around us. Instead of evaluating we should be helping each other polish our potential and project our brilliance.

Everyone has a light to shine; sometimes it just becomes dim from disuse or misuse. Sometimes you just must clear away some mental cobwebs or emotional debris to illuminate it.

Finding one's brilliance may require time, effort, patience and encouragement. If you feel your own light has dulled, start with small ways to fan the flame to help it grow. Find a creative outlet. Volunteer for a local charity. Dare to try something new or return to something you gave up over time. Embrace your quirks and idiosyncrasies; usually there is brilliance deep inside them.

Learn to project your own brilliance. Practice walking into a room of people wearing a crown of confidence and a wave a smile for a wand. Perfect your "elevator pitch" to share who you are with others in a way that draws them in and does not blind them with pretention. People are attracted to brilliance as long it does not over shine them. So, do it with elegance and not arrogance. And let people reflect their own brilliance back.

Share your sparkle with others.

Never let anyone dull your sparkle – Unknown Author

Fearless & Fabulous Five

1. Finding and projecting your brilliance will make others see you as you see yourself.

2. No one likes to be overshadowed but many like to be projected in a flattering light. Know when it is worth it to shine your light on others and not appear arrogant.
3. Imitation may be the sincerest form of flattery, but originality is what will single you out.
4. Center on two or three things that make you unique or feel special and practice projecting them when you introduce yourself into one or two sentences. That is, in marketing speak, your “elevator pitch” or your verbal calling card.
5. There may be days when you feel less than fabulous. Don’t give in or give up. Allow yourself time to recharge your emotional batteries and then, shine on!

Always be a first- rate version of yourself, instead of a second- rate version of somebody

else. –Judy Garland



ABOUT MELANIE YOUNG

Melanie Young is a Motivational Muse and marketing and communications coach whose mission is to inspire people to make changes to live smarter, healthier and stronger, and on their terms. *Fearless, Fabulous YOU!* is her second book. After surviving breast cancer and turning to writing as therapy, Melanie wrote *Getting Things Off My Chest: A Survivor's Guide to Staying Fearless & Fabulous in the Face of Breast Cancer*, an essential handbook to help women with breast cancer take charge of their diagnosis, make informed choices about their treatment, stay fit and focused and look and feel their best.

Melanie hosts the weekly national radio show, *Fearless Fabulous You!* on the Women 4 Women Network (W4WN). Listen live Wednesdays, 12 noon EST and anytime on iHeart.com/free iHeart App. Her guests include medical and wellness experts on women's health and inspiring women entrepreneurs.

Melanie is a Certified Holistic Health Coach who writes and speaks about making healthy choices, resetting priorities and reinventing your life. And, always.... putting your Self-Health first!

Follow her blog at www.melanieyoung.com

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Purchase her books on: Amazon, Barnes & Noble, CureDiva.com and other stores.

Need a coach to help you project and communicate your Fabulous Self better?

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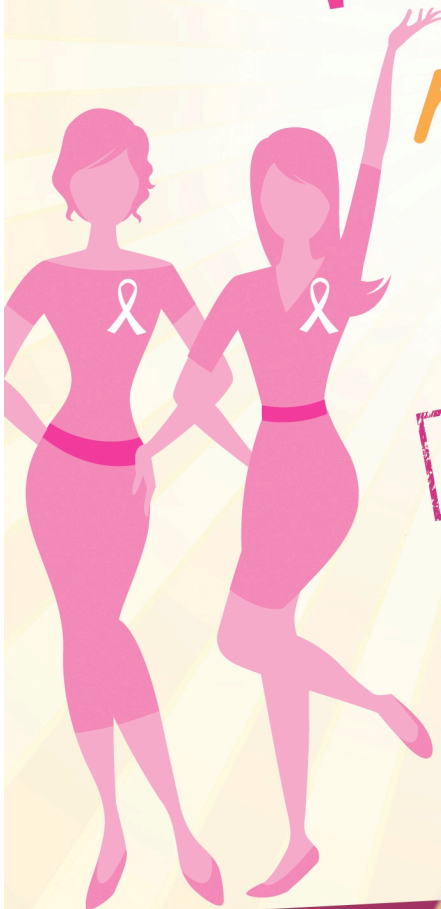
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SECOND EDITION

Getting
Things OFF
my Chest



A SURVIVOR'S GUIDE

to STAYING
FEARLESS & FABULOUS
IN THE FACE
of BREAST CANCER



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