

# **The Key to Being a Highly Successful Woman**



**Caryn Ross**

**An Actionable Success Journal**



You are the hero of your own story, so don't let the biggest obstacle to achieving all your professional and personal goals be you. Remember, the world is a better place when you are better in it.

If you are ready to rewire the mindset to unstick and unlock your fullest potential, send an email to me at [caryn\\_ross@spectabridgesolutions.com](mailto:caryn_ross@spectabridgesolutions.com) for a mindset business coaching session. Always believe in you!

# **The Key to Being a Highly Successful Woman (Book Excerpt)**

Self-Love: The Key to Lead, Empower, and Transform

**Caryn Ross**

**THiNKaha<sup>®</sup>**

**An Actionable Success Journal**

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## **Dedication**

To my father, who taught me that anything is achievable if you have passion and purpose and work hard doing it.

To Ian, Eric, and Lisa: Dream big and never limit all the possibilities that await you.

Scott, thank you for always believing in me.

To all my girlfriends, who inspired me and were my role models as strong women who never limited their personal and professional successes. Never stop believing what you can achieve.

## **Publisher's Note**

My wife read this book and loved it.

I also loved it.

So, men, although this book says it is for highly successful women, I highly encourage you to read it as well.

There's a lot to learn from this author.

# How to Read a THiNKaha® Book

## A Note from the Publisher

The AHAt that/THiNKaha series is the Cliffs Notes of the 21st century. These books are contextual in nature. Although the actual words won't change, their meaning will every time you read one as your context will change. Be ready, you will experience your own AHA moments as you read the AHA messages™ in this book. They are designed to be stand-alone actionable messages that will help you think about a project you're working on, an event, a sales deal, a personal issue, etc. differently. As you read this book, please think about the following:

1. It should only take 15–20 minutes to read this book the first time out. When you're reading, write in the underlined area one to three action items that resonate with you.
2. Mark your calendar to re-read this book again in 30 days.
3. Repeat step #1 and mark one to three more AHA messages that resonate. They will most likely be different than the first time. BTW: this is also a great time to reflect on the AHA messages that resonated with you during your last reading.

After reading a THiNKaha book, marking your AHA messages, re-reading it, and marking more AHA messages, you'll begin to see how these books contextually apply to you. AHAt that/THiNKaha books advocate for continuous, lifelong learning. They will help you transform your AHAs into actionable items with tangible results until you no longer have to say AHA to these moments—they'll become part of your daily practice as you continue to grow and learn.

Mitchell Levy, The AHA Guy at AHAt that  
[publisher@thinkaha.com](mailto:publisher@thinkaha.com)

The logo for THiNKaha features the word "THiNKaha" in a blue, sans-serif font. The letter "i" is lowercase and green. The "aha" portion is in a green, lowercase, sans-serif font. A green swoosh underline is positioned beneath the "aha" part of the text. A registered trademark symbol (®) is located at the top right of the "a".

## **BOOK EXCERPT Table of Contents**

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Section I. Why This Book Will Change Your Life

About the Author



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The higher your #SelfLove and  
#Confidence, the greater success you  
will achieve. #HighlySuccessfulWomen

**Caryn Ross**

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## Section I

### Why This Book Will Change Your Life

As women, we are known to be great multitaskers, risk takers, and task managers, but do we do this with self-care and compassion for ourselves? Or are we striving to exceed our expectations and grasp that goal of perfection—or at least, near perfection? Does this then lead down a path of self-criticism, questioning, fear of failure, and less love for oneself?

One key ingredient that drives the success of highly successful positive women is the ability to have a focused positive mindset. Highly successful women believe in others and most importantly, in themselves, and project that outwardly. Their focus is not on the "lack of" in their lives, but rather "abundance of." They truly love themselves, are passionate, and work at an energy level that empowers those who surround them. The higher self-love and self-confidence they have, the greater success they achieve. More learning and exploration unfolds, better mood shifts occur and there is a continuous motivation to take initiative and push toward goals and outcomes.

The moment you shift your thoughts and mindset, this will lead to a path of self-love and awareness. I welcome you to begin this journey and take the messages delivered in this book to break old limiting cycles and explore your true inner self. Even trying three messages a day, you will see the transformation happen into the leader you are, with the ability to empower in a positive light. Believe in yourself and you will see remarkable results!

# 1

#SelfLove is the key to everything, and the key to loving oneself is to continually realign your why, be fearless, regulate the ego, forgive, and change the mindset. #HighlySuccessfulWomen

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# 2

Love, security, and success come from within. Look inwardly to achieve what you want in life. #SelfLove #HighlySuccessfulWomen

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# 3

The higher your #SelfLove and #Confidence, the greater success you will achieve. #HighlySuccessfulWomen

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# 4

Do you do things with self-care and compassion for your self? #HighlySuccessfulWomen do!

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# 5

The most terrifying thing is to accept  
oneself completely. —C.G. Jung  
via Caryn Ross  
#HighlySuccessfulWomen

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# 6

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

—Lucille Ball via Caryn Ross  
#HighlySuccessfulWomen

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# 7

What is the key ingredient that drives the success of #HighlySuccessfulWomen?

A #PositiveMindset!

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# 8

#HighlySuccessfulWomen focus not on the "lack of" in their lives, but rather "abundance of." What are you focusing on? #SelfLove

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# 9

Don't sacrifice your needs over others to obtain your happiness. It is OK to put yourself first and choose your dreams. #SelfLove #HighlySuccessfulWomen

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# 10

When you manifest #SelfLove in your life, you can break your stagnant cycles, explore your true inner self, and unlock your full potential. #HighlySuccessfulWomen

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## About the Author



**Caryn Ross**, The Aha Ignitor, is a mindset business coach, speaker, trainer, and founder of SpectaBridge Solutions (<https://SpectaBridgeSolutions.com>), which helps executives, entrepreneurs, innovators, and business owners lead and transform their organizations and businesses to explosive levels of productivity and profitability.

Early in her career while interfacing with C-Suite executives, Caryn developed a keen appreciation for how collaboration and relationships interact with communications and self-confidence, driving successful business results. She looks to ignite a culture of confidence and transformational leadership to help businesses and individuals get "unstuck" and uncover their own unique AHA moments.

Through individual coaching, speaking, webinars, and workshops, Caryn creates unique value-add tools and strategies. These are designed to consistently inspire others to take action, enable impactful connections, create dynamic employees, improve client experiences, and empower leadership with a business mindset. Her goal is to propel others to grow and be highly successful achieving all their desired goals.



THiNKaha has created AHAthat for you to share content from this book.

- ➔ Share each AHA message socially: <http://aha.pub/SuccessfulWomen>
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#SelfLove creates the ability to stay on track and in balance, which results in a clear vision of success.  
#HighlySuccessfulWomen

Discover the reason that fires you up each day, and align yourself around what will support it.  
#HighlySuccessfulWomen

Don't let fear limit you from moving forward and succeeding. #BeFearless #HighlySuccessfulWomen

Never underestimate yourself because of past actions. Instead, #Forgive and set your mindset that you can accomplish anything. #HighlySuccessfulWomen

When people start seeing you respect yourself, they're going to respect you as well. #SelfLove  
#HighlySuccessfulWomen



**Caryn Ross**, The Aha Ignitor, is a mindset business coach, speaker, trainer, and founder of SpectaBridge Solutions who transforms executives, entrepreneurs, and innovators to lead their organizations and businesses to explosive levels of productivity and profitability. Caryn builds a solid foundation of results driven strategies to inspire transformational leadership with a specific business mindset approach

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