



WAKE UP, KICK ASS, REPEAT

Don't *wish* for it, just get it done

When I decided to become a cop, nothing was going to stop me. People tried to influence me by saying it was dangerous and I could get killed. Yep, and I could walk out the front door and get hit by a bus. I joined anyway.....

If you have a dream ***get it done***, if you don't have a dream ***get one***.

WAKE UP

- ✓ Don't let anybody, even family, talk you out of your dreams. Don't be afraid to be different and go against the flow. Once you achieve your dream and reach your goals, don't let others negatively influence you. Don't let people dim your rainbow.
- ✓ If you don't like where you are in your life right now, change it. Even a small micro-change is a change. You know what your dreams are and if you don't, you need to get one. Set goals. And when you get there, set new goals.
- ✓ When you get close enough to your dream that you can smell it, fear will likely raise its ugly head. Don't be afraid. Be careful what you wish for because good things will come your way.

KICK ASS

- ✓ Stand up for your principles, and for those around you. If you see someone being hardly done by, say something about it. If you are being wronged, stand up for yourself. Nobody has the right to cut you down. Wake up, kick ass, repeat.
- ✓ Don't be afraid to take a chance on something new, and don't let fear of the unknown stop you from achieving your dreams. Set some new "firsts" for yourself, and once you have done it, technically, you now have experience.

- ✓ Life is unpredictable, and we never know what the day will bring. Embrace what you can, let go of what you don't need, and face what you must. Be present and show up every day.
- ✓ Keep an open mind about everything in this world. Don't believe everything you see on the news, in the papers, or even what people tell you. People lie for their own gain. Be smart—be in front of that game. Be curious and suspicious. You call the shots.
- ✓ Don't let anybody push you around, set boundaries, and teach them what you will accept and when they are crossing the line. You can't expect people to read your mind and know what will tick you off. If something or someone does, tell them. One of my favorite things to say is, "if I'm thinking it, you'll know about it."
- ✓ Don't take crap from anybody, at all, ever. This does not mean that you go ballistic on people, it just means that you stand up for yourself. You can do that in an assertive, non-threatening way. Stand up for you—you're important and what you have to say is just as important as the next person.



REPEAT

- ✓ When people do all sorts of crazy stuff, you can't control how they act, but you can control how you react. Don't let anybody raise your blood pressure. Don't let the problems of others become your problems.
- ✓ Situations and people are not always as they seem, just like a crime scene, you need to have your eyes open to what is around you. Keep your wits about you and know your surroundings. Trust your instincts, if you feel something is off, it probably is. Listen to that.
- ✓ Some people have zero regard, or respect for the people around them. Steer clear and don't let others drag you down with them. Cut away bad influences or negativity from others, and don't let them weigh you down.
- ✓ You are your number one asset, and you need to protect yourself at all times. Protect yourself physically by getting a little fitter, or maybe learning some self-defense. Protect yourself emotionally, too, by being careful who you give your time, energy, and power to, regardless of who they are. Don't give 100% to everybody else, keep some for yourself.
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Wake up, kick ass, repeat !!

Lisa (Lethal) x

