

This quote is attributed (originally) to Aristotle:

**"To be a virtuous woman, you must first act like a virtuous woman..."**

BUT - We know that confidence comes out of genuine accomplishment and work, not pretending!

Amy Cuddy, author of Presence, says, "Don't fake it till you make it. Fake it till you become it."

Did your mother ever tell you to put on a happy face? To just smile?

Faking it is phony - who wants someone to pretend to them?

If you want to grow, if you want to BECOME the VIBRANT woman you have been called to BECOME, then your call to action isn't faking it anymore. Instead, it's to BE IT TIL YOU SEE IT.

What is the difference?

**1. Showing up:** Being that person means you show up; you don't pretend to show up. You don't just talk, you DO. Fakers fake the doing part.

**2. Doing As If:** You might not be exactly where you want to be, BUT the more you DO, the better you get.

**3. Thinking As If:** Ask yourself, "What would my higher self think about this situation?"

The Big Vibrant Vision you are casting for your life is to live GENUINELY, WHOLEHEARTEDLY, and in ALIGNMENT with the hot desire of what you want:

- Who you want to be
- What you want to accomplish

When you act and make decisions as if you were the person you want to become while doing and believing all of that, it moves you toward your goals. For example, my mantra of "I am an athlete. What would an athlete do? I am an athlete, so...

Your goals are the energy behind what you want.

Your goals are the framework to get it.

Your goals are the influence, belief system, the decision-making process, and the emotional driver BEHIND all of it.

***Fake it til you make it?*** Disingenuous Horse pucky!

***Be it til you see it?*** This honors your becoming. It's genuine and real, not more fakery!