

Author: Cheryl Lacey Donovan
Category: Inspirational Non-Fiction
Publisher: Peace in the Storm Publishing

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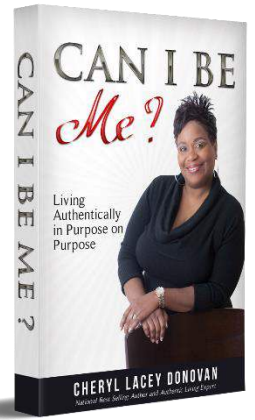
Author Bio

An ADVOCATE Cheryl is a servant leader to women working for the greater good, pushing social change with purpose, and causing shifts that empower the powerless. As a LUMINARY Cheryl motivates others to seek the truth in their own lives as well as the lives of others; inspiring every mind, soul, and voice with education to take their causes even higher. Cheryl's warrior strength and valiant soul allows her to step willingly into her role as a keeper of truth, faith, and light. Cheryl understands each day is journey of resilience over resistance. Innately supportive, empathetic, and compassionate, Cheryl helps women open up as they become renewed and rejuvenated in body, mind, and soul. Focused, determined, and courageous, Cheryl is goal oriented and on a mission to make a difference. She works hard on behalf of her clients and expects the same in return. Cheryl desires to create community and bring people together. She is more teacher than leader; more mentor than boss. She empowers others with a 'you can do it' mentality. Cheryl is a National Best-Selling Author, Inspirational Speaker, Mentor, Entrepreneur, and Media Personality



Cheryl Lacey Donovan

Target Audience



WHO SHOULD READ

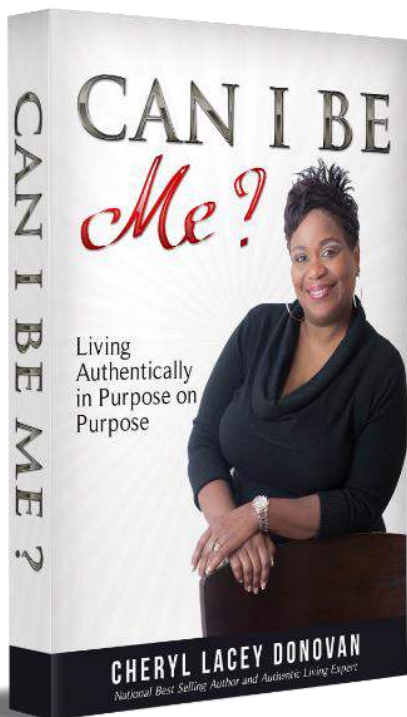
- those who want to be themselves around others
- those who want to live their lives according to what's important to them and not others
- women in business
- women in ministry
- those who want to live and speak their truth
- young adults seeking their purpose

BOOK BENEFITS

- Find out what it means to live authentically
- learn to accept yourself and love yourself as you are
- develop the courage to be yourself around others
- understand your value and what you have to offer
- discover your passions and how to enjoy them daily



Book Bio



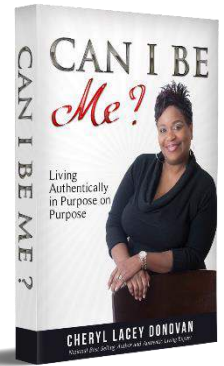
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Learning to live your life authentically is a process. Cheryl takes you through that process in an introspective journey that resulted in newfound self-awareness, self-confidence, and the courage to create a life that is happy.

In this collection of transparent reflections, Cheryl discusses her journey to the discovery of new joys as she learned to let go of living the way others think you should and, instead, live your life as the real YOU.

Book Excerpt

Chapter 1: Identity Theft



Identity theft is the deliberate use of someone else's identity, usually as a method to gain a financial advantage or obtain credit and other benefits in the other person's name, and perhaps to the other person's disadvantage or loss.

When I read this definition, I was speechless. How many of us have lived identities for the monetary gain, creditability and/or benefit of someone else only to learn we're frauds in our own lives. We've allowed others to make withdrawals from our identity accounts by allowing them to tell us what we couldn't or listening when they dictated what we needed to do that didn't align with our inner truth. Translation our identities have been stolen and our accounts are now bankrupt.

As we begin the inner dialogue of learning who we are it's important to take into consideration that there are many different types of people in the world with many different internal and external states. Your circumstances will differ from your neighbors, your family, and your friends.

...There are people who live in poverty but are internally happy and content.

...There are people who live with excessive material possessions but are completely miserable on the inside.

...There are people who desperately seek to improve everything about their lives.

...There are people who only want to change one or two things about their lives.

...There are people who feel trapped by other people's expectations and there are those trapped by *their* own expectations.

...There are even people who have absolutely no idea what they want and have completely given up hope because they have tried and tried and failed and failed, finding it seemingly impossible to ever bring about the kind of changes they want to see.

However, no matter your circumstances, with a conscious and deliberate effort you can live a life of authenticity.

So, as we take this journey together, I don't mind telling you that knowing yourself is a tried and true first step for living authentically. A person who doesn't know themselves, inside and out, cannot grow and change in ways that will help them to evolve as a person, because that person will likely be a slave to their vices without even knowing it!

Furthermore, most of us have a hard time admitting our flaws and faults, even to ourselves. That gives them free reign over our lives, and a season pass to sabotage anything that we are working on. It is a sneaky way for us to get in our own ways without really being able to see the problem for what it is; an act of self-sabotage!

Interview Questions

- 1 What is self-awareness?
- 2 What are some steps we can take to become more self-aware?
- 3 What are some of the basic elements that go into understanding your identity?
- 4 Why do I need to be self-aware in order to live authentically?
- 5 How does my childhood affect my current beliefs? How does
- 6 How can limiting beliefs stop me from living authentically?
- 7 How can accepting yourself help you live authentically?
- 8 What role does self-talk play in living an authentic life?
- 9 How does loving yourself help you live authentically?
- 10 How can finding life purpose help us to live authentically?
- 11 Why are people sometimes hesitant about finding purpose?
- 12 Why is it important to trust your inner voice?
- 13 You talk about giving up the need to be perfect, why?
- 14 Why do you believe life is easier when you live authentically?
- 15 What is the importance of loving yourself emotionally, intellectually and spiritually?
- 16 How important is it to free yourself from seeking approval?
- 17 Why should we stop comparing ourselves to others?
- 18 How can not forgiving ourselves limit authentic living?
- 19 Should we apologize to ourselves?
- 20 What are the steps to forgiving yourself?"

Book Cheryl

Can I Be **Me**? Living in Purpose on Purpose

Cheryl can provide Half day and full day workshops for your women's groups, Cheryl can also provide her message in keynote presentations, lectures, and seminars. Can I Be Me is also offered as a take home study course, virtual e-course and through Cheryl's group coaching program.

In Cheryl's workshops/courses, you'll learn how to:

- Discover who you really are
- Find out your true passions
- Build your self-esteem
- Let go of past mistakes and accept yourself
- Break free from crippling self-doubts
- Embrace your individuality
- Love yourself
- Find your life purpose
- Show the world the real you
- Create a joyful life by living authentically

What benefits will I receive from Cheryl's Can I Be Me Workshops/Courses?

Depending on the one you attend:

You'll find out what it is to live authentically.

You'll discover a lot about yourself and how you got that way.

You'll learn how to accept yourself and love yourself just the way you are.

You'll understand your own value and what you have to offer the world.

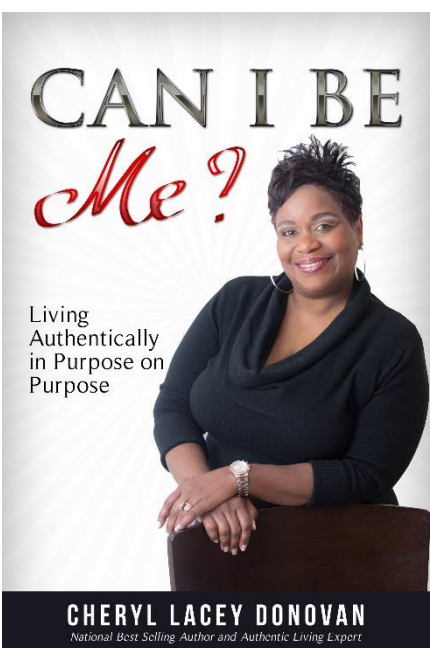
You'll boost your self-confidence.

You'll develop the courage to be yourself around others.

You'll discover your passions and how to enjoy them in your daily life.

You'll see how you can structure your life around what matters most to you.

STORY IDEAS FOR REPORTERS:



- 1. Know Yourself: The first step to living an authentic life:** What are the steps to follow when learning to know yourself?
- 2. Who Are You? Pondering Your Personal Identity:** What Can I learn about myself from the friends I hang out with the most. How do these friends affect my identity?
- 3. Limiting Beliefs from the Past:** How can invalid limiting beliefs from the past affect my future?
- 4. Self-Concept Makeover:** How can past mistakes keep someone from living the life they desire?
- 5. Living in Purpose on Purpose:** What is the end game?
- 6. Creating a compelling future:** What would you choose to accomplish if you had unlimited resources?
- 7. The Power of Your Inner Voice:** Why is reflection so important to an authentic lifestyle?
- 8. Presenting Yourself Honestly:** Why should you be the best at being yourself?
- 9. Stop Seeking Approval:** Why is approval seeking behavior self-sabotaging?
- 10. Stop Comparison Shopping:** Remember it's the journey that matters.
- 11. Forgiving You:** How can not forgiving ourselves keep us from living authentically?
- 12. Self -Concept Makeover:** Are the things you believe about yourself really true?

WORKSHOP IDEAS FOR GROUPS:

Each of the modules/Lessons can be offered together as a workshop/seminar or individually



Module 1. Know Yourself: This course takes you on an introspective journey that guides you through the steps to becoming authentic.

On the way, you'll learn many things about yourself and how you can find the courage to proudly show the world the real you. Your journey ends in an exciting vision of a future that you design yourself, based on your own goals, dreams, and passions.

Your journey to authenticity includes:

1. Getting to know yourself
2. Giving yourself a self-concept makeover
3. Accepting yourself
4. Learning to love who you are
5. Determining your life purpose
6. Discovering how to live authentically

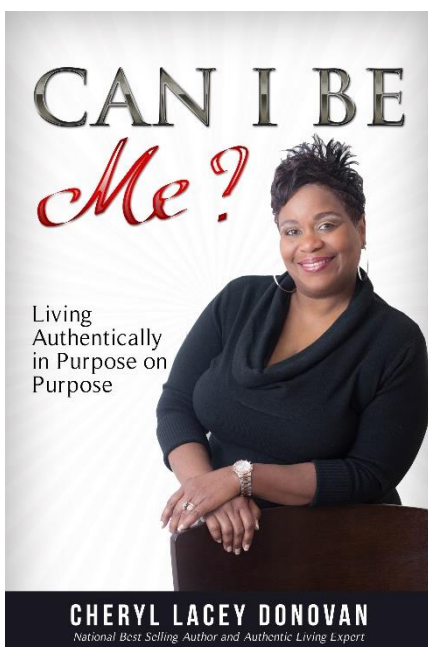
Module 2. Self-Concept Makeover: What goes into forming your self-concept? Are the things you believe about yourself true? It's hard to be authentic if you have mistaken beliefs about yourself! This module takes you through the steps to give yourself a self-concept makeover. It helps you to reevaluate your past, form a healthy self-concept, and build your self-esteem

Your journey to authenticity includes

7. Re-evaluate Your Past
8. Build Your Self Esteem
9. Be Proactive to Increase Your Satisfaction
10. Who Do YOU Wish to Be?

Module 3. Self-Concept Makeover: What goes into forming your self-concept? Are the things you believe about yourself true? It's hard to be authentic if you have mistaken beliefs about yourself! This module takes you through the steps to give yourself a self-concept makeover. It helps you to reevaluate your past, form a healthy self-concept, and build your self-esteem

Your journey to authenticity includes



WORKSHOP IDEAS FOR GROUPS:

Each of the modules/Lessons can be offered together as a workshop/seminar or individually



Module 4. Love Who You Are: In this module, you'll move past acceptance and learn how to actually *love* yourself – inside and out – body, mind, and soul. You'll discover how to embrace your individuality. You'll understand how you can let go of seeking approval from others while you build your belief in yourself

Your journey to authenticity includes:

- 13. Embrace Your Individuality
- 14. Avoid Seeking Approval from Others
- 15. The Flaw of Comparison
- 16. Learn to Like Yourself
- 17. Believe in Yourself
- 18. Love Yourself

Module 5. Determine Your Life Purpose: Now that you know, love, and embrace who you are, you're ready to begin planning a future that will truly make you happy. This module will give you strategies that will lead you to discover your life purpose and incorporate it into your plans, goals, and daily life.

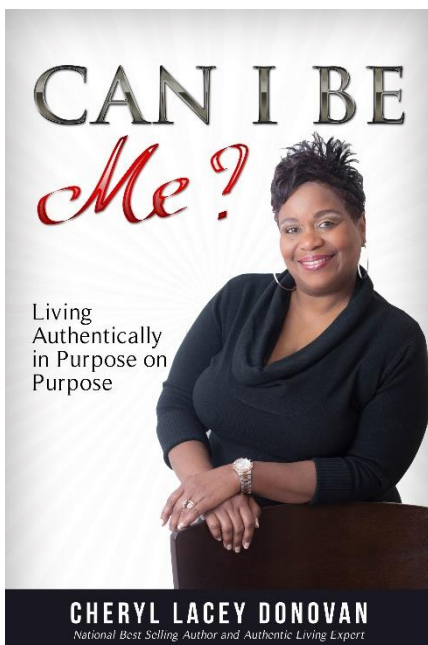
Your journey to authenticity includes

- 19. The Business of Discovering Your Life Purpose
- 20. Questions to Discover Your Life Purpose
- 21. Finding Your Purpose Through Writing
- 22. Make Your Purpose a Part of Your Life

Module 6. Living Authentically: This module will give you the power to live authentically. Learn to set priorities according to what's important to you. Develop the courage to be yourself around others and feel good about it. Practice listening to your intuition. And create a future in which you live the life you desire.

Your journey to authenticity includes

- 22. On Being Authentic
- 23. What's Important to You?



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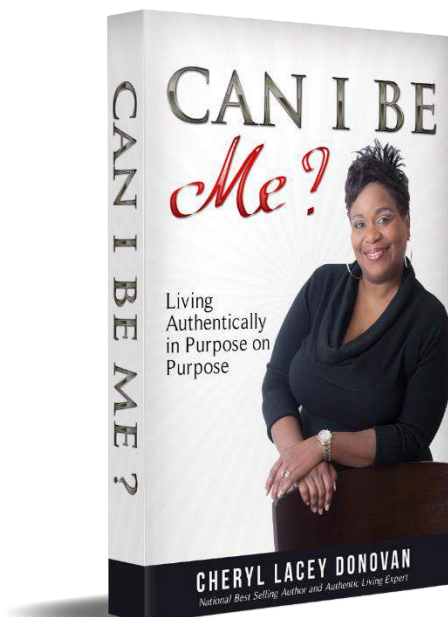
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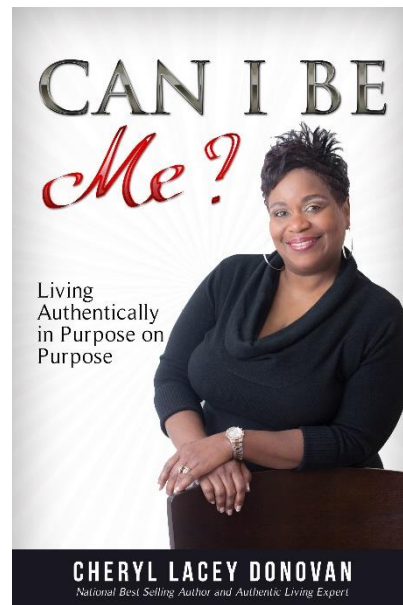
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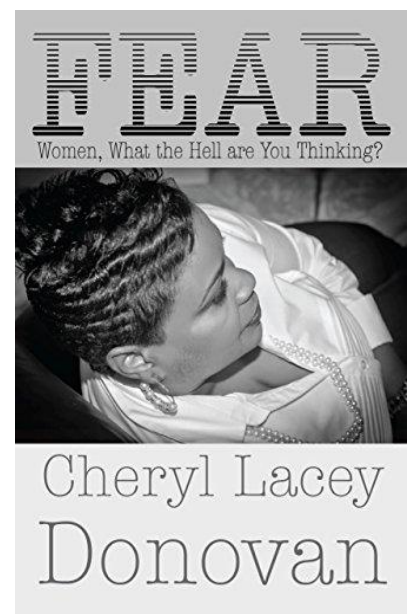
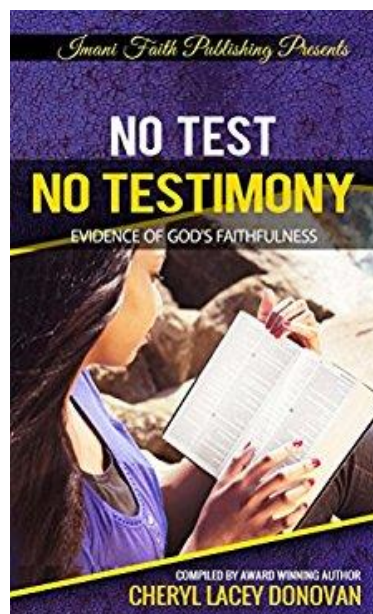
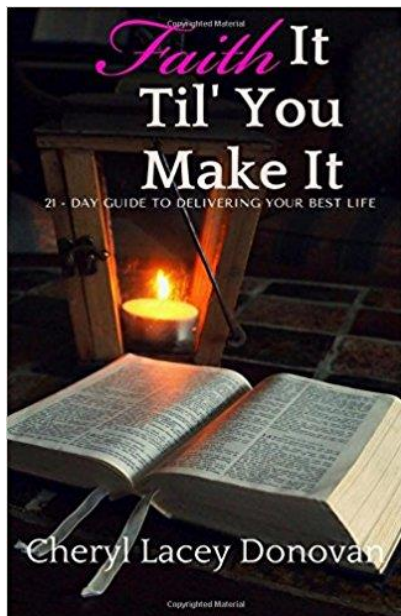
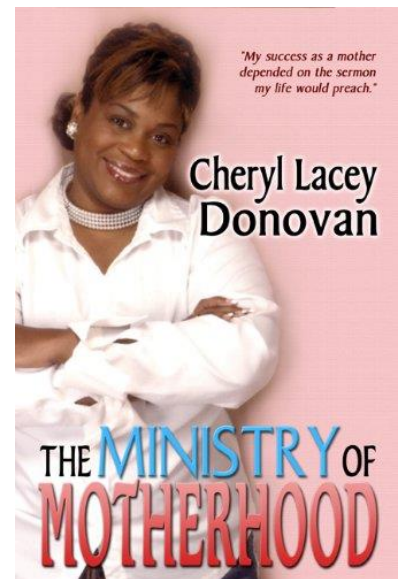
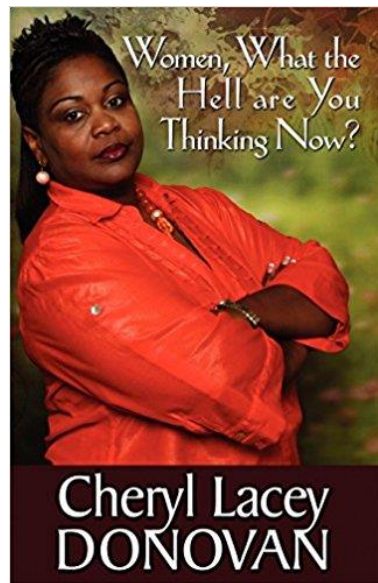


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