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# Enterprising Latina

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## Are You An Irrepressible Woman?

What are the secrets of women who are at the top of their game and who have no shame in claiming their position?

These women know that guilt is a game they can choose not to play; they have an intimate knowledge and a love of themselves; they assert their will in creating their own lives, on their terms; and they know that self-respect equals power. What do you call these everyday heroes of their own lives-because they truly live life as they choose? I call them "irrepressible spirits." A woman who is absolutely in control of her life has certain characteristics and strategies that allow her to excel at whatever she does:

- She does not compromise her self-respect.
- She is not held back by past hurts, mistakes, or shame.
- She uses fear as fuel to propel herself into greatness.
- She fully expresses both her power and her vulnerability.
- She knows how to live, love, work, and play with all her heart.
- She has developed tools to cover any situation with any person.
- She has the courage to uncover her full potential.

She has an original plan, created by her, to achieve all of her goals.

Irrepressible women break through barriers and knock down walls. When they want something badly enough, there is nothing in the world they won't do to get it, whether it concerns career, family, friendship, or love. These women overcome fear, doubt, and often great adversity to achieve what the rest of the world sees as impossible. Where some of us only see our limitations, these women move forward with courage, exploring new worlds, achieving great dreams, and ignoring warnings that "it" can't, or shouldn't, be done. No obstacle is too great for a woman with an irrepressible spirit. Developing into a powerful woman is a process. Before we can achieve, we must believe we deserve to achieve. Sometimes that's very difficult, because we've been brought up with mixed-and often incorrect-messages about our "place" in life. Simply put, if we are not treated with respect as girls, we have to work hard to replace negative beliefs about ourselves with positive ones.

The main unifying characteristic all successful women share is that they respect themselves, and they expect to be treated with respect. To be repressed is to be stifled and smothered; to be irrepressible, you must love yourself enough to allow the real you to blossom, even if you have critics.

So, how do you develop yourself into an irrepressible woman with an unstoppable spirit?

1. Always claim your self-respect.
2. Don't be afraid to take risks.
3. Be perseverant and resilient.
4. Learn the rules, then make them your own.
5. Embrace the unknown and accept it as a challenge.
6. Make your mistakes learning experiences.
7. Silence the critics, especially if you are your own worst critic.
8. Find your purpose and dedicate yourself to it with passion.
9. Commit yourself to doing whatever it takes.
10. Believe in yourself, even in your imperfections.

### **Finding Your Own Irrepressible Spirit**

Trusting that you'll be able to deal with the outcome of any uncertain situation is the foundation for overcoming fear. Everything else is built on top, so your base better be sturdy. If you do not have faith in the process of facing the unknown with peace of mind, you will give up every time something goes wrong. When we live with the worry of uncertainty, we waste time and energy desperately searching for answers. I know-I've been there and done that, too. What we must understand is that usually the answers we seek can be found right inside ourselves-there's no reason to seek them elsewhere. Everyone has an opinion; everyone from our parents to the media tries to tell us how to live our lives. When you are standing up to uncertainty, you need to trust yourself-your instinct, your guts, your higher power, your experiences, your beliefs, and your smarts.

Life is all about the journey, not the destination. Your experiences today will help you make decisions about your tomorrow. The beauty of uncertainty is that once you can outwit it by creating your own answers, you'll no longer see the unknown as scary, it will become a challenge you relish. When you trust yourself enough to creating your own answers, you end up creating your own world, the way you want it. This freedom allows you to blossom, whether you are opening your own business, moving out of your father's home, or accepting a position in the highest echelons of power. We either take control of our lives, or we let life take control of us.

The most important piece of advice I can offer you is to proactively and confidently search for answers within yourself when you are faced with decisions of all types. Because each person is unique, what works for me may not work for you. I have learned that unless something feels right, unless it falls in line with my own morals and values, it will not work for me. Outside forces can help guide you in the right direction, but they cannot make decisions for you.