

## **Author's Note**

*101 Reasons to be Yourself* doesn't take itself too seriously. Its main goal is to help you get the lead out and make positive changes in your life. It is a book for women without being too womany, if you know what I mean.

I've spent my whole life looking for something, "finding myself", generally living by trial and error. It wasn't until recently that I discovered how valuable all my searching had been. Without goals, adventures and a creative spirit, I would be a hollow shell of myself.

It became my purpose in life to refuse the mediocre, to embrace creativity and to challenge myself to new heights in being me. And I want the same for you - joy, happiness, success and freedom, whatever that means to you.

It is my pleasure to share with you some tidbits that are intended to inspire you to take positive and creative action in becoming the you that you want to be.

When you really want to do something but are afraid to try,  
ask yourself if you will regret not doing it.