



## **CONTENTS.**

### **Introduction.**

'Meet Brenda'

### **Chapter 1.**

'Letting Go'

### **Chapter 2.**

'Resilience'

### **Chapter 3.**

'Tenacity'

### **Chapter 4**

'Consciousness'

### **Chapter 5**

'Connection : Part 1 (Self Belief)'

### **Chapter 6**

'Connection : Part 2 (Generosity)'

### **Conclusion.**

'Future Focus'

## Introduction : Meet Brenda

### **Welcome.**

My name is Brenda Di Bari, and I am so glad you're here.

I am a life coach, real estate broker, and a proud New Yorker. I live in a city that is built from hustle culture and my career path has been reflective of this ethos. I began my career as a stylist, working on set for magazine photo shoots, fashion shows, and in editorial. I progressed through many endeavors before becoming successful in the varied world of real estate.

My professional pathway has been a fascinating journey of true empowerment as a female creative. I have enjoyed great success in many ways, all of which has been the result of perseverance, and fervent self-belief against the odds. My pathway has not been without challenge, but my goodness has it been worthy. I am very grateful to have had the presence of some incredible educators standing alongside me throughout it all.

*My greatest teachers? My 6 unique, incredible children!*

I have always enjoyed making my children proud. They have seen me succeed in the business world as a real estate broker and a creative professional. They have watched me pursue my dreams and ambitions outside of our home successfully while cultivating a close-knit home environment for them. They know the power of authentic empowerment and true gratitude. This has become a signature part of our familial identity.

I have created this guide to provide a genuine perspective what is ultimately possible. I have experienced devastating loss in my life. Yet I have been able to be successful in the areas of my life that mattered most. I have been able to keep my focus on exactly which areas deserved my time and attention - and which *didn't*. I have developed methods of success and habits of gratitude that have revolutionized my life. I am here to shine a light on the success you seek!

*Sometimes it is just a case of slowing down enough to realize the lessons that are already present.*

What no one tells you when you have children, is how much they will teach you. There is so much emphasis on the knowledge we must impart to our offspring that we lose out on opportunities of learning they offer us. As caregivers, we are socioculturally encouraged to think of our children as malleable forms of human clay that we must do our best to shape responsibly. In fact, our children hold unique offerings within them from birth to adulthood.

My work as a professional life coach is to help my clients discover perspectives within themselves that bring them higher energy, richer success and deeper joy. I help my clients fall in love with their lives and with *themselves*. I facilitate positive change. And I do this by working from a nucleus point of honesty.

*This guide has been created with the very same intention.*

I am here to share my honest truth with you, just as I would do if we were sitting together having a conversation. In the very same way, I would if we were sharing a coaching session together right this moment. I am here to speak to *you*. This book is an open window into my beliefs, my values, and my experiences. Use this guide as your personal and professional coaching resource. Approach each chapter as an understanding friend.

*Success of not a momental epiphany to pursue.*

Finding the success you desire is a journey of discovery, not a 'tick' point destination. There is no need to rush. Read gradually, taking time to absorb the perspectives I am sharing. Make notes if you wish, and return to any chapters that particularly resonate. These words are my gift, wherever you are on your own journey to success.

*Shall we begin?*

- **Brenda**

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## **Chapter 1 : Letting Go**

Many of us soothe our unmet needs in life by resorting to control. When we face challenge, we might force what we think should happen in order to gain the resolution or result we decide we need. This approach can leave us frustrated and even saddened. By not being able to control 'enough' we feel we have failed, as the result is not the one we wanted.

There are some positive aspects to control. When we don't fall into temptation from offerings in our life that aren't good for us, such as junk foods or bad company, we are exercising positive self-control. We are taking accountability for our wellbeing and actioning behaviors that will take care of who and how we are. In this way, some control can be a positive component of our personal habits.

The control I am going to explore within this chapter is first type that I described. The kind where we attempt to force a situation to make it what we see it necessary to be. This lesson, whether I was ready for it or not at the time, was taught to me by my first child - my first daughter. She taught me in her early adulthood what it truly meant to let go of my idea of control.

Unbeknownst to me in my early motherhood, my daughter suffered with a great deal of mental health issues that caused her to distort many realities into false truths. This caused her great pain and deep, deep turmoil for many years. Eventually, the day came when she emancipated herself from my life and from our family.

*She was about 21 years old by the time it all came to a head, and I have had little to no contact with her since.*

As you might imagine, this has been and continues to be extremely difficult to process. Alien, even. I poured my way through our history as mother and daughter looking for clues. I was consciously searching for a clue or a hidden door that would allow me to change the circumstances and help her to see things how I did. I wanted to control the situation in a way that would make sense to me and that would 'fix' things.

I learned that it was neither healthy nor helpful to myself or my daughter to force control. I experienced what it was to love someone unconditionally. This included letting her be free when she wished to be, regardless of my own agenda or feelings. I was her mother, not her owner. Significantly, I realized that the kind of control I was scrabbling to hold on to did not exist.

*I found that in fact, control is only an illusion.*

Personal perceptions are as unique as our fingerprints. No two are the same. I came to learn that although I had raised and nurtured my daughter, and that she was here in the world because of me, it didn't mean I owned the rights or the keys to her mind. I could not (and would not) force her into any other way of thinking. I was her mother, and I loved her. But I had to let go of attempting to control her view of the world.

These elements are as true today as they were when I gave birth to her at the age of 27. I am now able to liberate myself from the illusion that we can force another person - even our own children

– to see things how we feel we need them to be. This remains one of the most significant lessons I have ever had to take on board. I invite you to join me in this perspective within our first exercise together:

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### **EXERCISE 1 : Surrendering Control**

The control we like to tell ourselves we have has more to do with our need for security than it does with reality. This exercise is about letting go of (perceived) control in our lives.

Grounding techniques are extremely helpful in aiding us to see the bigger picture and not get caught up in a moment of fear (leading to the desire to control our environment).

For one week, practice this approach:

Every time your mind wanders into an area of wanting to control, do something physical that will change the energy of your mind and body. You could take a walk outdoors, splash your face with cold water, eat something nourishing, or practice mindful meditation. Make sure that the activity comes immediately when the control instinct begins to take hold and keep doing it (or another) until the thought has passed.

After one week has passed, reflect upon how your behaviors and your emotions might have altered as a result of your conscious efforts.

*How do you feel?*

## **Chapter 2 : Resilience**

I would like you to imagine yourself at your happiest, healthiest and most loved. Feels pretty great, right? I propose that most of us generally feel more capable and confident when we feel the best of ourselves. But what about when things go wrong, and those fulfilling elements are not present with us any longer. Do we still feel quite so able to take on the world?

Resilience is a personal attitude and perspective that I have applied numerous times in my life. The power of overcoming cannot be underestimated. It stems from the empowerment that we

draw from others who authentically love us. But most incredibly, we can build this power tool ourselves. We need not rely on external validation to be resilient. This is our power.

My second born child taught me the power of resilience before she even joined us in the world. I nearly lost my pregnancy a few times, which meant I held my second born baby all the closer after she was born. My tiny, fragile baby has now grown into an incredibly compassionate young woman with an infinite amount of generosity and gratitude within her. She continues to inspire not only myself, but many others she meets in life.

*No matter what occurs in her life, or whatever is challenging her, she just keeps on rising.*

We all have fought wars and have the battle scars to prove it. Perhaps some of us are still struggling to heal some of the wounds we carry. We are in a constant state of evolution. Healing is an important part of that process. The shining light that guides us out of our self-limiting pain points? Resilience. Because fundamentally, resilience is a powerful form of *hope*.

To be resilient is to believe that there is hope. It is a form of self-belief in many ways. To practice resilience is to turn down the negative temptation of being dragged down. It is the practice of turning falling into flight! When we are resilient, we allow space for miracles to occur in our lives. We are not headed backwards, so there's no need to glance back that way. Turn your head towards the light in front of you to allow opportunity into your life.

*This is the potential that resilience holds for you.*

Resilience is a practice like any other. Sometimes it is not until we are faced with true, deep challenge that we can come to know the strength we have inside of us. Although pain is difficult to process, it can be empowering to realize what we can overcome. This has applied directly within my own life, and it is a principle I stand by.

I believe that we can nurture the power of resilience within ourselves. We can develop inner defense mechanisms and practices of gratitude that help us to do so. In fact, gratitude is ultimately key if we are to be successfully resilient in our lives. For many years, I have practiced conscious gratitude through the form of meditation and affirmations every day. Unsure what this might involve?

This next easy exercise will help you:

## **EXERCISE 2 : Daily Gratitude**

When we are truly grateful, our resilience is higher. This is because our levels of hope and faith are naturally higher. To cultivate gratitude, we must practice it frequently - daily, in fact.

Each morning take ten minutes of your time to write down what you are grateful for that moment. It might be as simple as the sun making its way through the curtains warming your skin. It could be your health, or your opportunities. It could even be your loved ones.

Make a short list, and once you've written each gratitude element down read them aloud to yourself. Start each element with the sentence, "I am grateful for..."

This simple exercise is all about increasing your positive energies while reminding yourself of what you already have in your hands. These are successes in themselves!

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### Chapter 3 : Tenacity

Tenacity is a forward motion that does not pause. It is the continuation of onwards venture no matter what is occurring externally. If you were to observe a plough pushing through snow, you would see a case of tenacity. Mothers giving birth have tenacity that goes beyond their consciousness. It is fundamentally the continual and non-negotiable decision not to give up without exception.

My third daughter is powerfully embodying tenacity. She is a willful young woman who is a force to be reckoned with. Like her mother, she is not known to be deterred once her mind is set. I have watched her expertly navigate life, work and relationships without consideration of failure. She continues to bring incredible dimension to my approach of life and its possibilities.

We live a world of comparison. Social media and online advertising continue to condition us to pitch our reality against online highlight reels of perceived success. We all know that these glossy images don't hold the whole truth. Airbrushing and editing apps account for much. However, it can be difficult to stop ourselves from becoming tangled in self-defeating narratives all the same. We lose sight of our capabilities when we pitch them against other people apparently 'doing better' than we are.

My daughter does not entertain the concept that something is not possible. She does not waste time on considering what could go wrong, or even what actually is going wrong in her endeavors. She does not stop until she gets to where she wants to go in life. No matter how small or large the goal, she sets her mind on it and does not allow herself to be drawn away as the ventures. It's not always easy, but she believes it is always possible. This is true tenacity in practice.

Tenacity cannot thrive within us while we are held back by negative self-talk. We must liberate ourselves from statements of '*I can't...*' and "*they have...*' and replace them with far more positive, validating inner commentary. By feeding negative energy we lower our potential to receive the success we seek!

To change your energies for the better, give this next exercise a try:

### **EXERCISE 3 : Nurturing Narrative**

The tenacity my daughter taught me about is derived from a principle belief in not giving up.  
The voice that keeps her on the right track? The one deep inside of her.

To keep ourselves moving in the right direction, we must level up the narratives we tell ourselves to one that help us to succeed.

Take a white board and write out the fears and limitations you currently feel about your dreams and ambitions. Don't hold back, include everything you've ever told yourself.

Next, take each sentence one at a time and consider how it could be matched with a positive action or thought. For example:

*"I'm not smart enough" —> "I will take a course to help me"*

*"No one wants to help me" —> "I will identify those who are willing to support me"*

*"I am not worthy" —> "I deserve everything life has to offer"*

Leave your positive statements board in a place where you can easily see it each day, returning to it when you find yourself overwhelmed. Develop and adapt this list as you progress.

*Are you surprised by the statements that surfaced from within you?*

## Chapter 4 : Consciousness

To be able to be truly successful, we must practice consciousness. Instead of focusing on mistakes, we must become aware of our motivations and the correlative behaviors we are responsible for. We all have 'blind spots' in how we see ourselves and our actions. To practice consciousness is to lift the (ego rooted) veil from our way of seeing things in order to be able to become fully aware.

*Once we become conscious of our behaviors, we are able to authentically grow and evolve.*

Consciousness is the lifeblood of any healthy relationship. This includes the relationship we have with ourselves. When we do not practice consciousness of ourselves, we miss out on rich personal development opportunity. By going through life with blinders on, refusing to take accountability or to become aware of our actions, we limit our potential for success. Further to this, we miss out on deeper connection with those around us.

*My son is a natural observer. He views the world with open eyes and an accepting heart.*

I would describe my only son as an old soul. As my fourth child, he sits comfortably in the middle of a collective of willful women! He has been raised around female energy in all its color and fervor. He is one of the most accepting and wise young men I have had the pleasure of spending my time with. Wonderfully, he is my teacher of consciousness.

I believe that my son came to this Earth with a great deal of wisdom in tow. My first and only son, he offers fresh perspectives to me. He continues to teach me the true value of a conscious way of thinking about the world. He inspires me to reach all the more deeply into my thoughts and feelings, in order to inform my choices and behaviors.

*More than anything, he has deepened my authentic understanding of personal consciousness.*

Do you struggle to see where you're going wrong in life? Perhaps you find yourself frequently blaming your poor luck in life for things repeatedly not working out how you would like them to. You might be tempted to consider yourself one of life's unlikely ones, who just can't catch a break in order to succeed. Sounding at all familiar?

Our next exercise is designed to break this thought pattern apart:

#### **EXERCISE 4 : Encouraging Awareness**

When things don't work out, it's easy to jump to conclusions. Sometimes we do this to feel better about ourselves, when we might need to blame luck or even other people for what isn't working. By becoming conscious of our behaviors, we create opportunity for true growth.

Consider a time in your life where you weren't happy with the result of your efforts. Perhaps it was a relationship not working out, or a job that you failed to secure. Close your eyes and bring the event to your mind. Relive the moment. Recall how it made you *feel*.

Accept the moment. Forgive yourself for any hurt that still exist within this memory. From this space of safety, begin to reflect on what you could do in the future to deal with a similar event in a better way. Validate your experience by helping yourself learn from it.

Use the next few minutes to write about how this experience of reflection has made you feel, including any further conclusions you might have sparked. Don't let the pen come away from the paper until you have released everything you need to say.

You can repeat this exercise in application to other experiences you have had, including very recent ones. Become comfortable with the process of self-reflection. Refine the art of letting go of the past, only referring to it as a tool to help you evolve towards the future you deserve.

*How has this exercise made you feel?*

## Chapter 5 : Connection Part 1 (Self Belief)

In order to harness our true potential in pursuit of success, we must cultivate connection. Not only with those around us; with ourselves. When we are truly conscious and aware of our capabilities and our beliefs, we can begin to take empowering steps forwards in our journey towards what will truly bring us joy.

When I think about connection, I am drawn to visualize my family. I consider the kind of support I share with my children and the sort of support they share with me in return. I am able to feel the connection I have with children beyond the words we speak to one another. It is instinctual and it feels very natural. To love is to connect, in many ways.

One of the strongest examples I have in my life of authentic connection, is that of my twin girls. The connection they share goes beyond biology. They are bonded in a way that I believe only each of them can truly understand or fully identify. They have faced loss in their young lives already through the loss of their father when they were very small. Yet they continue to grow around each other in a manner that encourages individual growth while uniting them as shared souls.

The world loves to receive twins as the doubling up of one person. But I would like to share with you that this is certainly not the case with my twin daughters. They are two distinctly unique human beings with a whole array of individual offerings that continue to surprise and inspire me. They wish to be seen and appreciated by the world as whole selves, not halves, just as we all do.

*We all wish to be seen and heard for who we are; twins or otherwise.*

My girls are different, but they combine in *harmony*. Beyond momentary sisterly disputes between them, these two young ladies have a deeper connection than perhaps even I can understand as their mother. They are limitless in their support of one another, despite the differences between their character. I am extremely proud of the young women they are growing into.

My first-born twin is a competitive soul, born from deep and profound self-belief. She is supported by her twin, helping her to grow and develop as a person in her own right. She strives to continually level up from whatever point she reaches in her endeavors. She teaches me about the deeply powerful potential of true self belief in application. I thought this element would be what I taught to my children - yet here I am still learning about it from my 11 year old daughter!

Healthy competition with yourself can help you reach your ultimate goals. This next exercise will help you identify your pathway in order to increase your personal potential in reaching your goals:

### **EXERCISE 5 : Identifying Objective**

It can be easy to be drawn away from our true path. Friends asking too much of us, working at a job that takes our energy, and the hypnotizing attraction of smartphones are all guilty of hoovering our previous time and energy.

Identify one clear goal. Don't make it complex or multi-level. Note it in the center of a blank page. Identify what may distract you from achieving this. Then create rules to support you.

*For example, switching your phone off between certain hours of the day to stop you scrolling.*

De-clutter your vision. Remove unnecessary distractions. Clear away whatever lies in your running track pathway, so that you don't have to waste time running around obstacles.

Each day follow your gratitude exercise (exercise 2) with a brief refresher on your listed commitments. Remind yourself of what your goal is and commit yourself your energy to it.

*Do not allow anything - or anyone - to pull you away from your conscious choice.*

## Chapter 6 : Connection Part 2 (Generosity)

Connection is a two way energy. In its healthiest form, it is an exchange of equal parts. Perhaps you are offering care or love to someone you hold dear to you, but they do not offer the same in return. Or maybe you are constantly berating yourself for mistakes you have made but are unwilling to spend valuable time exploring how you could improve your experiences. In these instances, connection is not active nor authentic.

*We can bring connection alive by becoming conscious of its potential.*

Observing my twin girls, as we have explored, I have deepened my understanding of the importance of seeing past literal face value. I have seen people take them for (literal) face value and then watched their amazement as they discover the individual and unique characters and offerings each brings to the world. This, in itself, is a powerful lesson of seeing beyond surface that we can all learn from.

My second born twin brought a colorful array of kindness and acceptance into the world with her. She even let her sister come into the world first, before calmly and confidently coming to join her moments afterwards! She is incredibly generous of spirit which allows her to support her competitive twin in her ventures. Competition between my daughters it is actually a healthy part of their higher connection together. They are there for one another and understand each other's needs. This is not a wrangling of power; it is the connecting of two peoples in authentic recognition of one another's value.

I believe that finding personal success is not solely a matter of drive or determination, though those elements are present in the aspirational journey. It also involves an openness of spirit. We must be willing to be generous. Not just with others, to create further positive energies. But also, with ourselves. You cannot pour from an empty cup, as the classic saying goes.

*Generosity of spirit towards the self is vital to true development and opportunity cultivation.*

Put simply, self-care is vital. This is not simply a case of running yourself a bubble bath, although allowing yourself to relax is also important in order to replenish your energies and focus levels. Self-care involves being generous with your time on projects that mean the most to you. If you spend all your time pouring your energy into someone else's ideals or into activities that do not make you happy, you are limiting care towards yourself. This is not the foundation of success!

Our final exercise is designed to reawaken your generous spirit. In this particular case, with yourself:

### **EXERCISE 6 : Generating Generosity**

My twins practice compassionate support for one another in recognition of what it brings them both. We must do the same for ourselves in order to thrive - not just survive!

Of course, generosity of spirit towards others is an important aspect of life and love. But all too often we neglect ourselves and allow others to take our energies beyond the boundary of what is right for us.

This final exercise is not a template for how to run forwards - it is a reminder to stay in the present. For this is all we have - ourselves, right now, in the present moment.

*Close your eyes.*

Take a deep breath, all the way into your belly. Roll back your shoulders. Allow your jaw to soften and your tongue to relax also. Tilt your chin up slightly. Allow your neck to be long.

You are drenched in the light of presence. This is your moment. Take it in your hands, deservedly. This is *your* success journey. Open your eyes.

*How do you feel?*

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## **Conclusion : Future Focus**

As we step into our final chapter together, I want to take this moment to thank you for joining me here. You could have chosen a multitude of different things to do, but you chose to read these chapters first. You could have read many other guides, but you chose this one in particular. I'm so glad you did.

*Our time and energy in life is incredibly precious and I appreciate you sharing yours with me.*

I created this guide to help you add some vital and empowering tools to your success seeking toolkit. We are *all* continuing to learn and develop our skill sets and our knowledge as we travel onwards in life. Sometimes we must revisit a lesson or perspective a few times before we fully benefit from its wisdom. I encourage you to return to these pages in the future if and when you might need to.

*What a journey we have begun together!*

Are you interested in learning more about the methods you can apply to cultivate deeper joy and greater success in your life? Join me on my dedicated website [www.brendadibari.com](http://www.brendadibari.com) to learn about coaching opportunities that will help you to build a life to fall in love with. If you have any questions or ideas, then you are very welcome to reach out to me. I am here to support your journey both now and in the ongoing future.

*Don't let anything - or anyone - keep you from discovering the joyful success you truly deserve.*

Release yourself from self judgement regarding your progress. Remember what we covered regarding control being nothing but an illusion? Allow yourself to truly let go of your perceived ideas of what counts as 'failure' on your part.

Observe positive developments and take quality time to consciously reflect upon where your motivations and behaviors are surfacing from. Become comfortable with seeking more from life, without limit. You deserve to live the life you imagined - authentically, consciously, and without condition.

With belief,

- **Brenda Di Bari**

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**STOP  
WISHING  
START  
DOING**

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