

emPower Up

INTRODUCTION

Hey Sis!

You're here!!!! YAY!!! We are honored to have you and THRILLED you're ready to change your life. That takes loads of courage. We commend you.

Before we get started, Mama Jo & Mama Ro want to give you an enormous group hug. While we still have our arms virtually wrapped around you, we're gently going to let you know that this course is going to push you out of your comfort zone. It won't always be easy. But we need you to stay committed, stay focused and do the work. We guarantee if you take this seriously, the tools we are giving you will change your relationship and your life forever. You need to take ownership of implementing what you learn in emPowered Up into your life. Think of it like this, if we were chemists that created makeup (that would be really freaking cool and would save us a crap-load of money) -- We'd be able to study your complexion, your skin's undertones and your features. Then, we'd whip up the perfect shade of lip-stain that could make your husband drool at the sight of your juicy, kissable lips (AND we are PW's too so of course our formula for this magic lip-stain would last your entire visit without budging or drying out your lips.) We would create and hand you the product. We might even remind you to pack the little tube in your bag when you tell us you're going to visit. But it's up to you to put the lipstick on when you need it. We can give you what you need but we can't DO it for you.

Whether you're a brand new prison wife or you've been doing this for decades, you'll need a strong, clear, open mind and heart. Then you can build whatever you desire.

(re)Set Your Brain!

It's normal to have negative thoughts that can detract from your progress. We are going to call them "success suckers." Because they suck the ability for you to achieve success -- through using the principles in this program -- right out of you.

Success Sucker #1: "I know this already."

The number one success sucker is being a know-it-all. ;-) If you've already heard a different version of what we are teaching in the past, we want you to ask yourself: What new perspective can I gain from this? What can I learn from this NOW (this time around)?

If you've heard one of these theories in the past but you've never put it into practice, do you really know it? Hint: The answer is hell-to-the-no! The quote "you think you know but you have no idea" exists for a reason. I know kids are a lot of work even though I don't have any. I've always known that. But I didn't have any clue just how hard they were until I watched my sick nephew overnight. I know all of you moms are laughing out-loud because I STILL have no idea. I completely agree, I'm clueless. Until you actually DO something, you don't truly know it. When you fall into the trap of wanting to skip a video or worksheet because you already know it, you need to flip that thought right on its head. Ask yourself: "What can I learn from this now?"

Success sucker #2: "This won't work for me."

We need you to think outside of the cell. Yes, cell. You're a prisoner of your mind if you believe that thought. Breakout of the cell by asking yourself, "How can this work for me?" Be open to change and allow yourself to try new things.

Jo and I always teach "falling into a routine" as a survival skill to new SPWF members. This is the ONLY time we will suggest doing the opposite. During emPowered Up, we are going to help you get rid of some old habits and beliefs. We'll start replacing them with updated ones that serve you better.

You have to be willing to put in the work, despite the icky, uncomfortable feelings that WILL arise. Change is scary. We promise after the messy stuff, you WILL feel better. You'll become a more confident, empowered, unstoppable woman and wife. Be open, willing and put in work.

Success Sucker # 3: "I'm better/worse than."

We don't judge. We don't mock. We encourage one another and never tear our sisters down. Whether you're three decades or three days into your journey, we will treat one another with respect. When you start to judge or feel less then ask yourself: "What about this is making me feel inferior or superior? How can I fix this within myself? What do I have in common with them? How can we help each other grow?"

Success Sucker #4: "I feel too stupid/shy/like a burden to ask questions."

Make the most out of each training and lean on your coaches for support. We've had hours of training, 58 years of combined life experiences (29 + 29....duh ;-) and 18 combined years as prison wives. We are passionate about helping you. But we can't help if we don't know where or if you're struggling. If questions arise after our group call, you have 4 days to contact us for help. We will work through questions or issues with you. The emPowered Up course was designed like that on purpose. There is no such thing as a stupid question or a dumb concern.

Success Sucker #5: "Yeah, that sounds good. I should do that later." (Or worse, "I don't feel like doing it. I can just wing it during class.")

First of all, emPowered women don't "should" all over ourselves.

Watch each video, even if you don't think it applies to you. We guarantee you'll get something out of it. Download the corresponding worksheets and DO THEM. The exercises will only take a few minutes, so put some thought into them. You've invested in this program, we want you to get the most out of it. If you'd like, you can email us your answers before Wednesday. Bring your answers to class. We aren't sticklers and don't like to use words like "mandatory" -- just bring 'em, k?

Worksheet

We have created a "Success Sucker" PDF worksheet for you to take to each group call. Use it when any negative thoughts begin invading your mind. It happens to EVERY SINGLE ONE of us. This worksheet is your anecdote.

With Love,

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