

A QUEEN'S MANUAL



Inspiration to Rock Your Crown with Style

Cathy L. Webb

Pre-thoughts

When you think about yourself, what comes to mind? Taking care of your family, maintaining your home, earning a living, and participating in faith-based activities, to name a few. Your days are spent taking care of others and little to no thought to caring for yourself. Why is that?

Maybe over the years, you were taught that putting yourself first is the same as being selfish. If you weren't told this, perhaps you saw it in the actions of older female family members. The women were strong and able to multitask with little thought of "me time." You took on this mantra without realizing it.

Today, you see yourself as your mother and grandmother reincarnated. You attempt to live life as they lived. However, you'll quickly see that times are very different now and demands on women are greater. To maintain, you must develop your own sense of self and the life you want.

It is my passion to remind you that taking care of yourself first means you are better able to give others your best.

Giving them your best is what every woman, every Queen, desires.

Sit back...relax...and enjoy these reminders of your Queen-hood!

Note from the Confidence Queen:

Thank you for connecting with me! I look forward to us sharing, learning from, and inspiring one another on this journey of Sisterhood.

If this snippet of *A Queen's Manual* inspired you to seek and reach new heights in your life and the lives of others (and I hope it did), contact me for more using the information below.

The future is yours for the taking Queen...

Straighten your crown...

Get your heels...

Stroll through your Queendom...

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