

Not Sorry.

01

A guide for living life Unapologetically

Don't be sorry for your Past Decisions.
You've learned. You've grown. Now move forward.

Your Unapologetic Daily Decision Challenge:

Decide to manage your emotions in healthier ways. Notice your emotions and do something physical to move the emotional energy out of your body.

Decide to manage your thoughts in more positive ways. Notice them and change them by replacing your mental script with God's scripture.

Decide to align your beliefs with God's truth. Recognize what God says and choose to believe it.

Decide to align your priorities with your personal values. Remove everything from your life that does not align with your values and priorities. Set limits and boundaries.

Decide to align your decisions with your vision and purpose. Stop saying yes to things that don't align with where you are trying to go. Only say yes to opportunities that align with your personal vision and purpose. Know your WHY so you can know what you should and shouldn't commit to doing.

Remember:

You are not perfect. Perfection is unrealistic. Seek progress and not perfection.

Reframe:

You are not defined by your past decisions. You're defined by God.

Recognize:

You have the ability to make wiser decisions

Respond:

Make wiser decisions because every decision is a destiny decision

Reflect:

- Identify the factors that have influenced poor decision-making in the past.

- What will you do differently in order to no longer allow those factors to influence future decisions?

- Who can I seek out for wisdom when I'm not sure about a decision I'm about to make?

RC Radhika Cruz

www.radhikacruz.com

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02

Commit to conquering
your fear of failure

Don't be sorry for your Past Failures.
Learn from them and move forward.

Your Unapologetic Courage Challenge:

Identify the lessons learned

through your past failures. Write lessons learned down.

Identify why you failed

and determine what you'll do differently in the future. Write new decision- making strategies down.

Identify areas

where you are afraid to fail and take brave action in that area. Write down what you fear failing in.

Resolve to view failure

as an event and not who you are. Create a positive affirmation or find a quote to use when the fear of failure tries to keep you from moving forward.

Act unafraid.

Even when you feel afraid. Decide to not be led by your feelings. Do it afraid.

Failure is not Fatal:

It's data for discovering what doesn't work

Failure is not Final:

it's success in progress

Failure is not Frivolous:

It's fuel for growth and development

Remember:

You either win or you learn. You never lose. Tomorrow's future starts today.

Reframe:

Failure is never fatal. It's simply the opportunity to begin again, this time more intelligently.

Recognize:

If you are not failing, you aren't learning. Failing forward leads to success.

Respond:

Dare to fail forward because without failure there is no achievement or improvement.

Reflect:

- How have I allowed past mistakes and failures to define my identity?

- What do I need to start doing in order to overcome my fear of failure?

- How have I grown and benefited from my past failures?

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03

Commit to celebrating YOU

Don't be sorry for your personality.
Purposely celebrate your divine design.

Your Unapologetic Celebration Challenge:

Acknowledge and celebrate your beauty.

Write down your most beautiful traits.

Acknowledge and declare your value and worth.

Write down what makes you valuable.

Declare and celebrate your unique gifts.

Write down your unique gifts.

Declare and celebrate your wonderful personality.

Write down your positive personality traits.

Declare and celebrate your unique talents and skills.

Write down your unique talents and skills.

Remember:

You are fearfully and wonderfully made.
You are God's masterpiece.

Reframe:

There is nothing wrong with your Divine design. You are exceptional and phenomenal just as you are.

Recognize:

You were made in the image of God. You are His incomparable masterpiece. Your genius is your gifts.

Respond:

Dare to affirm you divine design and genius daily.

Reflect:

- How will I no longer allow the opinions of others to define, silence or shame me?

- What are my unique gifts, strengths, talents and personality?

- What small things can I do each day to celebrate how God uniquely formed and fashioned me?



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04

Ditch the highlight reel and just be real.

Don't be sorry for your flaws.
Practice being present over practicing being perfect.

Your Unapologetic Authenticity Challenge:

Give yourself permission to rest in God's presence and cease striving. Create space for being in God's presence daily.

Give yourself permission to be seen and known as you truly are. Speak up and share your thoughts and opinions.

Give yourself permission to be imperfect, make mistakes and fail forward. Move forward and be okay with figuring it out as you go.

Give yourself permission to create healthy boundaries. Set boundaries and limits on the amount of time and energy invested in external factors.

Give yourself permission to be present in each moment and do the things that energize you, and add joy to your life. Stay focused on your values and priorities in life. Make time for what's important to you.

Remember:

Your peace is found in stillness. Not in striving.

Reframe:

Your imperfections are gifts that lead to your strength.

Recognize:

Your attempts to control others perceptions of you through over-functioning, over-scheduling, over promising, over-committing, outperforming and outworking will cause you to live an exhausted life of lack.

Respond:

Create space for God's presence through silence, solitude and stillness which will restore your soul.

Reflect:

- What shame triggers are influencing my need to project perfectionism in some area of my life?

- How am I projecting a false me instead of an authentic me?

- Who can I share my shame story with so I can ask for the support, help and empathy I need to become more shame resilient?
