

Being a “ROCK”STAR gives you a rock solid foundation for stepping into the woman that you know you are!

1. *A Rock Star does what it takes to be the best she can be.*
2. *A Rock Star does NOT make up excuses for why she CAN'T.*
3. *A Rock Star takes the next best step towards the direction of her dreams.*
4. *A Rock Star believes only that she CAN.*
5. *A Rock Star accepts challenges as a learning experience.*
6. *A Rock Star is committed, dedicated and persistent.*
7. *A Rock Star knows when she deviates from her plan, she can and will get back on track.*
8. *A Rock Star is always learning, moving and shaking.*
9. *A Rock Star knows that when she's got health, she's got personal power.*
10. *A Rock Star shares her best self and good stuff with the world, every day in every way.*
11. *A Rock Star knows that extreme self love is a gift she gives to those she loves.*