

- 1. Know Yourself:** The art of knowing yourself is being aware of the critical importance of living a life that aligns with your values. Identifying your values helps you to make choices that are meaningful, fulfilling, and life-affirming.
- 2. Being Worthy is Your Birthright:** On the day you were born, you inherited a natural, organic right and privilege to walk unapologetically in your God-given purpose. Your worth was pre-ordained and being worthy is intertwined in your DNA.
- 3. A Breakdown Leads to a Breakthrough:** Extreme and overwhelming mental and emotional stress is a clear sign that our psychological well-being is at risk and deserves to be prioritized. This is the first step toward healing.
- 4. Vulnerability, Sensitivity, Compassion, and Empathy Are Strengths:** Having the capacity to be a feeling, sensing, intuitive soul, awakens your ability to connect deeply to humanity. You are empowered with qualities that are rooted in love.
- 5. Radical Self-love Is a Prerequisite to Finding Love:** Choosing yourself first (even when it feels easier and more comfortable to choose someone or something else) is a necessary condition that you must experience before you can you bask in any love of any kind.
- 6. The Power, Potential, and Purpose Within You Will Be Birthed from Your Greatest Pain:** Give yourself permission to gently lean into the discomfort of the trauma you have endured. Trust that the processing and eventual healing from your experiences will result in personal triumph.
- 7. Acknowledgment and Acceptance of God's Presence and Power Will Fortify Your Soul:** You are safe and strengthened when you humbly embrace the adoration and encouragement your Creator has for you. The more you lean on God's grace and mercy, the more your life will be enriched.
- 8. Becoming a Q.U.E.E.N. Calls for a Journey Toward Self-Discover:** To become a Q.U.E.E.N., you must:
 - Q = Question Everything** – Be skeptical not cynical.
 - U = Unleash Your Aspirations** – Give yourself the space you need to explore your heart's desires.
 - E = Energize Your Dreams** – Infuse action to bring your dreams to life.
 - E = Elevate Your Purpose** – Commit to an introspective journey to unravel your purpose.
 - N = Next Level Your Story** – Share your story to inspire yourself and others.