

HELLO *World*,

*Change Begins With You
You Own The Real Estate!*

carolyn Reese

Change Begins with You

You Own the Real Estate, You Have the Keys™

How Bad Do You Want It?

This country girl was going to St. Louis! The news of my first promotion into management almost sent me into panic mode. Fear, joy, excitement, and worry all hit at the same time. My new boss welcomed me and provided the details of my upcoming training in St. Louis. He presented a large binder of Interviewing Principles and said I would be learning all aspects of the hiring process, including interviewing job applicants, recruiting, administering pre-employment tests, handicap awareness workshops, and much more.

I was awe-struck, to say the least, and floating on cloud nine, as they say. Then, cloud nine began to fade quickly when he said, "You are required to pass all aspects of the training, or you will return to your former position as clerk."

This country girl had no intention of going back. Learning what was inside that binder was the doorway into my future. I began an intense study of it that night, which continued into the early hours of the morning and lasted several weeks.

Long before the plane took off for St. Louis, the entire contents of that binder had been transferred from the pages into the hard drive of my mind. Memorizing the contents had created a whole new level of confidence. Worry disappeared.

Fear was evicted by a deliberate decision not to fail. Determination to succeed overshadowed all doubts and broke through all obstacles.

How bad do you want success? What price are you willing to pay to step into your destiny?

How bad do you want it?

There Is No They?

The key to self-responsibility and self-leadership was vividly imparted to me during my early years in management. My supervisor, Bill Gunn, asked to meet with me to discuss a new project he had assigned to me. He asked why the project was not on schedule. I said, "well, they." I didn't get to finish my sentence. He pushed back from his desk and said "Whoa, whoa, wait a minute. Who is They? There is no they! You are they! You are the boss."

I can see him now pushing back from his desk, pulling down his glasses just below his nose with that look. Quite the mentoring moment!

That awkwardness of that moment and the overwhelming magical impact contained in his words shaped the rest of my twenty-eight-year career. Four little words, "there is no they," propelled me to success.

Success mandates full ownership and establishment of safeguards to ensure nothing falls through the cracks. You own it!

Remember Hurricane Katrina? We all remember the scenes of people standing on roof tops wishing they had a big ladder, a life jacket, and a big boat.

The truth is (remove comma) no one is coming to rescue you. The checks are not in the mail. Make your plans, draw the blueprints, build your own boat, buy that ladder, get on your feet, and make it happen.

Space here

There is no they.

I Have a Dream

Martin Luther King, in his infamous speech in 1963, declared, "I have a dream." The question is, do you?

When the tidal waves of life knock you down, and you arrive at wit's end corner and no hope road, do you allow your dreams to shipwreck? The invisible force resident in the heart of your dreams screams *you can do it*. Dreams get you back up on your feet when quitting looks so good.

Dreams are invisible companions that accompany you wherever you go. When you awake, it is there. When you try to sleep, it is there.

Dreams require seasons of preparation and seasons of discomfort. Dreams not yet realized are like the process a woman goes through when pregnant. She carries the unborn inside. She is expecting and growing bigger. Morning sickness and discomfort set in. She is being stretched and transformed. Strategic plans are being made for the arrival.

Get ready for the arrival of your dream. You may not see it yet, but it is coming. Make strategic plans, and don't limit yourself; you just might have twins!

Passion often makes up for the lack of IQ or ability. Let me say that again, passion fills the gap when there is a deficit of IQ or ability.

When confronted with a problem or a roadblock, passion gives birth to determination. You are going through, around, under, or over whatever roadblock threatens to throw you overboard.

When I know I am on the right path, and people say there is no way, I keep sorting through the "no people" until I arrive at the "yes person."

Passion is a treasured commodity. It is what distinguishes Michael Jordan from a thousand other basketball players.

You often hear the need to increase your vocabulary. But it is critical that you reduce your vocabulary and eliminate "it's impossible, can't be done, there is no way."

Pursuing your dreams with passion will turn you into a yes person! Yes, you can do it. Yes, this can be done. Yes, there is a way.

Decontamination Program: Replace Infected Hard Drives of the Mind

Do past failures keep you from pursuing your dreams? Do you sense invisible forcefields that hold you down? Are you holding onto toxic souvenirs from the past?

As soon as you are born into this world, your eyes and mind function as cameras, capturing and storing all the images and memories associated with your life experiences. The good, the bad, and the ugly are all stored in the hard drives of your mind, soul, and body—family and life picture albums in the making.

A computer has many parts, including a hard drive, a motherboard, and a central processing unit, which is often called the brain of the computer. Computer owners purchase virus protection, perform regular maintenance and repairs, and often add new software as needed.

Childhood domestic violence, abuse, and neglect create infected hard drives of the mind with images downloaded into the memory bank. Internal family picture albums include images often too horrific to put on paper.

Experiences are real and function as truth serums to victims with toxic souvenirs. However, the images and experiences are corrupted and lack truth. Truth has been replaced with falsehood. Normal has been replaced with abnormal. Black is white. Up is down.

Stepping into normal is overwhelming when your normal has been the opposite of the truth. Taking hard steps in a new direction is difficult. The mind filters through the information stored from birth generating pre-conceived ideas and decisions based on faulty images and information.

Mental boundaries or fences are created from the images and experiences stored in the mind, emotions, and body. A boundary is defined as confinement and a structure or system set up to limit movement.

Belief systems are formed, and mindsets are created based on faulty information.

Is it possible to overcome the faulty information stored in the mental hard drive of the mind? The answer is yes!

Be transformed by the renewing of your mind is a great Bible truth, the perfect virus protection and RX for transformation. However, there are no instant downloads in the transforming and renewing process.

Transformed is defined as metamorphose, transfigure, renew, change, transpose, convert, reconfigure, change into, turn into, remold, reconstruct, and transfiguration.

Renew means to restore, reconstruct, re-create, or do-over. I love the idea of a do-over.

Wow, this means you don't have to stay stuck in the failures of the past or be held captive by the invisible force. You can break free.

The hard drive of the mind and soul can be reconfigured into something brand new! Download new pictures, new information, new learning, new experiences, new mentors, and new successful friendships. Create a new photo gallery of your future.

Two terrific books in my home library, *The Battlefield of The Mind* (Joyce Meyer) and *The Body Keeps the Score* (Bessel A. van der Kolk, MD), **hit the truth on all cylinders.**

Bessel A, van der Kolk, MD writes "war zones are not reserved for foreign lands, just ask the 25% of American raised by an alcoholic or the 10 million domestic violence victims every year in the United States. Extreme trauma is encoded in the 'viscera' and the body retains the imprints of trauma."

There are now **1 billion** cases of childhood domestic violence worldwide, wreaking havoc in the mind, heart, and soul of each innocent victim.

The journey to healing and wholeness is painful and very costly. But failure to take the journey costs so much more; it can last a lifetime and travel through generations.

Emotional baggage and toxic souvenirs from the past will sink your lifeboat. Two of my favorite keynotes *Lost Your Baggage*, *Could This Be a Good Thing*, and *The Ultimate Makeover*, address these genuine issues. It is time to toss the toxic souvenirs overboard.

Restore the Lost Ingredients of Honesty and Integrity

My goodness, do we have a deficit in honesty and integrity? Honesty and integrity seem to have gone by the wayside. Trust has disappeared and no one keeps their word.

I grew up in the country and a person's words counted for something. You could take it to the bank. Just because others do not operate with honesty and integrity doesn't mean I have to participate. Honesty and integrity are still assets. Ability is essential in the quest for success, but honesty and integrity are critical. They are major deposits in your success account.

"You can get everything money will buy without a lick of character, honesty or integrity but you can't get any of the things money won't buy—happiness, joy, peace of mind, winning relationships, etc., without honesty & integrity." (Zig Ziglar).

I grew up in Buna, Texas, a small country town with one traffic light. My mother shopped for groceries at the local convenience store, which also served as a gasoline station, hamburger stand, and fruit stand. The owner, Mr. Dean, was a personal family friend who extended credit to my mother while she was struggling to complete beauty school.

It was an ordinary day when Mother went shopping at Mr. Deans's convenience store. But this trip would prove to be no ordinary trip. This shopping trip changed my life.

When Mother and I arrived at the little convenience store, I hurried inside as usual to see all the candy. My eyes spotted the most delicious-looking piece of candy. It cost one penny. I did not have a penny. The desire for the candy was overwhelming. The desire for that piece of candy drove me to commit my first crime. I took the candy and hid it in my overall pants pocket.

On the car ride back home, all I could think about was the delicious piece of candy safely hidden in my pocket. The moment we arrived home, Mother's hawk eyes spotted the candy. She asked if I paid for it. I mustered up the strength and said, "No."

Without saying a word, Mother placed me back in the car, and we started on what seemed like an eternity and the longest and most painful journey of my life. We were on our way back to the convenience store to see Mr. Dean.

Mother took my hand as we got out of the car and walked inside. She led me to stand in front of Mr. Dean and said, "Carolyn has something to say."

As a five-year-old child, Mr. Dean looked bigger than life. They waited for me to speak. The silence was deafening. I looked before me and saw Mr. Dean! I turned and looked behind me and saw mother. Mercy, what a fear and trembling moment!

I knew my Mama loved me, but in the country during my childhood, country folk and my Mama never heard of time out. And Dr. Spock didn't exist. Even if he did, my Mama would not have listened to him anyway! Country people grew their discipline tools right out in the front yard.

There I stood at decision time with panic, fear, and cold sweat. There I stood between Mr. Dean and my mother. There was no way of escape. I don't remember what I said, but bittersweet relief came rushing in the moment I opened my mouth to confess.

Today, when confronted with the opportunity to make an unethical decision or entertain the thought of being dishonest, it is instant flashback and reality TV. The images of that moment came flooding across the theater screen of my mind. I break out in a cold sweat, freak everyone out, and the opportunity ends.

The prerequisite to success is restoring the lost ingredients of honesty and integrity.

Develop Immunity to Hard and Difficult: Expect Problems and Rise Above

I was transferred from Beaumont, Texas to downtown Fort Worth. Problems? I was not expecting any problems. My goodness we did not have freeways in the country so finding my way to work was a major undertaking for this country girl.

My arrival at my new job could only be compared to the story of Daniel in the Lion's Den. I was certain my new boss had escaped from the local psychiatric ward, and America's Most Wanted was surely looking for him.

He was a screaming maniac cursing my employees at the top of his lungs.

I was speaking with a customer on the telephone when he walked into my office. He walked over to my desk, and the "F bombs" began to swirl as he screamed at my employees. I immediately

ended my telephone conversation and made this comment, "Mr. Espinosa, I really don't appreciate that kind of language." That is all I managed to say when he interrupted me and stomped his foot, became blood red in the face, and screamed "get up to my office!" It was heart attack time.

I managed to get up, walk into the ladies' restroom, and make an emergency 911 call to a friend who often prayed with me. Afterwards, I took a deep breath and caught the elevator up to his office. I walked into his office, and he screamed, "Sit down!"

He said, "Who do you think you are, Miss Goody, two shoes? I will talk any F ing way I want, and with other colorful words too horrible to type, he screamed, "Get out of my office!"

A difficult day at work? I just knew I was going to be fired but I made the decision to continue to perform my work with excellence. Two weeks later, I received a call from our internal security office. They asked several questions about my boss. I answered all questions honestly and wondered what this was all about.

The news soon emerged that my boss had been fired. He was involved with fraud and getting kickbacks from a company contractor. Soon, a new boss arrived, Bill Gunn. He taught me that "there is no they." He was the best boss I ever had. He also became a great mentor and good friend.

"Ms. Caroline, have I got an opportunity for you?" he would say as he handed me a great big project to manage. And then he said, "That's why we pay you all those big bucks to see what you can do."

Problems are disguised as opportunities that display your skills and abilities. Learn to welcome these disguised friends.

I began my corporate career at the bottom, or, as I like to say, "in the land down under." Twenty-eight years surely presented hard and difficult challenges, but four promotions were the celebrated prizes of my hard labor.

If you are going through hard and demanding situations, just know your fighting muscles are being developed. You're becoming a skilled fighter in the arena of life where hard will not be hard anymore.

Get Your Fight Back On

Who said, "Good girls (and guys) don't fight?" You may have the perfect life, the perfect job with the perfect boss who won the Boss of the Year award over and over. You may have the perfect spouse who serves you breakfast in bed and serenades you with songs to celebrate each great new day.

But for me, it has not been this way, and I bet it may not be this way for you.

The moment we step into the arena of life, the fight begins: the fight to make it as a single mother or a single grandmother, the fight to keep your job, the fight to pay your bills, the fight to recover health, and the fight to take that next step.

Life is a series of battles and becoming a skilled fighter is key.

"It is not about how hard you can hit. It's about how hard you can get hit and keep moving forward" (Rocky Balboa).

Everyone is born into a less-than-perfect life. Survival mode has created hidden treasures yet to be discovered. Treasures created in the dark places are now the tools created for your success. You survived the past. You became a mighty warrior equipped to manage the hard and the difficult. Sparks of leadership implanted during the dark seasons are now at your disposal.

It's party time! It's time to celebrate the fact that you survived. You are not a victim but an overcomer and world changer. Mail the party invitations. Throw a housewarming party to decorate your new real estate. You own it. This is your new home. You have the keys.

You are now an official member of the overcomers club.

Step into it!

Carolyn Reese, President Simply Divine Communications, LLC, Carolyn Reese International, Speaker, Author, Success and Health Entrepreneur.

Carolyn Reese emerged triumphant over a free food line, domestic violence and cancer to become a mid-level executive with SBC Communications (AT&T), President of Simply Divine Communications, LLC, speaker, author and Health and Success and Entrepreneur.

March 27, 2023, Carolyn Reese has been included in Marquis Who's Who. As in all Marquis Who's Who biographical volumes, individuals profiled are selected on the basis of current

reference value. Factors such as position, noteworthy accomplishments, visibility, and prominence in a field are all taken into account during the selection process.

Ms. Reese's prestigious first career with SBC Communications (AT&T) spanned more than 28 years earning four promotions and many corporate awards including Helping Hands Award by Minority Business Enterprise of America, DFW Teamwork Leadership Award as Chairperson Pacific Bell and Ameritech Merger Initiative Implementation Team generating \$2.1 million annual savings in DFW Market Area and \$13.6 million annual savings corporate-wide in twelve (12) states, nominee Dallas/Fort Worth Area Texas Minority Business Development Award, nominee Corporate Buyer of the Year Award, SBC Presidential Recognition for development of Supplier Management Pilot Workshop, nominee for Women of Excellence Award, Blue Ribbon Award Customer Service, authored Creating Extraordinary Customer Service, Public Relations Bronze Award, Dallas Chamber of Commerce recognition for Mentoring Women and Minority Owned Business Enterprises, Public Speaker SBC Communications at Fort Worth Minority Development Business Council, and pioneered Strategic Supplier Partnerships. Ms. Reese's visionary and innovative thinking resulted in the implementation of seven ideas throughout five states.

Ms. Reese's education and specialized training includes Southern Methodist University; Mid-Management Certification, Upper Iowa University, Zig Ziglar Essential Presentation Skills, FranklinCovey Facilitator Enhancement Training, Etiquette Consultant and Master Trainer and more than four-hundred executive training courses.

Television/Media include Life Today, Channel 4, Channel 8, Channel 12, Know the Cause (CTN).

Popular Keynotes include 7 Power Keys of Highly Successful Entrepreneurs, The Power of Pink, Defeating the Enemy Cancer, A Little Rock and Big Faith, and Dig Your Way Out.

Ms. Reese's published writings include "But Lord I Was Happy Shallow" by Kregel Publication, "What I Learned from God While Cooking" Barbour Publishing, "Chicken Soup for the Mother Daughter - Soul 2 Mother's Day Edition, One Year Life Verse Devotional" Tyndale House Publisher, "Chicken Soup for the Soul – Celebrating People Who Make a Difference in the Lives of Others" and "Conversations on Faith" Insight Publishing.

Ms. Reese's passion to help others overcome has been evident in her many decades of volunteer work and keynotes for Women in New Roles, Juvenile Detention Centers in Dallas and Fort Worth impacting more than 9,000 youth, Board Member and Speaker with Nationwide Prison Ministry, Christian Women Job Corp, Buckner Children Home, Salvation Army Women and Children Abuse Shelters, churches and non-profits. Ms. Reese is a current member of the National Faith Advisory Board and a former member of Concerned Women for America.

Ms. Reese current book projects include “Unbeatable and “Defeating the Enemy Cancer.” Plans are in the works to author many more books including women in leadership.

Ms. Reese attended John Robert Powers Modeling School and her love of modeling and fashion continued, resulting in her winning a division competition at the prestigious Annual Barbizon Modeling and Talent Competition, winning multiple contracts. Ms. Reese also recently signed with Alice Lural Modeling Agency [Carolyn B in Commercial - Alice Laura Models](#).

Ms. Reese quotes “The greatest blessing is a good father, and the greatest curse is the absence of one.”

Listen to Ms. Reese and you will believe you can achieve the impossible and overcome any obstacle, because she did!

www.carolynreese.org (Coming Soon)

www.carolynreese.vip

www.therobinsonagency.com

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