

# HOW TO BECOME A BETTER WOMAN

By Kim Calitz Posted May 25, 2015 in Blog



This Wednesday TAKE CHARGE of *you*, take charge of becoming the best woman you can be! In this day and age, more women and more women are becoming entrepreneurs, they're doing better in business and are undoubtedly more head-strong than ever. Becoming a *better woman* will help every area of your life with some dedication and by following a some key tips, you will pave the way to personal and professional success. So girls, TAKE CHARGE now.

## Make a plan & set goals:

Setting goals for your personal life is just the same as setting them for your professional life. Establish what your aims are in the short, mid, and long terms – this is an easy way to remind yourself of what you're taking charge of. E.g "my short term goal is...my mid-term goal is ...and my long-term goal is..."

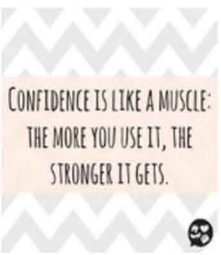


## Get as much experience & training as you can:

We know that work experience, internships and shadowing can be a real pain! Having that experience and knowledge behind you can, however, be crucial to your next goal! Many of us don't stay in one job forever and so all experience is valuable.

## Have confidence & believe that you'll succeed:

Two characteristics of a successful person is that they not only have confidence in themselves, but they believe in their ability to succeed! Positive thoughts, a positive attitude and feeling good about what you're doing will only put you in a better place, no matter what direction you want to go in.



## Be passionate about what you do:

You can't be truly successful unless you are passionate about what you do. Waking up every morning and feeling happy that you're going to work not only kickstarts a good day but it shows that you're doing something you enjoy. Do something you love, put your heart into it, and you will succeed.

## Don't be afraid to take risks:

Whether it's taking a promotion (yay!) or weighing up whether you should take another job, either way *you* decide. You're taking a calculated risk and the risk could be so worth it! We're behind you!



Be polite, be appreciative, express gratitude, help when you can, be supportive when you can. Be *that* person, that you makes you a happy, loveable being to be around at work! We love those people.

## Adopt good working relationships:

Without having positive working relationships with all your colleagues at all your places of work, you cannot be successful. It's so important to maintain and expand your professional support system over time.



## Take breaks & vacations:

Having time away from your job for ten minutes a day to a full vacation is important to your success as well. Time away refreshes you, helps you avoid burning out, and can reset you on your path to success. Our previous blog post encourages the 50/10 rule at work [here](#).

## How To Become A Better Woman in 30 Days

Just before you dive into the rest of your day, we think this is a really amazing 30 Day Challenge – the day to day challenges are designed to give you a little help to bring out more of that wonder in you. Here at Take Charge we're right here doing it with you! Embrace the challenge and let us know your results 🍷 @takechargeSA [www.facebook.com/takechargesa](http://www.facebook.com/takechargesa)

Happy Wednesday!

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| <b>Day 1:</b> Define your core values   | <b>Day 15:</b> Write a letter to your Mother            |
| <b>Day 2:</b> Get your diamond ring polished (or an important piece of gold or silver that needs it!) | <b>Day 16:</b> Make a meal                              |
| <b>Day 3:</b> Research a womanly topic  | <b>Day 17:</b> Create a budget                          |
| <b>Day 4:</b> Increase your endorphins  | <b>Day 18:</b> Start a debt reduction plan              |
| <b>Day 5:</b> Cultivate your gratitude  | <b>Day 19:</b> Talk to 3 strangers                      |
| <b>Day 6:</b> Start a Journal   | <b>Day 20:</b> Schedule a physical exam                 |
| <b>Day 7:</b> Update your resume  | <b>Day 21:</b> Perform an act of service                |
| <b>Day 8:</b> Reconnect with an old friend  | <b>Day 22:</b> Write your own eulogy                    |
| <b>Day 9:</b> Take a man on a <i>date</i>   | <b>Day 23:</b> Improve your posture                     |
| <b>Day 10:</b> Find your VULVA (Values Unaltered by Life's Varying Adjustments)                       | <b>Day 24:</b> Learn a Manual Skill                     |
| <b>Day 11:</b> Memorize a poem  | <b>Day 25:</b> PLAY!                                    |
| <b>Day 12:</b> Give yourself a breast exam  | <b>Day 26:</b> Take the Army Physical Training test     |
| <b>Day 13:</b> Create/Revise your bucket list   | <b>Day 27:</b> Start a book                             |
| <b>Day 14:</b> Declutter your life  | <b>Day 28:</b> Write a love letter                      |
|   | <b>Day 29:</b> Conquer a fear                           |
|   | <b>Day 30:</b> Have an "old-fashioned" girl's night out |

Have a wonderful day,

Yours in TAKING CHARGE,

Tam & Nats

XOX