



**IT'S NOT TOO LATE TO  
R.E.R.O.U.T.E.**

*How to Accept Who You Are and  
Make That "You-Turn"*

**Joy Normand**

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Make That "You-Turn"*

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*Well. Hey There!*

Do you look at your life and ever wonder if you're on the right track? Have you ever asked yourself? Who am I? What am I here for? Does my life count? Where do I fit? Does anyone really need me? Am I really making a difference? Does my existence even matter in this world? Did I do enough today? Who cares?

We all want to make a mark in this world. We all want to matter. But sometimes life can be hard (boy, I know a lot about that subject). We may not always do everything we set out to do. God may have a different path.

No matter what season you're in right now, you can show up for the life God has already ordained for you.

Join me on this journey of Becoming Fierce Women who accept who they are, make that "You-Turn" and keep thriving and shining!

*Joy Normand*

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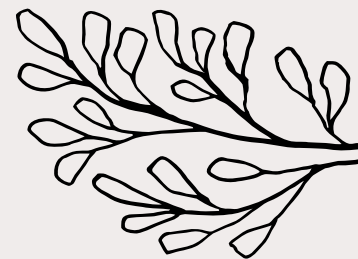


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## You Already Have What It Takes

You are equipped with everything you need. We all have dreams, goals and aspirations, but maybe you are not where you think you should be at this time in your life. Maybe you've had some life altering setbacks, such as a divorce, dealing with a rebellious child, helping a sick or elderly family member, or maybe you lost a job, or you feel stuck in a dead-end job. Life happens! Life happens to us all. I am certainly no stranger to facing setbacks and losses in my own life. I've been stuck a few times myself. We know that in life, we are going to face some challenges. I certainly understand how setbacks and struggles can get in the way of your dreams. I know firsthand what it's like to stare at a roadblock in life and wonder, "*where do I go from here?*" But how do we get unstuck?



# You Are Enough

A few years ago, I was struggling on my job as a project manager. The funny thing is, I was making good money, but I lacked purpose. I had no energy. I knew I wasn't walking in my purpose. I longed for more. I wanted to leave my job, but I couldn't. I had so many excuses. What if I fail? What if I'm not successful? What if it's not the right time? I felt stuck with no way out.

As women, we are gifted in so many ways at so many things, but sometimes finding where we fit in and how to leverage our unique talents and skills can be a struggle. The biggest obstacle to achieving our purpose is the fear that we cannot do it. But God said we are fearfully and wonderfully made! (Psalm 139:14) And He has a purpose for your life. We can achieve great things if we follow our dreams.

I had to find myself again and identify my purpose in life. I never knew that by discovering my purpose would be an avenue for me to help others discover theirs as well and succeed in life so that they can live out their dreams. I believe there is a desire deep down inside of you. You know that feeling, that desire that will not go away? I knew there was more that God had placed down inside of me, and there was more I could offer. But I knew nothing was going to change about my situation if all I did was sit and wish things were different. I had to R.E.R.O.U.T.E.!

Sis, you are beautiful, you are called, you are chosen, you are wanted and you are enough!

So let's explore some ways to breakthrough and R.E.R.O.U.T.E. during these challenging times.

## 7 Easy Steps to R.E.R.O.U.T.E.



### **Refocus and Move Forward!**

You have to accept your past, know your worth and not stay stuck. When you stay stuck in the past, you cannot move forward.

There is a quote that says: *"When you believe in what you have to offer and decide what matters most, then you will discover your true purpose."* (—anonymous) The key word here is "believe". I had to believe that God would turn things around, but it all had to start with me. I had to make the changes and choose to go a different route and move on. I had to step outside of my comfort zone.

A simple mind-set shift will help you keep moving forward instead of remaining stuck, stagnant and complacent.

# 7 Easy Steps to R.E.R.O.U.T.E.



## **Expand Your Comfort Zone!**

Life is full of opportunities, but stepping outside your comfort zone can be difficult. It takes courage to step out of your comfort zone into the fear zone. Leaving the comfort zone can sometimes mean a phase of trial and error, which can cause anxiety and an unpredictable path. And without a clear roadmap, it's hard to move forward.

However, learning to expand your comfort zone, will help you gain new skills and deal with challenges resourcefully. You can either settle for what you know—the safe, familiar and routine. Or, you can be open to opportunities for growth and seeing what you're capable of.

Remember to take small steps. Every step forward is progress.

# 7 Easy Steps to R.E.R.O.U.T.E.



## **Remove the Mask!**

Remove the mask and take responsibility.

Stop holding onto grudges. You have to own up to your mistakes.

I had to forgive myself and let go of the things that was weighing me down; feelings of resentment and bitterness. Unforgiveness can prevent us from receiving the blessings of God. It's a decision to feel sorry for yourself over something that happened.

You're the one who decides. Do what matters today.

The choice is yours.

# 7 Easy Steps to R.E.R.Q.U.T.E.



## Qvercome Obstacles!

Whether it is your career, your home life or your past; we all have gone through hardship in our lives at some point. I can't promise you that everything will be perfect. However, we have to learn how to overcome obstacles and be confident. And stop worrying so much.

There is a quote that says: *"When you fear your struggles, your struggles consume you. When you face your struggles, you overcome them."* (—anonymous)

For me, I had to let go and let God lead the way. A lot of the times we step ahead of God and then we get lost. Confidence is the fruit of trusting God. When we trust Him, we may not have all the answers, but we are confident that He does.

# 7 Easy Steps to R.E.R.O.U.T.E.



## **Unite With Other Like-Minded Women!**

Don't isolate yourself. Unite with other like-minded women. "Like attracts like. It's science. if you feel great about yourself, you'll attract other people who feel great about themselves."

Studies show that socializing is good for your brain. In a study published by the American Journal of Public Health, researchers found that older women with significant social networks were 26 percent less likely to develop dementia.

Also, be a blessing to others. Maya Angelou said it best: "Be a rainbow in someone else's cloud." When you spread goodness through generosity, it can have a profound effect on a person's life.

# 7 Easy Steps to R.E.R.O.U.T.E.



## **Take Time to Feed Your Soul and Water Your Dreams!**

Stay balanced. Take time to feed your soul and water your dreams. Don't overload your schedule. Unwind and relax. Take a walk outside. Read books that build your self-confidence. Make it a daily routine to mediate, exercise and daydream.

Discover your strengths. You are at your best when you are focusing on what makes you feel good. Joy comes from within yourself.

Are you appreciating the little things and making the most of every day? You will still have ups and downs, but strengthening your emotional well-being will allow you to weather the storms and enjoy the sunshine even more.

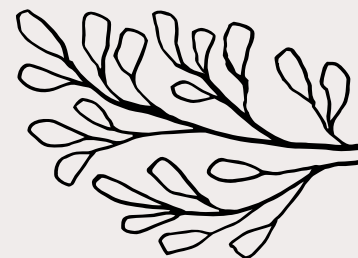
# 7 Easy Steps to R.E.R.O.U.T.E.



## **Expect Good Things Will Happen!**

Expect that good things will happen in your future. Stop being afraid of what can go wrong and focus on what can go right. Have a positive attitude. Did you know that it takes as much personal energy to be negative as it does to be positive? Having a positive attitude helps you respond to people in a positive way. Studies show that a positive outlook is linked to a longer lifespan, better health and improved wellbeing. When you think and feel positively, you are more likely to create positive outcomes.

Always be learning and growing. Start where you are. Give your worries to God. With God, nothing is impossible. Through faith, any impossibility can become possible. God's got it and He's got you!



# "You-Turn" Permitted

I am happy to announce that I made a "You-Turn" and chased my dream! I designed a workshop to help women turn their dreams into plans, get clarity on their purpose and help them get unstuck. This two-day workshop has evolved into multiple events and even a "Power Up" Program filled with inspiration, empowerment, support, lots of laughter and women from all walks of life. I've never looked back and I love what I've "Become"!

Believe me when I say this is not coming from a place of pride. It's about living a life driven by purpose. It's about thriving and not just surviving.

I encourage you to look within yourself to see what desires God has placed inside of you. When you feel God nudging you to move forward boldly, you have to answer the call. The purpose and plan God has for you is bigger and better than what we could have for ourselves. Nothing changes in our lives until we make a decision to move in a different direction.

**It's not too late—you can reroute and start again!**

# The Road Ahead

Sometimes in life we have to reroute. If you're stuck and you're not moving, think of some ways you can R.E.R.O.U.T.E., move forward, make that "You-Turn". Journal your thoughts below.

## Refocus and Move Forward

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## Expand Your Comfort Zone

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## Remove The Mask

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# The Road Ahead continued...

Overcome Obstacles

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Unite With Other Like-Minded Women

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Take Time to Feed Your Soul and Water Your Dreams

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Expect Good Things Will Happen

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Get Ready To  
Maximize Your SuperPower



Join Us for  
Power Up!



- Are you pushing towards your goals?
- Are you creating an action plan that guarantees your daily activities are moving you further on your roadmap?
- Do you need accountability and support?
- Do you need assistance with getting that breakthrough in your business?

If so, please join us for Power Up!

In this Program, I've created a roadmap to help you up-level your business, lean into what makes you unique and create your own creative path.

Now more than ever, the world needs that Genius in YOU!

Enrollment is Now OPEN! Power Up Online Course & Program+ Bonuses!  
Select your program choice at:

<https://becomingfierceentrepreneurs.com/programs>

**JOIN POWER UP**

## Happy Clients Says:



### *Carol Higgins Said....*

*The Power Up Putting your Dreams in Motion workshop was so informative and encouraging and it helped me to know myself better and will enable me to put into words my purpose and dreams. Thank you Joy for your enthusiasm and encouragement.*

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### *Kay Pena Said....*

*Joy's Power Up workshop has been fantastic. I'm excited about this workshop. Joy had our group focus on our strengths and provided homework with sequential steps to put us on a path to discover our purpose. Looking forward to sharing and hearing others paths.*

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# Brought to You By

Joy Normand

Joy is a business entrepreneur who made her dreams her reality. She is passionate about helping women fulfill their God-given purpose and destiny. Joy is a motivational speaker, YouTube Host, author and empowerment and success coach. Joy has shared with thousands of listeners through speaking engagements.

As the founder of Equipping U 4 Excellence and Becoming Fierce Female Entrepreneurs, Joy and her team host women's events and provide resources that equip women entrepreneurs and business leaders how to handle life's difficulties while enriching their hearts, encouraging their passions and expanding their professional and personal dreams.

Joy's goal is to help you achieve deep awareness about who you are, what you want, what gets in your way, and how to overcome it.

Joy is known for her positive spirit and her desire to encourage others. This is displayed in her ability to connect with her audience. Joy has blessed and enlightened audiences throughout California and the Midwest.

One of the titles Joy holds dearest to her heart is that of being a wife, mother and nana!

Joy, currently resides in Sacramento, California.

**Thank you for downloading this eBook!**