

Quince ADELANTE handbook



Providing LATINAS
with the tools needed
to succeed in the

New Millennium

Table of Contents

What do I really want from my life?

- Day 1 - Excuseless living
- Day 2 - In search of authenticity
- Day 3 - Jealousy can show you the way... ?
- Day 4 - Strengthen your intuición
- Day 5 - Follow your destiny
- Day 6 -- What does success look like on you?
- Day 7 - Living for the important (not the urgent)

How do I find success in the roles I play?

- Day 8 - TV can't define your worth.
- Day 9 - Balancing family expectation with your own desires
- Day 10 - Resolving conflicts with win-win solutions.
- Day 11 - Community caring
- Day 12 - Excellent communication
- Day 13 - Building good relationships
- Day 14 - Supporting the vision

What life rules will keep me on the path of personal success and happiness?

- Day 15 - Healthy Bodies, Body Beautiful
- Day 16 -- Find your Latina Heart Zone
- Day 16 - Affirm to Break Free of Fear
- Day 17 - Create a Gratitude Habit
- Day 18 - Learn from Mistakes
- Day 20 - Respect Yourself
- Day 21 - Live without Limits

Section 1

This section is all about you. We hope that you will do each exercise with your mind and heart centered on your own experience of life. These exercises will enable you to better answer the following questions:

What do I really want from my life?

Day 1 - Excuseless living

Day 2 - In search of authenticity

Day 3 - Jealousy can show you the way... ?

Day 4 - Strengthen your intuición

Day 5 - Follow your destiny

Day 6 -- What does success look like on you?

Day 7 - Living for the important (not the urgent)



Day 1

Excuseless Living!

If you want to stop, quit, give-up, not try, or otherwise not care about what comes next in life, I am sure you can find a lot of reasons why you have no choice to be that way. Believe me, there is always an excuse for doing nothing. Let me tell you some of my excuses. First, my father was an alcoholic. I grew up in a place where drinking and light drug use was not only around, it was the norm. My father was married three times and divorced twice. My mother was married twice and divorced twice too. In high school, our household income was below the poverty level and I attended an "inner city" public high school. If I wanted to not try to be successful in my life, I could choose one of many excuses. But reasons for not trying are often excuses. At the core is fear. Let me give you an example. The most common excuse I remember hearing from my friends who were smart and able was this, "I'm afraid I won't have enough money to go to college." I was poorer than most of them and I ended up going to U.C. Berkeley and Harvard University. I went because I tried and I was willing to work at it. They didn't go because they gave up before they even began. I recently met a woman who had just finished her college degree. She was in her early 20's, she had been a teenage mother, and she was from the "ghetto." She had many reasons not to succeed, but she did not let even one of those reasons become an excuse. Why did she keep going when others gave up? She believed in herself! Did you know that Latinas made up ___% of new business owners in the U.S. in 2006? When we put our minds to it, we can do anything. I could write a long book describing all the Latina women who have done amazing things. Their secret, they do not let "a reason to fail" become "an excuse not to try."

**Want to know more about
the lives of Latinas?**

**Read The Book of Latina
Women, by Sylvia
Mendoza (2004).**

TRY THIS

I want you to do the following: On small pieces of paper I want you to write every reason you have for not succeeding in life. Things that you could say are the reasons you don't need to try. Reasons you have to quit. Reasons you have for not getting better grades. Reasons you have for not doing what you know is good for your soul and your heart. Write them down on pieces of paper and make a pile of your reasons. Did you make the pile of paper?

Circle: Yes No

Now, when you are done with that, I want you to affirm this to yourself 10 times – silently or aloud – “these reasons will not become my excuses, these reasons will not become my excuses, these reasons will not become my excuses.”

Next I want you take these pieces of paper and get rid of them in a big way – flush them down the toilet (if the paper is small), or run the paper through a shredder, or put them in a bowl of water and let the paper dissolve. Do something concrete that really gets rid of those pieces of paper. From this point forward you will not let those reasons be an excuse for you not to be everything you can be. Don't give those reasons power. You are in charge of your life and your mind, not those pieces of paper!

Reflect

Whenever you start to use one of those reasons as an excuse, remember they are off limits – smile at the power you have to live without making excuses!



In Search of Authenticity

What does it mean to be “authentic”? It means to be true to yourself, to be true to the inner voice that tells you right from wrong. Sometimes that voice gets silenced by others telling you who you “should” be. But happiness will only find you when you can live authentically and honestly. To do this, you have to know who you really are.

If you had five lives to live and you could be whatever you wanted in each of those lives, what would you be?



Now, take one of these lives and do something related to it the next 24 hours. For instance, if you want to be a doctor, go put together a first aid kit for your house or if you want to be an actor, create a silly character and story for your cell phone or answering machine.