

YOU ARE A BADASS BY JEN SINCERO | BOOK SUMMARY

You are a Badass by Jen Sincero is an entertaining read with plenty of real-world advice. Her book aims to empower any readers and teach you how to stop doubting yourself and get stuff done. Sincero helps to identify key problems in everyone's life, she then explains how best to combat these hurdles and live the best life you can. Whether you want to start a business, learn how to make extra money or get another job this book is an excellent guide!

PART 1: HOW YOU GOT THIS WAY

My Subconscious Made Me Do It

1. Our subconscious mind contains the blueprint for our lives. It's running the show based on the unfiltered information it gathered when we were kids, otherwise known as our "beliefs."
2. We are, for the most part, completely oblivious to these subconscious beliefs that run our lives.
3. When our conscious minds finally develop and show up for work, no matter how big and smart and highfalutin they grow to be, they're still being controlled by the beliefs we're carrying around in our subconscious minds.

Present as a Pigeon

The more time you spend in the moment, the richer your life will be. Being present gets you out of your head and connects you to Source Energy, which raises your frequency, which attracts things of like frequency to you. And all of those high-frequency things and experiences are already here, just waiting for you to join the party, all you have to do is shut up, show up, and usher them in.

It's not that the things and opportunities that we want in life don't exist yet. It's that we're not yet aware of their existence (or the fact that we can really have them)

The Big Snooze

"Ego" is used to refer to the shadow self, or the false self, or the self that's acting like a weenie. It's the part of us that's driving the bus when we do things like sabotage our happiness by cheating on our husbands or wives because deep down we don't feel worthy of being loved.

Jen Sincero refers to the Ego as the 'Big Snooze' - it's more appropriate, since the leading cause of sucking is that we haven't yet woken up to how truly powerful we are or to how massively abundant our Universe is.

The Big Snooze operates according to your limiting false beliefs. It gets validation from outside sources, is fear-based, and extremely committed to keeping you safely confined within the reality you've created based on these limiting false beliefs (aka your comfort zone).

Your true self or your higher self or your superhero self (your non-BS self), on the other hand, is the

part of you that operates according to your connection to Source Energy. It gets validation from within, it's proactive, love-based, and is committed to creating a reality based on your limitless potential—as soon as you wake up from the Big Snooze.

The Big Snooze will do everything it can to stop you from changing and growing, especially since you're attempting to obliterate the very identity that you and everyone else has come to know as "you."

If you want to take control of your life, stop at nothing. Have faith. Trust that your new life is already here and is far better than the old. Hang tight if the Big Snooze pitches a fit. Whatever happens, stay on course.

It's just as easy to believe we're awesome as it is to believe we're giant sucking things.

PART 2: HOW TO EMBRACE YOUR INNER BADASS

Love the One You Is

When we're happy and all in love with ourselves, we can't be bothered with the bullshit (our own or other people's).

Here are some tips for self-love:

1. Appreciate how special you are
2. Drown yourself in affirmations
3. Do things you love
4. Ditch the self-deprecating humour

5. Let the love in
6. Don't compare yourself to others
7. Forgive yourself!

I Know You Are But What Am I?

Do not waste your time giving a crap about what anybody else thinks of you. We throw a wet blanket of ho-hummary over our lives when we live in fear of what others might think, instead of in celebration of who we are.

You are responsible for what you say and do. You are not responsible for whether or not people freak out about it. What other people think about you has nothing to do with YOU and everything to do with THEM. All that matters is what's true for you, and if you can stay connected to that without straying, you will be a mighty superhero.

What Are You Doing Here?

Everyone's journey is unique, but we are all trying to get to the same place – somewhere we feel happiest, the most alive, and the most like ourselves.

1. Take the first right step. Don't waste hours and days trying to figure out your perfect next move. Just DO something already.
2. Do your best wherever you're at.
3. Don't reinvent the wheel. What things are people doing that you would love to do too?
4. Don't get caught up in the thunderbolt hype. One of the most paralyzing conceptions is that we're all supposed to have ONE true calling. We all evolve, let yourself off the hook.
5. Listen to your intuition.
6. Follow your fantasies.
7. Love yourself.

PART 3: HOW TO TAP INTO THE MOTHERLODE

Meditation 101

Meditation, otherwise known as sitting still and thinking about nothing, is one of those things that can be just as stupidly simple as it is surprisingly hard. There's no right way or wrong way to do this, no set amount of time, no correct things to feel, no rules about how you have to sit or where you have to do it. All that matters is that you do it if you want to massively improve your life. If you make a habit of it, you will start to crave it, and your entire life will change.

Your Brain Is Your Bitch

Positive thinking is key. Our thoughts are the most powerful tools we've got. Through our thoughts we create our realities.

You have to change your thinking first, and then the evidence appears. Our big mistake is that we do it the other way around. We demand to see the evidence before we believe it to be true. Your job isn't to know the how, it's to know the *what* and to be open to discovering and receiving, the how.

Give and Let Give

If you want to attract good things and feelings into your life, send awesomeness out to everyone around you. It can be as simple as leaving a dollar more than you normally would every time you tip. Or smiling, complimenting people and making them laugh.

Gratitude: The Gateway Drug to Awesomeness

You cut yourself off from the supply of awesomeness when you are not in a state of gratitude. Having gratitude goes way beyond just having good manners, however. Manners are a form of custom, gratitude is a state of *being*.

This is the almighty power of gratitude. But wait, there's more! Gratitude also strengthens your faith. Faith is having the audacity to believe in the not-yet seen. Faith is the muscle you use when you decide to blast outside of your comfort zone and transform your life into something that's practically unrecognizable to you in your present reality. Faith smothers your fear of the unknown. Faith allows you to take risks. Faith is the stuff of "leap and the net will appear."

Forgive or Fester

The moment you decide to forgive and let your negative feelings melt away, you are on the road to freedom. Forgiveness is all about taking care of you, not the person you need to forgive. It's about putting your desire to feel good before your desire to be right. It's about taking responsibility for your own happiness instead of pretending it's in somebody else's hands. It's about owning your power by giving all your anger, resentment, and hurt the heave-ho. Holding on to resentment is like taking poison and waiting for your enemies to die.

PART 4: HOW TO GET OVER YOUR B.S. ALREADY

It's So Easy Once You Figure Out It Isn't Hard

Our entire experience on this planet is determined by how we choose to perceive our reality. All you have to do is make the choice to let go of everything you're so attached to that's not serving you and manifest the reality that you want. Life is an illusion created by your perception, and it can be changed the moment you choose to change it.

Procrastination, Perfection

If there's something you really want, I'm not (necessarily) saying you should lie to get it, but I am saying you're probably lying to yourself if you're not going after it. Because so often when we say we're unqualified for something, what we're really saying is that we're too scared to try it, not that we can't do it.

Most of the time it's not lack of experience that's holding us back, but rather the lack of determination to do what we need to do to be successful. We put so much energy into coming up with excuses why we can't be, do, or have the things we want, and designing the perfect distractions to keep us from our dreams—imagine how far we'd get if we just shut up and used all that energy to go for it instead?

Procrastination is one of the most popular forms of self-sabotage, because it's really easy. If you're serious about changing your life, you'll find a way. If you're not, you'll find an excuse.

Fear Is for Suckers

Fear lives in the future. The feeling of being afraid is real, but the fear itself is all made up _because it _hasn't even happened yet_—death, going bankrupt, breaking a leg, forgetting our lines, getting yelled at for being late, getting rejected, etc. Most of the time we have no guarantee that what we fear is going to even happen and that if it does, that it's going to be scary!

All it takes to turn the fear factor around is learning to be comfortable in, instead of terrified of, the unknown. And this is done through faith. On the other side of your fear is your freedom.

Millions of Mirrors

The people you surround yourself with are excellent mirrors for who you are and how much, or how little, you love yourself. Your reality is created by what you focus on and how you choose to interpret it. This goes for everything, including the things you focus on about the people in your world.

We attract people into our lives for a reason, just as they attract us into theirs. We all help each other grow and figure out our issues, *if* we seize the opportunity to learn from, instead of just react to the highly irritating things other people do.

PART 5: HOW TO KICK SOME ASS

The Almighty Decision

When you make a no-nonsense decision, you sign up fully and keep moving toward your goal, regardless of what's flung in your path. And stuff will most definitely get flung, which is why making the decision is so crucial—this shit is not for sissies. The moment it gets hard or expensive or puts you at risk of looking like a moron, if you haven't made the decision, you'll quit. If it wasn't uncomfortable, everyone would be out there all in love with their fabulous lives.

So often, we pretend we've made a decision, when what we've really done is signed up to try until it gets too uncomfortable. Nobody gets to the top of the mountain without falling on his face over and over again. The only failure is quitting. Everything else is just gathering information.

Money, Your New Best Friend

In order to transform your life, you may have to spend the money you do have, get a loan, sell something, borrow from a friend, put it on your credit card, or manifest it in some other way. Which is going to go against some pretty deep-seated beliefs we've all been raised with about how going into debt is irresponsible (unless it's a student loan, of course, because for some reason we've decided in that case, and that case only, it's okay). This is about taking a leap of faith into a new realm _that you strongly desire *to be in*, demanding of yourself that you rise to the occasion and start living your damn life already.

Remember to Surrender

Your faith in the universe must be stronger than your fear of not getting what you want. Surrendering is the part where you hand the job over to the universe. What often happens is that, regardless of our best intentions and hard work, we're trying to control our circumstances by using our limiting beliefs and old patterns. We think that we need to try and _take charge of the situation (fear based thinking) instead of having faith and gratitude and *allowing* The Universe to deliver (love based thinking). In short, we think we can do a better job of manifesting than The Universe can.

Doubt is resistance, faith is surrender. Worry is resistance, joy is surrender. Control is resistance, allowing is surrender. Ridicule is resistance, believing is surrender. Energy needs to flow or else it stagnates. Surrendering puts you in the flow. When you believe that everything you desire already exists, you are in a natural state of surrender.

Doing vs. Spewing

There's a statistic that says only 5 percent of people who sign up for something, like a course or a seminar, actually do anything with it. And this includes very, very, very high-priced somethings, not just the money-management class at the community college down the road. This is because lots of people wish for change, really, really want it, are willing to invest the time and money into it, but are ultimately not willing to get uncomfortable enough to actually make anything happen. Which means they don't want it as badly as they say they do.

People who are successful are not only willing to get uncomfortable, but they know they have to make a habit of it if they want to stay successful. They keep moving through each new challenge instead of stagnating and settling. The muscle of kick-assery is like any other muscle—you have to use it or lose it.

Beam Me Up, Scotty

Give yourself the permission and the means, to be who you are REGARDLESS OF WHAT ANYBODY ELSE THINKS OR BELIEVES IS POSSIBLE. Do not deny yourself the life you want to live because you're worried you're not good enough or that you'll be judged or that it's too risky, because who does that benefit? No one, that's who. When you live your life doing the things that turn you on, that you're good at, that bring you joy, that make you shove stuff in people's faces and scream, "check this out!!!" you walk around so lit up that you shoot sunbeams out of yer eyeballs. Which automatically lights up the world around you. Which is precisely why you are here: to shine your big-ass ball of fire onto this world of ours. A world that literally depends upon light to survive. You are powerful. You are loved. You are surrounded by miracles. Believe, *really* believe that what you desire is here and available to you. And you can have it all.