



CHAPTER ONE



Beam me up, scotty



Chapter Summary

In this chapter, Jen Sincero shares the inspiring story of her grandmother, who marveled at the wonders of the modern world and encouraged readers to embrace the possibility of greatness. Sincero emphasizes that nothing is impossible if we believe in ourselves and our dreams. She urges everyone to pursue their passions unabashedly, regardless of societal expectations or self-doubt. By allowing ourselves to shine and pursue what sets our souls ablaze, we not only transform our own lives but also illuminate the world around us. This chapter is a powerful reminder that you are deserving of an extraordinary life.



Embrace the Impossible.

Audrey Hepburn famously said, 'Nothing is impossible, the word itself says I'm possible.' This sentiment is at the heart of this chapter, pushing us to redefine our perceptions of what can be achieved.

"Believe that anything is possible."

A Grandmother's Wisdom.

Jen reflects on her grandmother's life, a woman who witnessed incredible advancements. Her childlike wonder at these marvels encourages us to approach our dreams with the same innocence and awe.



"What blew her mind the most? Everyday wonders."

Wonder and Disbelief.

Nana's fascination with the simplest technologies reminds us that every achievement starts with questioning the impossible, making our dreams achievable sustainably.

The Power of Belief.

Sincero challenges us to give ourselves permission to chase our dreams without fear or guilt. It's essential to believe we are deserving of our desires.

Live Unapologetically.



Don't hold back! Whether it's starting a business, pursuing a passion, or simply being authentic, step into your power and embrace the journey.



Dare to Shine.

When you pursue what fills you with joy and energy, you become a beacon of light for others. Your ambitions inspire the universe to align with your desires.

You Are Powerful.

Recognize your power and the miracles surrounding you. Realize that you hold the keys to your dreams and can manifest them into reality.



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The Importance of Joy.



Focusing on what makes you happy transcends fear and societal expectations. When you live joyfully, you enrich not only your own life but also those around you.

You Are a Badass.



Ending the chapter with a reminder that you are a badass is a call to action. Stand in your power, embrace your dreams, and never shy away from what sets your heart on fire.



Recap

- "Believe that anything is possible."
- "What blew her mind the most? Everyday wonders."
- "Live life on your terms!"
- "Shine your big-ass ball of fire onto the world."
- "You are powerful. You are loved."



Thank You

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