

Cover

WOW!

Word of the Week

To begin changing the habits of being yourself.

by Cheryl 'Nyahra' Gittens



A 20|20 Mastery Club Publication

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TO THINE OWN SELF
Be True

Acknowledgements

To my brother Trevor who is my rock and champion. To my love, Connel who encouraged me to share this little square book with you when he noticed how much he looked forward to my BB* word of the week every Sunday. I thank God for planting this seed of an idea in my mind and allowing me to express it through my body.

*In 2011, I started BB Wow; sending Words of the Week to my contacts on my Blackberry phone.

Prelude

Most of us relive the same day over and over hoping to create progress in our lives. We live from our past habits while trying to create our futures. We won't move forward unless we change who are and choose to be who we need to become. Only then can we get different outcomes. We are a combination of our habits which are made up of our thoughts feelings and actions. Everything in life is created first by our thoughts: those words and phrases we speak and hear in our minds.

With these **Words**, hopefully **of Wisdom**, I invite you to go on journey of changing the habits of being yourself to creating new habits of the self you aim to become, one week at a time. Thinking of words brings them into our consciousness. Words vibrate and gain power when we utter them but when we act on them we change who we are. Words in action can literally help you to change the habit of being yourself.

This little square book is filled with **Wise Old Words** which I hope you will contemplate and try on one week at a time. This is a one-year project of reflection, meditation and action. I started it on my Blackberry in the old days. Chuckle. That is how long I was nurturing this seed of an idea. But now is the time.

The world moves at a fast pace and we often struggle to find the time and the space to get all we need done and certainly we struggle to find time to re-connect with ourselves, our hearts and our minds. **WoW!** Now, we have an opportunity to do just that.

How to Use this Book

As a Mastery Coach I enjoy challenging my clients to try ideas on before they assume they wouldn't fit. In the next 52 weeks, perhaps starting with your birthday week try these words on one week at a time. Let me know how they fit.

Choose your first word. Enjoy it as sitting, lying or walking morning meditation by reflecting on the word and the thoughts it evokes. Think of how you typically experience the word in your life. Take the action challenge for the week. Be present with the word as you keep it in your consciousness throughout the day until the week ends. Aim to feel, think and act differently (new habit) at the end of each week.

While opening the **Wonders** of your precious mind with each **Word of the Week**; **Within one Week** let the chosen word become a transformative **Word of Wisdom** in your life.

Reviews

“The weekly WoW were beautiful reminders of my spiritual practice. It feels like a spiritual companion of sorts because it helps to centre me. I hope everyone who reads this book feels the essence of and between the words.”

-Shalisha Samuel, Trinidad

“These Words of the Week embody Cheryl Nyahra's passion for inspiring and challenging others to be their best, most powerful self. Stimulating and thought provoking.”

-Norma Shorey, Barbados

“Cheryl shares a wonderful spring board to propel you into your unique space. These Words of Wisdom are a source of connection to hundreds of Caribbean Cheryl has touched. WOW is the book to help you stay grounded and true to yourself in a world that is continuously shifting from under our feet.”

DeCoursey Gittens, Barbados

“WOW! Word of the week is a fantastic guide that sets the pace for self-reflection into action. Gittens breaks down the words to reflect while sometimes sharing perspectives through pieces of her own experiences. I recommend this as a great exercise for anybody who ready to release negative feelings and watch their lives unfold through action.”

-Sara Davis, USA

Week 1: WoW is GROUNDED

It is difficult to feel grounded in the midst of uncertainty, crisis and chaos. Our world has changed. We can scurry away in fear. We can bury our heads in the sand and wait for things to return to normal. We can even get angry or even give up. Each of those are choices. Here is another. Thank God for the break. Pause, stop, take off your shoes, walk outside. Find a grassy patch and stand on it. Feel your weight get heavier as you become planted in the ground. Breathe in, breathe out. Sense yourself as a plant that grew out of the earth until you feel at one with the earth. Thank mother earth for supporting you. Be at peace each week knowing that the more grounded you become the more resolved you would be to accept, trust and know that you will be alright.

Start to practise grounding yourself this week.

Week 2: WOW is AUTHENTICITY

I finally accepted that while I am a truth teller it does not make me authentic. My insides grate when I encounter inauthentic persons and I noticed that my life's work has been a search for self-authenticity. Not only to speak the truth but to bear my feelings as I tell it. It turns out that my continual search was my inner knowing that while sincere and truthful to others, I held parts of me back, not wanting to let you see some parts so that I may protect myself from being seen as flawed. In that sense I understand why five of my workshops have titles that betray what I was really searching for: my own authenticity. This week I permit myself to lay bare my true feelings.

Would you join me in taking that risk this week too?

Week 3: WoW is CHANGE

So many of us want to experience massive change in our lives (as Tony Robbins would say). I do too. What about you? What would your life look like if you created a massive change? What would today look like if you made one massive change towards the life you really want? I have come to realise that we often are only willing to change 10% of our habits, while wishing for 100% transformation. Do you know what that is? That is resistance. That is your subconscious mind holding onto familiar patterns. You are not being lazy; you are just locked into being 90% of you. Think about it. Can you get the deep change you desire if you fail to change most of your habits?

Commit to massive change this week.

Week 4: WoW is FORWARD

Ever noticed that life moves in one direction? When I was a teenager I attended my grandmother's funeral only to be mortified (pun intended) by the reality that passers-by seemed to be oblivious of the fact that my grandmother had died. My beautiful, gentle confidant, mother to my mother had departed this earth. Her life had ended and mine was on pause while others hurried past the cemetery going about their lives like nothing significant had just happened in mine. I had the jolting awareness that life goes forward regardless of what is happening in my world and in the worlds of others. We can sit it out, pause, even go backward in our memories, but life forges forward. Right now the world as we know it has paused but for many of us life goes on. We will go forward.

This week let's think about how.

Week 5: WoW is FAITH

A friend once told me that the distance between the known and the unknown is faith, Many of us use the word and few know how to live it. I certainly know what it is to say “over to you God” only to take back the burden because I am too impatient or I feel that if I do it myself I would get exactly what I want. But we practice faith more than we think. When you drive on the road daily that is faith; trusting that the other guy will stay on his side of the street. We reserve faith for the big stuff but isn't putting your life in the hands of hundreds of drivers you do not even know, big stuff?

What troubles you enough, that only by practising faith, could you go through the week with ease?



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About Cheryl ‘Nyahra’ Gittens



Cheryl ‘Nyahra’ Gittens is a Caribbean life coaching pioneer, counsellor, seminar leader and speaker who has helped hundreds to get past their pain and step into their power. She has shared the stage with Dr Stephen Covey and has been commended by Les Brown as a coach who genuinely wants to help people. Cheryl is the creator of **Connect With Your Passion®**, **DreamTeen® Barbados**, **Master Me Inc.**, **Career Reboot Camp** and **20|20 Mastery Club®**.

Cheryl believes in the power of words. Words have energy. Words are to be lived. What you say to yourself can create mastery or mediocrity in your life. She has used words, belief and action to overcome major pain in her life: divorce, the death of her parents, job-loss, overweight and a health alert. With massive mind-set changes, discipline and an outrageous commitment to her well-being, words affirmed her ability to overcome. Today, Cheryl’s message and life is enriched by her commitment to mastery. Cheryl helps her clients to take charge of their lives with one simple belief, “When you change your mind you change your life.” Her singular wish is to hear her clients say, “I can actually change my life.” She then supports and challenges them to master their minds; live their passion and express their essence and power without excuses.

Cheryl has appeared on CBC TV 8, VOB 92.9, The Barbados Business Authority Caribbean Bride and Easy Magazine. She also featured as an ‘up and coming’ International Speaker on ‘Smoothie Mixx’ for the Entrepreneurial Soul CD with Dennis Waitley and Brian Tracy.