

FEEL GOOD KICK ASS CONFIDENCE

Using Your Body to Rock Your Life

P. VALERIE DAUPHIN



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I dedicate this book to the earlier versions of me, to the teenage girls and young women of the world, who are at the crossroads between doing the practical thing or staying true to the dream. May you find your voice, listen to it, and keep your dream alive.

TABLE OF CONTENTS

Foreword.....	vii
Introduction	1
Chapter 1: Your Rockin’ Dreams and Desires	14
Chapter 2: Those Knock-You-On-Your-Ass Limitations	25
Chapter 3: Moving Your Body Rocks Your Confidence.....	38
Chapter 4: Rock Your Spirit	56
Chapter 5: Rock Those <i>Mindshifts</i>	73
Chapter 6: A Rockin’ Blend of Body Mind Spirit: The Rock Your Life Danceshops™	90
Chapter 7: Rock That Envy into Power.....	104
Chapter 8: Rockin’ Confident Day at a Glance.....	114
Chapter 9: The Keys to Your Feel-Good-Kick-Ass Confidence	129
Acknowledgements	147
About the Author	153

FOREWORD

IF YOU EMBRACE THE WORDS in FEEL GOOD KICK ASS CONFIDENCE, you can't help *but* to become the embodiment of feeling good, kicking ass, and being confident. If you're someone who has lost touch with those things you've most wanted to do with your life, read this book. If you're someone who has difficulty expressing your most authentic self and putting that authentic self first at work and in relationships, read this book. If you're tired of denying yourself the experiences in life that you've been yearning for, you must read this book.

This book shows you how to use your beloved body to become more closely connected to your dreams and desires. Instead of running away from your body's sensations and feelings, as so many people do with body image issues running rampant, this book shows you how your body can be your *ally* to experiencing your heart's desires. I trust Valerie's expertise as she has not only studied this material, but she has walked this very path herself, which enables her to embody what she has written at the deepest level.

The topic of living your best life has been written about in countless books, articles, blogs, and more. Being a Leading Transformational Success Mentor myself, I can say that Valerie brings a truly fresh, unique, and creative approach to this topic. As The Dancing Life Coach, Valerie is THE person to learn

from when it comes to designing the life you want to live on your own terms and how to bridge your mind, body, and spirit in the process.

I feel honored and privileged to write a foreword to Ms. Dauphin's book. Her dedication to exploring and fine-tuning the mind-body-spirit bridge connection in order to create the life you want to live is inspiring, progressive, and wildly creative. I am deeply impressed by her contribution to the field of personal development and her brilliance in merging dance and fitness with personal growth.

In this book you will find ideas, keep-it-real inspirational anecdotes from Valerie's life, as well as practical tools and techniques to guide you in transcending your limitations to create your dream life. I can't think of a better teacher to accompany you on your journey in actualizing a boldly feel-good, kick-ass-confident life!

—**Raymond Aaron**

Leading Transformational Success Mentor
New York Times Best-Selling Author

INTRODUCTION

When you arrived you knew.
You came ready to shine.
You came ready to wine and dine yourself to the heights of your
ecstatic deliverance.
Deliverance
Liberation from fallacies you did not create
Emancipation from bondage of the minds that deliberate
injustices and confining fantasies of untruth,
Claiming to be axiom that knows no bounds,
but keeps you cemented
in quicksand.
Keeps you concealed from ideations that set you free.
Keeps you regressing
Makes you congealed
Until you die.
You came ready to extricate from boundaries disguised as fact
birthed from you, but did not.
You came ready to soar,
To play,
To say “oh hey hooray!” all throughout the day.
But you delay.
You delay in actualizing the delectable ruminations deep within
your soul

The truths within you I know that you know
It's your choice to wake up
Your choice to wipe the sleep from your eyes
To take your finger off snooze
Will you?
When you came, you knew
And you still do¹.

The Sleeping Awake

There aren't a whole lot of people who are awake, most are actually sleeping. You brush shoulders with the sleeping awake every day without realizing it. Your cubicle might be down the hall from one at work or you may sit next to another in the classroom. What makes the sleeping awake what they are is their disconnection from a purpose larger than the day-in, day-out of living. There is a disconnection from their real selves, inner child, and true calling. There is a disconnection from having real and deeply engaging encounters with the people they interact with daily. The sleeping awake aren't totally satisfied with life. There is a hopelessness in their spirit, perhaps a yearning too. The highlight of their day seems to be centered around some sort of consumption – food, shopping, gossip, drinks, and/or sex. You may have the pleasure of interacting with the sleeping awake during a customer service call when you want to find out where your pizza delivery is. Instead, they serve you two slices of snarky and pissed off.

The sleeping awake hate what they do. You can tell. The stench is dripping out of their pores. They salivate frustration and disappointment. Sometimes, or often, the sleeping awake

1 Visit www.FGBKABook.com to gain access to the recording of this paradigm-busting spoken word piece. Listen to it in your car or at the gym for a jolt of wake-up inspiration!

don't give a rat's ass about what they are doing. It's just a way to pay the bills. To stay afloat. To keep their heads above water. Just to get by. It's hard to feel the heart and soul of the sleeping awake because when you talk to them, there's only so deep you can go.

It may sound like I'm belittling "them", but I'm not. I lived in a category of sleeping awake. It was when I settled. Granted, I was actively working on getting myself out of that situation. I always had a spark, even when it dimmed to the size of a mustard seed, that KNEW something better was "out there" for me. But I was a person who flippin' hated the work I was doing. Yet, I found myself doing that kind of work over and over again. But that was the only way I knew to get by. And pissed off was the easiest point of access I had while I was in that state.

There are two main categories of the sleeping awake:

1. Those who live lives of drudgery, locked in the prisons their minds chain them in. They tell themselves it HAS to be this way. They believe they CANNOT do whatever they want with their lives. They CANNOT have a dream, so they don't dare to dream. They know they're not happy nor are they hopeful, because past pain and stubborn ideologies prevent them from accessing that happiness and hope. So they get up, go to work, drown their sorrows in whatever escape they can (shopping, drinks, food), go to sleep, get up, rinse, and repeat.
2. And there are those sleeping awake who are actually more awake than they are asleep. You live a life you can't fully claim as yours. You live some degree of drudgery, showing up for a job you can't stand. Maybe you do enjoy it a little but you know you are meant for something else, something more. And you don't know how you can get out. Or perhaps you are on track to getting a degree you don't really want, but think you have to because it's the practical choice.

HOWEVER, you have a spark within you. Some part of you, even if it's the size of a mustard seed, believes there has got to be a way for you to live fulfilled by your work, in love with your work, and to feel fully engaged. Your work should be a true expression of your being. You believe if other people have figured this shit out, then you should be able to as well. I'm writing this book for you. Because you are like I was. You have hope, a glimmer of faith, like I had. I just hadn't given myself permission to step full out in claiming the life I wanted as mine. So like me, you believe (even if your belief is the size of a grain of salt at this time) things can change and, that in some universe, you can do what you want when you want with whom you want.

The Sweet Spot

I'm writing this book for the woman I used to be. You *believe* there is a way out to something better, but you don't know *how* to get there or *where* to *begin*.

I'm also writing this book for you, if you have a degree of looks-good-on-paper achievement and success, but you feel a bit dry with it all. A bit empty. You see people who look like they are SO IN LOVE with life and your knee-jerk reaction is to think they must be on crack. But secretly, YOU WANT THAT. You want to suck the real sweet nectar from this fruit called life. You want to dive neck-deep into the experience of living that has you curl up your toes and give yourself the tightest squeeze, because it feels so good. You want to feel more. Bliss. Serenity. Excitement. Nourishment. Fulfillment.

You want to dive deeper into yourself. You want to stop caring what other people say you should be doing with your life, how you should look, who you should associate with, and what it means to act like a respectable person. You want to

unapologetically just DO YOU. From this place of pure honesty and open-hearted excitement, you want to call forth into your life the next big treasure of an adventure.

This book is for you if you are in that sweet spot of asking, “*What’s next?*” in your life. You feel at a crossroads. Something’s got to shift. You are yearning for an integrated satisfaction that touches each area of your life. I wish I would’ve read this book when I was 18. And I probably would have read this book as a junior in college. Then referenced it again a few years after college. And read it *again* years later as I felt that deep yearning for something that I didn’t actually believe I could have. And this last scenario happens to us regardless what age you are. So I’m writing this book now, with the intention that the woman I was happens across it in the bookstore, on the internet, or receives it as a gift. Through these pages, I hope you tap into your inner knowing and dance forward in your life with passion and enthusiasm, knowing you are living on your own terms.

A Note about Confidence

There are multiple dictionary definitions for the word Confidence. The ones that most relate to this book are what the Oxford Dictionary defines as:

- “A feeling of self-assurance arising from one’s appreciation of one’s own abilities or qualities: She’s brimming with confidence. [IN SINGULAR]: He would walk up those steps with a confidence he didn’t feel.” or
- “The feeling or belief that one can rely on someone or something; firm trust: We had every confidence in the staff. He had gained the young man’s confidence.”

Oxford Dictionary synonyms include trust, belief, faith, assertiveness, poise, courage, boldness, and nerve.

When I read these definitions, one word consistently leaps

off the page and encompasses all the other definitions and synonyms: TRUST. Confidence boils down to trust. How much do you trust yourself? Do you trust that following your intuition leads you to the life you desire to live? Can you rely on yourself? Do you have your own back?

In this book, I chronicle my journey from being deathly afraid to let myself be seen for who I really am in those spots that mattered most to becoming a person who largely lives in the realm of feel-good, kick-ass Confidence. FGKA Confidence involves the entire being – spiritual, emotional, and physical. It's about cultivating the inner trust that leads to a feel-good experience that extends into the action of kicking ass at whatever you do.

When you learn to integrate all of your being in a consistent way, utilizing your body through dance and other body-based exercises to anchor the integration, you become unstoppable. Using your body is key. Feel your feelings in your body. Feeling your Self in your body. Feeling your body. Using the body anchors you. It can be the vehicle to birth your desires into reality and rock your life. You need all of it to have feel-good, kick-ass confidence.

Use the power of your body to rock out your life, to create your dream life, and to transcend your limitations. So, although this book is about your body, I have a confession. It's actually about more than that. It references more than the physical flesh and bones and cells. It's not *just* about your body. I'm going to provide examples by talking about my own journey to share how the *combination* of spiritual practices plus personal growth mindset work plus the body, done in a conscious way, is really what enables you to rock your life.

In order to fully make sense of the three of those combined, I will use my own story and break them down by talking about them separately. So you may flip through the chapters and ask, "Oh, how come there's a chapter that's only talking about spirituality?" "Oh, why is there a chapter only about mindset?" It's done that way because in order to get to the communion of

the three of them, I had to do a deep dive into them individually. I actually had deep experiences with those three aspects by themselves before I was able to integrate them, appreciate them, and then teach them together.

A Trend

I have been noticing a quiet but growing trend in the personal growth world that's moving from a model of strictly mental reflection to body utilization in order to catalyze changes that folks want to make in their lives. The epitome of this trend is feeling the body is *the* path to personal, and eventually worldwide, fulfillment. For instance, OneTaste is one such company whose personal growth teachings is rooted in a body-based practice called Orgasmic Meditation.

The body-based practice I talk about in this book is a blended dancing that involves and fuses African, Latin, and House dance.

This book is about how moving my body through dance and fitness up-leveled my life...and how it could up-level, or even save, yours. It's about how owning my own spiritual path blasted my life wide open...and how it could do the same for you. It's about how a profound level of introspection and willingness to transform my behavior and mindset expanded my life, and how it could do the same for you. Most importantly, this book is about how the integration of all three, often times *simultaneously*, revolutionized my life and how it can revolutionize and save yours.

Save From What?

Saving lives? Pretentious much? Not really. Am I a medical practitioner? Nope. But, you *can* die a slow painful spiritual and emotional death from living with less than you deserve and desire. You can die a slow painful death from pushing down, pushing down and pushing down your dreams. The light in

your eyes dims. You prematurely age. You gain weight and feel disgusting. You feel hopeless. All you want to do is sleep...literally. That's what I mean by saving lives. To be on the slow painful death path is to be filled with despondency and depression. To be on the slow painful death path is experiencing a degree of the same old, same old version of same shit, different day.

And if you feel that is your current path, know this: It doesn't have to be.

You *can* create and design the life you desire to live.

You *can* transcend your limitations and rock your life.

You *can* build your confidence as the key element to creating that rockin' life.

And you can absolutely use your body as your ally in gaining that confidence, transcending your limitations, and living your desires - constantly.

What Does It Mean to Rock Your Life?

I used to think that in order to rock my life, I needed certain external factors to be in place. I needed to be earning a 6-figure living doing the work that I wanted to be doing, having a great sex life, having the lovers, life partner, the high-rise apartment, and the list could go on. Maybe you have similar desires. But what does it mean if you're not experiencing all of these outwardly manifested circumstances? Does that mean you're *not* rocking your life?

When I started to write this book, I inadvertently found myself talking about using the power of your body to create life *circumstances*. That's good and all, *and* that's level 2 of what rocking your life means. Rocking your life level 1 is simpler and a little more fundamental because you don't want any particular external factor to indicate whether or not you're rocking your life. You can rock your life even when you don't have everything you want. It's about a moment to moment feeling-goodness and feeling-rightness at the intersection of your mind, body, and spirit.

When I feel into the words “rocking my life”, I envision myself headbanging away to Korn or Metallica. I envision the reverberation of deep soulful House music all throughout my cells. My energy is pumping and I feel buzzing sensations jumping across the surface of my skin. Rockin’ your life means energizing yourself. Rockin’ your life constitutes a continuous jumpstart, tapping into an essence of purity, of substance, of touching and **LIVING** the most authentic deepest and realest parts of yourself and letting them shine their light in your life.

Kickass vs. Kick Ass

I use these words throughout the book and they mean slightly different things. They are not a mistake when you see them listed in one way vs. the other. Kickass is an adjective and therefore, describes a noun. For example, a kickass mindset is a mindset that totally rocks. It’s a mindset that supports you being, doing, and having the dreams and desires of your heart. A kickass body image means you’re looking at yourself through a supportive lens. That no matter what your body looks like, your psyche supports you rockin’ your life anyway. When kickass is used to describe something, think amazing, deep, out of this world, all-around awesomeness.

On the other hand, “Kick ass” includes a verb and a noun so it’s action-based. Kick, being the verb; ass being the noun. To make it simple, kickass is more about a state of being and kick ass is a state of doing. When you’re kicking ass, you are taking amazing actions. When you kick ass, you’re doing things in alignment with your dreams and desires. You’re doing things in alignment with your True Authentic Self. You are a force to be reckoned with. It’s like when your friends tell you that a dance instructor at the gym is kicking people’s asses. That means it’s a damn good class. You *want* to go to that class because you’ll become a fitter person (physically, mentally, emotionally) because of it. You want to be learning from someone who kicks

ass because that person possesses a level of confidence that spreads throughout the entire room. You want in on that vibe.

In life, you are either getting your ass kicked or you are the one doing the kicking of the asses. You can consciously choose to get your ass kicked for the better (like going to a hot dance class or working out with weights) or you can inadvertently get your ass kicked (by faulty mindsets and limitations as I discuss in depth in Chapter 2). When getting your own ass kicked, you can choose to stay down for the count or get back up and become the one who kicks ass!

This whole notion of *feel good, kick ass* goes from a state of being – feeling good - to state of doing – kicking ass. Feeling good is the foundation, from which kicking ass, the action, follows suit. Throughout this book, I show you how to feel good in your body, mind, and spirit. You keep going back to this feel-good foundation and watch yourself kick ass over and over and over again. The being comes first. Then the actions follow suit. Rinse and repeat.

What This Book Is NOT About

The subtitle of this book might have caught your eye. A little controversial, no? A reaction might be, “In this day of the empowered woman, we’re digressing to body exploitation and sex games to get what we want?” This book is not about that. And I’m not judging anyone who has written, is writing, or will write a book about that. What this book discusses is utilizing the wisdom *in your body through your body, through* dance to create your dream life. This book goes deep. Not for the superficially-quick-fix minded at all.

This book is also not about being Disneyland happy all the time. I know. Bummer! I wish I had a happy pill for you. Shit, I wish I had a happy pill for myself at times, but I don’t. Feeling happy is one type of feel good. But you don’t have to be happy all the time in order to feel good. You can actually feel good while feeling pissed off or sad. Shocker? It’s true.

I'm a keep-it-real with you type of person. I actually have a history of dysthymia, or at least that's what one therapist believed I suffered from. Dysthymia is a type of chronic depression. It is not as intense as other types of depression that keeps folks incapacitated with loss of interest in everything and unable to function. Many people with dysthymia, myself included, are rather high-functioning individuals. But there is a background of melancholy all the same. All this to say, I've not been a "happy camper" for much of my life and I have battled with suicidal thoughts for many years. But I have also been motivated and inspired. I have been energized, enthusiastic, and on-fire. I've been able to kick ass in different areas while also experiencing and feeling what I have with having dysthymia (oh! and I also suffered from Obsessive Compulsive Disorder for about 10 years). While I don't promise an opiate experience of life, what I do intend is that by following the principles and examples in this book, and letting this book work on you, you will begin to see that you can still kick ass even while feeling down. You can feel good even while you're upset or annoyed. You can turn all that into fuel to have a kickass life.

I talk a lot about my past in this book. I talk about everything leading up to the Danceshops, which I discuss at length in Chapter 6. See where you can see yourself in my story, although our specific details may differ. Then see how you can apply what you read in whatever situation you are in right now. I may ask you questions for reflection and contemplation. I encourage you to keep a beautiful and inspiring journal handy as you read this book. You also have the option of doing the written exercises on the accompanying full-size, full-color print-ready worksheets I've created and made available as one of your complimentary book bonuses through www.FGKABook.com.

I want you to experience a profound version of yourself. To really live in and *from* your essence, your truth. That place within you that *knows* who you are and what you are capable of.

A Three-In-One Practice

Eventually this book will dive into the synthesis of spirituality, dance/fitness, and personal growth through my life-coaching-through-dance work, particularly through The Danceshops™. This was an idea I had been dreaming of and creating since 2007 and officially birthed in 2015.

You go to the gym or dance studio to work on your physical fitness. You go to personal growth seminars to take an introspective look at how you are operating in the world and take steps to live the way you would rather be living.

I LOVE personal growth seminars. I've done Landmark, Peak Potentials, Chris Howard, Robert Allen, and many others over the years, but what was sorely lacking in these environments was lots and lots of movement.

I love the mindset exercises we do in those seminars. I love the writing, the partner work, the assignments, but sometimes these seminars go from as little as 2 hours to as much as 3-7 days. We do sooooo much sitting. I've had a vision of injecting a different kind of fun with creative movement into these learning and growth experiences.

I also LOVE going to spiritual talks. Sometimes growth seminars will dive into spirituality, but not always. I love going to services at Agape International Spiritual Center and attending Marianne Williamson's talks at The Saban Theatre in L.A. Even when I practiced other spiritual traditions in the past, I loved that community element, asking the esoteric questions and hearing how to approach life from a fully-embodied spiritual perspective.

I caught a vision in 2007 to create something that encompassed all 3 in one. That comprised elements of the seminar/workshop experience WITH a full-on dance/fitness class AND a spiritual community.

I will dive more into the mechanics of what I now call The Danceshops™ and The Danceshop Experience™ in Chapter 6.

It's Fascinating

I find it absolutely fascinating that I'm writing this book about increasing your confidence through your body and dance. Throughout my life, I have been wildly self-conscious about my body. My body image sucked. I was terrified to dance in front of people until I was an undergrad in college. I hated my body for such a long time that I find it surreal and straight up beautiful that I now teach confidence through the body. Just goes to show, you never know what you may end up teaching or doing later based on your past (or present) struggles. Your struggles are blessings in disguise.

Now that the groundwork has been laid, shall we begin? Let's dive into this discussion where it all begins: with your rockin' desires.