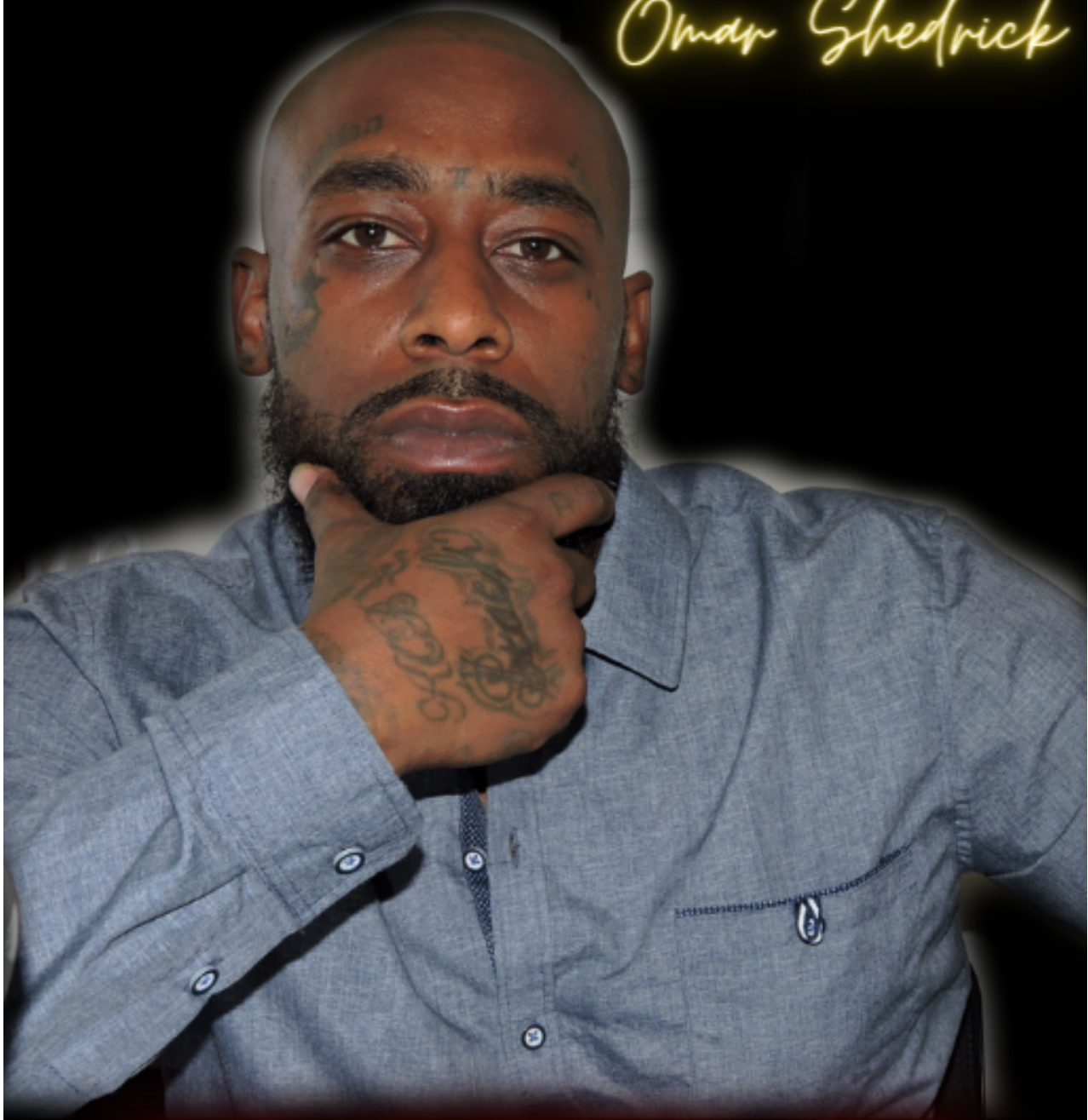


Omar Shadrick



**30 DAYS OF
POWER**
The Book

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POWER TALKZ DAY 1 (THE POWER OF POSITIVE THINKING)

The same energy wasted on a negative thought could be used on a positive one. Your thoughts have mass, which means they are subject to the same laws of gravity as any other physical object. Saying your thoughts can draw positivity or negativity towards you, so the more positive thoughts the more positive manifestation of those thoughts and vice versa the more negative thoughts the more negative manifestation of those thoughts. Learn to focus your mind on the positive even in negative situations and you will turn a negative situation into a learning experience and a positive situation into an enterprising moment.

POWER TALKZ DAY 2 (THERE ARE NO MISTAKES)

What you've been through in life has prepared you for where you're going you've been through hell so you can appreciate heaven, you suffered lose so you would understand the value of money and having it, you've been left for dead so you learn to love and be content with nothing and no one because there's only one throne in the movie called your life. No matter what you've been through your past doesn't define your future, who you were doesn't have to be who you become! You are the author of your own destiny, and you are powerful enough to change your outcome in life. Today is your day! This morning is your morning, and this is your power. The only question is what are you going to do with it?

POWER TALKZ DAY 3 (YOU HAVE NOTHING TO PROVE)

you are your own competition, the only person you have to beat is you. you have nothing to prove to anyone but yourself. your goal is to evolve into a better you DAILY. because you deserve the best. the people that should benefit from your shift will benefit more as you evolve into a better you. when you wake up set your mind to what you want it to be and it will come to you. fruit only grows in fertile soil, so you must cultivate your mind to receive the good you're attracting. proper preparation prevents poor performance. so, you must be prepared to receive that life changing situation that coming. you have nothing to prove to anyone but that person looking back to you in the mirror.

POWER TALKZ DAY 4 (CHESS NOT CHECKERS)

Life is a series a decisions, those decisions are what have is at this particular place in life.

Let's cut the bullshit! You're an adult, so you have the power to think for yourself and make your own decisions. If you stop and examine your life and you're not where you want to be CHANGE IT! NO EXCUSES, NO BULLSHIT, CHANGE IT! See sometimes change requires for you to put your big boy draws on and admit the fact that you have not been making the best decisions to optimize your life! Chess not checkers..... let me explain. In chess the person that wins is the person that can see and plan 3 plus moves ahead and by seeing 3 moves ahead is able to manipulate the entire board to move in his/her favor. That's the same concept and principle that when applied to your life will return those same results.....VICTORY. See motion without manipulation is just an ignorant person moving. Without purpose you can have motion and go nowhere.... Chess not checkers. Understand there are no small moves in a life with purpose so from now on make every move your best move by being 3 moves ahead and moving with a purpose.

POWER TALKZ DAY 5 (DONT DWELL ON PAST MISTAKES)

Mistakes are needed to learn a lesson; a smart man learns from his mistakes but a wise man learns from the mistakes of others. Don't dwell, first stop than step back and examine the situation, figure out what you're supposed to learn THEN MOVE ON! Dwelling on a situation that's not beneficial to your progress in life is the mistake! The situation is a chance to grow, a chance to evolve, a chance for you to prove to yourself that even tho it may be hard you can overcome any obstacles in your path. In order to reach the next level in your life you will have to make some decisions. Every decision you make may not be the right one, but you have a choice every time to either dwell or excel! The wealthiest, smartest people in the world make mistakes all the time but the difference is they don't dwell on the mistakes they focus on finding the solution.

POWER TALKZ DAY 6 (GARBAGE IN GARBAGE OUT)

Your eyes and ears are the portal to your soul. So, you have to be careful what you allow in. The things you watch, read, and listen to have either a positive or negative affect on your thoughts and your spirit. If you put garbage in you will get garbage out you have to put positive images and sounds into your spirit in order to get positive out

POWER TALKZ DAY 7 (CAN'T WIN IF YOU DONT GET IN THE GAME)

You will never win if you don't get in the game, there's only so much you can accomplish by thinking without doing. Even the bible says FAITH WITHOUT WORKS IS DEAD! So, you can't expect life to bring you what you want if you have put out there what it is you want! Yeah, I hear you talking... but what do your actions say? When someone sees you are you a good representation of your brand and what you stand for? Can they tell that you have a business? Can they talk to you about the details of your business and what it is you do? In order to win you have to be prepared. The worst thing that could possibly happen is, that opportunity you've been you've been waiting your entire life on finally arrives.....AND YOUR NOT READY! You have to get in the game. No matter where you have to start, just start! (DONT WASTE GOOD TIME WAITING ON THE PERFECT TIME) The time is now for you to begin that journey, the time is now for you to start that business, the time is now for you to get that position, the time is now for you to finally believe in you and your ability to do exactly what you dreamed you would do. But you could never win if you never GET IN THE GAME

POWER TALKZ DAY 8 (LIVE YOUR LIFE)

Live your life. You can't live no one's life but your own. You will be miserable trying to be who or what someone else wants you to be! You only get one chance at life why waste it on someone else's interpretation of what you would, could, and should be doing instead of what you want to do. Does someone else's opinion of you matter more to you than your own? When you go to sleep does someone else see your dreams? When you wake up in the morning and take that deep breath does someone else's lungs fill up? No! Then no one should be in the driver's seat of your life except YOU! The only thing that matters is what you think and how you feel about yourself, no one else's opinion matters. Live your life and do right by yourself. Then all of your dreams will become your reality.

POWER TALKZ DAY 9 (H.U.S.H- HUSTLE UNTIL SOMETHING HAPPENS)

6 months of focus can your entire life! You have to wake up (if you go to sleep) every morning with the mindset to do everything in your power to achieve your goals and desires. Give it every ounce of strength you could possibly muster, ever effort, every action, every thought, every molecule of your being.....dedicated to the pursuit of your goals! HUSTLE UNTIL SOMETHING HAPPENS! HUSH means that when it's raining, WE HUSTLE, when it's hard WE HUSTLE, when we really don't want to.... WE HUSTLE! See your goal and your purpose are bigger than you, so your goals and purpose should outweigh any excuses you could possibly come up with. If you're goals and your purpose don't inspire you to hustle than the problem is there not big enough! And if that's the case DREAM BIGGER!!!! What separates you from your next success is the amount of time and effort you've put in. So, whatever it is, make a deal with yourself to HUSTLE UNTIL SOMETHING HAPPENS!

POWER TALKZ DAY 10 (VIBEZ)

Pay attention to the vibes you pick up. Vibes are your spirits alarm system; they tell you if someone or something is good or bad for you. Your instincts will never lead you wrong if you're in tune with yourself. Big god gave us this gift to help guide us through life and navigate emotions and intentions. When led by your spirit you avoid a lot of pain bad situations and disappointment. How many times have you said "I SHOULD HAVE WENT WITH MY FIRST MIND"! Your first mind is what I'm talking about you have to trust yourself, you have everything inside of you that you need to make your own decisions. No one has any more GOD-GIVEN anything than you, so bet on yourself trust your own instincts, trust that your enough to accomplish whatever it is you set out to do. Your spirit is uncompromising your spirit is relentless in its pursuit of peace and happiness so allow yourself to be led by your GIFT, NOT YOUR REASONING!

POWER TALKZ DAY 11 (LACK OF VISION)

A man without vision will perish. In order to move with purpose and meaning you must have a clearly defined VISION. Your life is the direct product of your vision or lack thereof. Having a vision is simply knowing where you're going. The details like how you're going to do it can and will be revealed along the way. In order to build a house, you must first draw up a blueprint, so if having a detailed blueprint in order to build a house is a must.....how much more should you have one for your life? Vision is what drives purpose; vision is that thing that separates the good from the great vision is what takes you from being obscure to notorious! Without vision you can't see your purpose, without vision your just moving, without vision purpose dies! Don't allow this to happen in your life. Write down your vision and work on it daily become obsessed with your vision and your vision will come true.

POWER TALKZ DAY 12 (CHANGE YOUR MINDSET)

Change what's in your power to change, and if it's not in your power don't worry about it! Stress comes when you dwell on something not in your power to change. Anxiety comes from too much time spent dwelling on a situation not in your power to change. Instead of focusing on the problem change your mindset and focus on being prepared for any problem that may arise. This ties into your vision, if you understand your vision and your path than you can prepare for the road and the problems that will arise along that road. A change in mindset is the difference between calm and panic from stress and rest see you may be in a storm similar to someone else and you're in a state of stress and they're in a state of rest because their prepared for anything and your worried about everything worry burns energy worry kills creativity worry increases anxiety and stress so change your mindset from worried to prepared.

POWER TALKZ DAY 13 (FAILURE IS NOT AN OPTION)

You haven't made it this far to lose now. Look at how far you've come. Look what you've made it through, you don't think your blessed? You don't think there is a bigger plan for your life? Well, if you don't know I'm going to tell you THERE IS! YOU ARE BLESSED! YOUR LIFE DOES HAVE MEANING! YOU DO HAVE A PURPOSE AND REASON FOR BEING HERE. Failure is not an option! Every trial and tribulation you've been through served a purpose. Failure is not an OPTION! Every hungry day or broke night has prepared you for the overflow of blessings about to enter your life. Failure is not an option! You can't stop here, you have to keep going, success is right on the other side of that mountain! All you have to do is keep going! I know you may not be able to see your victory right now but I promise you it's coming. Your qualified to receive these life changing blessings, BECAUSE YOIR STILL STANDING! Life threw some real crazy situations your way but you're still standing. The reason being is your subconscious mind knows that failure is not an option! You've been through your season of lack, you've been through your SEASON of uncertainty, you've been through your SEASON of pain! All I'm saying Is THE SUN SHINES ON A DOGS ASS EVERY NOW AND THEN! SO, TURN TOWARD THE SUN OUT YOUR SHADES ON AND WAIT FOR IT TO SHINE ON YOU!

POWER TALKZ DAY 14 (GRATEFUL)

Be grateful, whatever situation you're in if your still alive BE GRATEFUL! If you're on this side of the grave and you woke up this morning just be grateful. Nothing else matters unless you're grateful! That's how you attract blessings your way, that's how you that's how you attract good stuff your way this is how you attract everything you've been wanting everything You're asking for it's just being grateful with what you already have.... So just be grateful!

POWER TALKZ DAY 15 (LEVELS)

Life is always moving nothing stays still or remains the same. We're constantly growing and evolving into either better or worse people daily. Each day brings with it new levels and challenges which force us to either grow or fall by the wayside. The same is true with people you meet and relationships you have, as you progress from level to level you will notice your circle getting smaller and smaller. It's not because the love you had is gone. It's because that person or situation wasn't/isn't beneficial to that new level in your life. Growth comes when you focus on self and by focusing on yourself you don't have the same time to entertain things that aren't promoting growth. New levels require new people new relationships new mindsets, you have to let go of that excess old baggage in order to grab a new bag. So, in saying that, embrace new situations, new people, new experiences. But also, be wary of the person that never progresses!

POWER TALKZ DAY 16 (FEED YOUR DREAMS/STARVE YOUR DISTRACTIONS)

Whatever you put thought into will manifest. You have to feed your dreams the same way you would a new born child. Your dreams need daily nourishing, daily attention, daily maintenance in order to grow and become your reality. You also have to starve your distractions by not wasting valuable time entertaining useless or pointless things, situations, or people. The rule of thumb is if it won't matter 5 years from now you shouldn't waste 5 minutes thinking about it. You have to be consumed by your dreams in order to make them your reality. Your dreams are your child, that same attention given to an infant when it's born is the same level of dedication, attention, compassion, your dreams need in order to go from an exciting dream to t real reality.

POWER TALKZ DAY 17 (SMALL VICTORIES)

The war is won by first winning the smaller battles, some things in life can't be done all at one time. You have to take big goals and dreams and break them down into smaller achievable ones. So, if you have a dream that's going to take some time the best thing to do is break it down into days over a period of time so you can methodically work on every detail this is how you become successful in life. You have to have a roadmap to follow. We use GPS to get everywhere we don't just jump in the car and drive without a destination, so if we use GPS to not get lost and waste time don't you think your life needs a GPS aka a written plan and schedule? It's absolutely necessary for you to not get lost and waste time.... Think about that!

POWER TALKZ DAY 18 (NOTHING IS IMPOSSIBLE)

The right amount of effort and energy can accomplish anything. Impossible is only possible to a person that doesn't believe in their God-given ability to change and shift energy. If you can think of it you can do it! The only thing that makes something impossible is you! Your lack of trust in yourself! Your lack of vision! You were created to rule and conquer the world the same spirit that guided Mansa Musa to conquer 1/2 the planet and to be the richest person in history is the same spirit inside of you! The same spirit that guided Elon musk to billions is the same spirit inside of you! The only difference is the belief in your ability to be among the names that changed the world, belief that you were born a king or queen, belief that little you born in backwoods USA or project USA could one day break all generational curses in your family what separates possible from impossible is belief! So, what do you believe you can do today?

POWER TALKZ DAY 19 (TIME)

Time is our most valuable asset! And the most easily wasted. We get mad when we waste our money, but don't really think about how much of our own time we waste! MONEY IS PRINTED EVERYDAY. TIME ISNT! (time invested wisely will yield a bigger return than money invested wisely)! The average person works 8 hours sleeps 8 hours a day and averages \$48,516 yr. In order to become wealthy time management is key. You can't sleep 8 hours work 8 hours and bullshit 8 hours and think you will become rich; it's not going to happen! You must invest time into your brand in order for you to become successful. Every minute you bullshit away can never be gotten back! You will never get blessed with a lot if you can't manage a little.

POWER TALKZ DAY 20 (FEAR)

A lot of people never really chase their dreams due to fear. Fear of the unknown, fear of failure, fear of what someone may say about you. Just as some people live in a constant state of winning and success, some people live in fear! Fear is crippling, fear hinders growth, fear tells a person that they're not good enough to make anything out of their life. FEAR HAS KILLED MORE DREAMS THAN A GUN COULD EVER! Fear tells you to not even try, that there is no way you can succeed. Fear tells you that your dreams are too big and the moment you attempt you're going to fail. But I'm going to tell you that fear is an indicator that you should go harder, that your dreams can come true if you don't give up and once you transition from a state of fear TO A STATE OF ACTION! Get up and go do whatever it is you wanted to do. Life is a choice; you can choose to live in fear or you can choose to live with boldness THE CHOICE IS YOURS!

POWER TALKZ DAY 21 (FRIENDS)

Remember when your mom used to tell you that you'd be lucky to find one true friend in life besides her? That's real! A real friend is someone in any decision you make for your life right or wrong they are still there. No jealousy, no hate, no slick shit. Just support at all times and advice when needed. If the people you have around you don't inspire, motivate, and push you to go harder, learn more, and be better, then you need to remove these people from your life. They are not the best person for that position in your life. Iron sharpens iron so a friend or a person you consider a friend should be a source of motivation in your life. You can't pick siblings, family, or co-workers! But you can definitely choose who you consider a friend. Choose carefully because you are a direct reflection of the people you have around you.

POWER TALKZ DAY 22 (GIFT HORSE)

Take nothing for granted, every day is a blessing every morning you wake up is a blessed! Every breath you breath is a blessing! Every time you open your eyes and are able to see is a blessing! To have the freedom to do whatever your heart desires is a blessing! Some people have none of the above. Being born in America has afforded us a lot of pleasantries and advantages that you don't realize you have. Don't look a give horse in the mouth you better take advantage of every opportunity and situation that comes your way, because tomorrow that opportunity or situation may not be there. If the recent pandemic has taught is anything it has taught us that life as we know it can be shut down at any given moment. So, let's conquer the day because tomorrow isn't guaranteed!

POWER TALKZ DAY 23 (COMFORT ZONE)

Comfortability kills drive and determination. Once your mind sense comfort it goes into a state of rest like an alligator after it eats. Once we feel as though we've accomplished something we tend to chill, but we can't afford to chill right now! Can you afford not to give it 100% every day you've accomplished SOOO much that that one accomplishment is going to carry you and your entire family for the rest of their lives...let's be honest HELL NO! Success breeds success it's time to go harder, it's time to put in 1000% more effort than you've ever put before! It's time for you to change the destiny of your great great grandkids lives. It's not time for comforts it's time to build on your past success so you that you can continue to be successful. See successful is being in a state of success and the only way you can be in a state of success is to continue to succeed!

POWER TALKZ DAY 24 (PROTECT YOUR ENERGY)

We protect our home and car by putting alarms on them. We get health insurance to help pay for our health and life insurance to pay for our life and death..... but what about your energy? What protects that? Do you have a buffer between you, your energy, and the world? Can anyone access your energy? Your energy is what attracts everything to you in life. So, if your energy is messed up not in the best shape you will attract BULLSHIT! Protect your energy at all costs, your energy is worth more than gold! People (I call them energy vampires) because they come around you just to suck the energy out of you. They bring their stale, bad, unfruitful energy to you so you can freshen, revitalize, and reenergize them! Then they leave you drained because you just resurrected their energy spirit from the energy graveyard! Stay away from these people at all costs! Protect your energy AT ALL COSTS!

POWER TALKZ DAY 25 (DO WHAT MAKES YOU HAPPY)

Life has a lot of ups and downs; you have to make decisions every day that have nothing to do with your happiness or your feelings. Your career should be something you enjoy doing daily, something you would do for free no matter what. The pursuit of happiness is your god given right as a human being on this planet, so do whatever makes you happy!

POWER TALKZ DAY 26 (RESPECT)

Respect goes a lot further than money ever will. You can't build anything with anyone without respect. Even when in battle with an enemy or competition with your competitors you must have respect for your opponent and for their ability to even be in the position they're in. See without respect you underestimate a person's capabilities.... most of all their abilities! In battle or business this usually leads to your own down fall! Healthy respect will get you a whole lot further in life versus arrogance and pride. Respect opens doors to opportunities that would have never been open otherwise. See after you weigh the money the position, or the status the tie breaker is RESPECT! So have respect for yourself as a man or woman and stand on that and that alone will open doors that need to be opened in your personal life and business.

POWER TALK DAY 27 (GET OUT YOUR OWN WAY)

Your biggest obstacle in life can be yourself, the way you think and the way you respond to situations in life. You have to get out of your own way in order to grow into the person you're supposed to become. You can't progress if you don't leave the old you behind. Look at a butterfly once it comes out of the cocoon and flies off, you don't see that butterfly carrying a cocoon on its back! That butterfly knows that in order to fly it has to leave that cocoon and the caterpillar mindset behind. The same rules apply to you and your life, you can't and won't ever fly in life if you're carrying too much old dead weight around and you haven't changed the way you think. Come out of that caterpillar mindset, evolve into the person your destined to be.... but first you have to get out of your own way!

POWER TALKZ DAY 28 (PEOPLE, CREDIT CARDS)

When you're applying for a credit card everyone is not eligible for a black card, everyone can't get a platinum card, everyone can't get a gold card, some people need a secured credit card! And it's not because the credit card company thinks you're a bad person, that's not necessarily it, the thing is your just bad with debt or managing things. The same thing is said about people! You can't allow everyone black card access to your life, you can't allow everyone platinum level access to you and what you have going on because what happens is you start to bring their fears and their thoughts or their karma or energy into you! Everybody has a place in your life. What I mean is everybody has an energy level in your life. The amount of energy you give to a black card member isn't the amount of energy you would give to a secured credit card member! (IM JUST SAYING)! You have to know who is who, and what goes where? If you don't, you're going to drain yourself and at the end of the day you're going to have nothing left for you! So, I say that to say, do people like credit card companies do.... Don't grant everyone exclusive access to you your energy or your life!

POWER TALKZ DAY 29 (GROWTH)

Throughout life the things we've gone through the situations we've been in the people we've met and the things we've learned all of that contributes to our growth. Some people grow faster than others, some people don't grow at all! The only way you're going to progress to the next level in your life the next level in finances the next level in business the next level in your relationships just the next level period is through growth. The only way you can grow is to learn new things experience new things talk to new people go new places and read new books. Growth is incumbent for us to ever get to where we're trying to go in life. You can't use the same tactics or antics you used 10 years ago today it's not going to work! You have to evolve with the world in order to win in the world! So, unless you're growing, you're going to be left by the wayside! That's just honest you're not going to get anywhere unless you're in a state of constant growth! A tree never stops growing for 100 years it just grows and grows big as hell or its roots are constantly spreading underground you have to be like that tree deeply planted in the earth you have to be deeply planted in your success planted in purpose for your vision and goals in life, in order to grow into the person, you want to become. ITS TIME TO GROW UP....

POWER TALKZ DAY 30 (ESSENCE OF POWER)

In order for us to gain true power over the things in our life we must understand the essence of power. It takes a positive charge and a negative charge for a light to shine so your true power comes when you understand how to be the positive charge to all the negative in the world. True power comes from within! True power is realized when we understand that god gave us a spirit that can overcome, outthink, outperform, and out do, any bad situation that may come our way! We were created in power!!!! Not in fear! And in our power, god gave us the spirit and the ability to not only conquer our own fears.... but to conquer the world as well! Your power comes when you believe that YOU WERE CREATED WITH A PURPOSE, YOUR LIFE HAS MEANING, AND YOU CAN ACHIEVE ANYTHING YOU PUT YOUR MIND TO!

This is the last day on our 30-day power journey Together I hope you have found a new sense of worth, power, and strength to change into the person you're supposed to be. This is just the beginning of your journey and I'll be with you every step of the way.

MOTIVATE INSPIRE EMPOWER (Omar Shedrick)