

Inspirational Blueprints for Personal Success

Dr. Kem Thompson



Inspirational Blueprints for personal SUCCESS

for Women

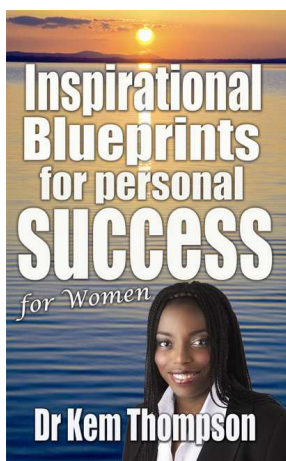
Dr. Kem Thompson

Dr. Kem Thompson



DR KEM THOMPSON – INSPIRING WOMEN WORLDWIDE

“I may not have met you before, but there’s one thing I know for sure about you: you are a woman who’s destined to succeed.”



So begins Dr Kem Thompson’s powerful new self-help book ***‘INSPIRATIONAL BLUEPRINTS FOR PERSONAL SUCCESS – for Women’***. This is a book that tells it like it is; a wake-up-and-take-responsibility-for-yourself guide that pulls no punches and is destined to set women on course for self-belief and success. It teaches women everywhere how to spark motivation within themselves, whenever they need it.

Dr Kem Thompson is quite clear about what makes a successful woman: success depends on what’s going on in your head. Your thoughts determine your actions, which in turn influence the results you achieve in life.

Change your thinking pattern, learn to love yourself and God (the so-called ‘higher being’ as some refer to Him) and you CAN achieve the success you want. That’s the premise of ***Inspirational Blueprints for Personal Success***, a truly inspiring guide to becoming the person you want to be.

This is Dr Kem’s first book and is based on her personal philosophy, medical know-how and experiences as a life coach and the creative force behind the **Total Success for Women** web-coaching site www.totalsuccessforwomen.com



Launched in 2006, the site has attracted thousands of enthused followers from around the world. Feedback from women who follow Dr Kem’s programmes shows remarkable, often life-changing, results.

30 days to change your life

Inspirational Blueprints for Personal Success sets out an intensive 30-day programme for readers to follow. Each day tackles a different aspect of the parts of a woman's life that she may want to improve. The exercises at the end of each chapter demand considerable thought or action. Together, they build the springboard from which to make all the changes in your life that you are looking for.

Day 1 is about the power to choose. Dr Kem sets a challenge: "Decide to begin making choices whose outcome you desire."

For many, this is the crux of their problem. Not knowing, or not actively stating what you want from life can leave you rudderless and inclined to half-heartedly try one thing after another – or worse, try nothing at all to change your situation. Making a deliberate decision, choosing to succeed, is the first step in the direction of success.

But choosing to change is no good without action. The next chapters guide women to take the steps required to achieve success, based on the **Eleven Universal Principles**. These are:

- **Vision** – have a clear picture of what you want to achieve
- **Belief** – believe beyond a shadow of doubt that you can do it
- **Responsibility** – take responsibility for your future
- **Affirm** – get the habit of saying out loud what you want to achieve
- **Commit** – make a firm commitment to action
- **SMART** – set goals that are **S**pecific, **M**easurable (or **M**otivational), **A**ttainable, **R**ealistic and **T**imed
- **Plan** - and take action
- **Persistence** – don't give up until you have achieved your desire
- **Gratitude** – adopt an 'attitude of gratitude', even when things are going to plan
- **Become a giver** – think of what you can do for the other person, expecting nothing in return
- **Be in the know** – learn as much as you can about your situation or goal.

Think and act

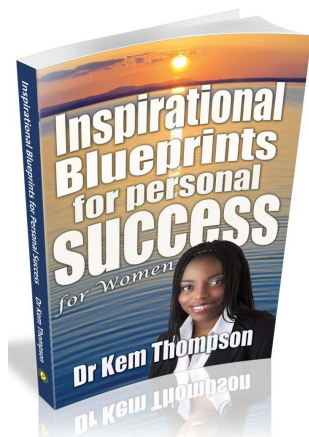
Taking action to reach goals and desires underpins everything Dr Kem proposes. She acknowledges that this is not always the easiest route to take, offering guidance and practical exercises each day to crystallise ideas and put them into action.

These include forming good habits, ditching your guilt, becoming 'selfish' (in a positive way), keeping a journal of thoughts and progress, and breaking everything down into 'baby steps'.

Dr Kem's encouraging style and no-nonsense approach make this an entirely readable and highly motivational book. No one who reads it through will be able to resist grabbing a pen to write down their goals and changing the way they look at life, from Day 1.



As she says: 'Your dreams are there for a reason. Your imagination is there for a reason. Use these God-given tools to design the life you want to live. Then use the tools in this book to make them real.'



Change your life for ever - with Kem Thompson's ***Inspirational Blueprints for Personal Success – for Women***. The book launches on Monday 22nd February 2010 RRP £12.00, and is available through good booksellers everywhere.

You can also order direct at www.totalsuccessforwomen.com
or www.filamentbookshop.com

- e n d s -

KEM901/2010

NOTES FOR JOURNALISTS – See over

NOTES FOR JOURNALISTS

DOCTOR KEM THOMPSON lives in North London, UK – and is available for interview. She can be contacted through:
Ms Ray Hodges, MCAM, MCIPR at HPS-PR:
Direct line: 01628 894793
Email: r.hodges@hpsgroup.co.uk



IMAGES AND REVIEW COPIES

HR versions of the images in this press release, review copies or PDFs of the book are available now – please contact RAY (details on the previous page)

PRODUCT AS PRIZES PROMOTIONS

We have a limited number of the book to be used as giveaways or competitions running alongside features on Dr Kem Thompson.

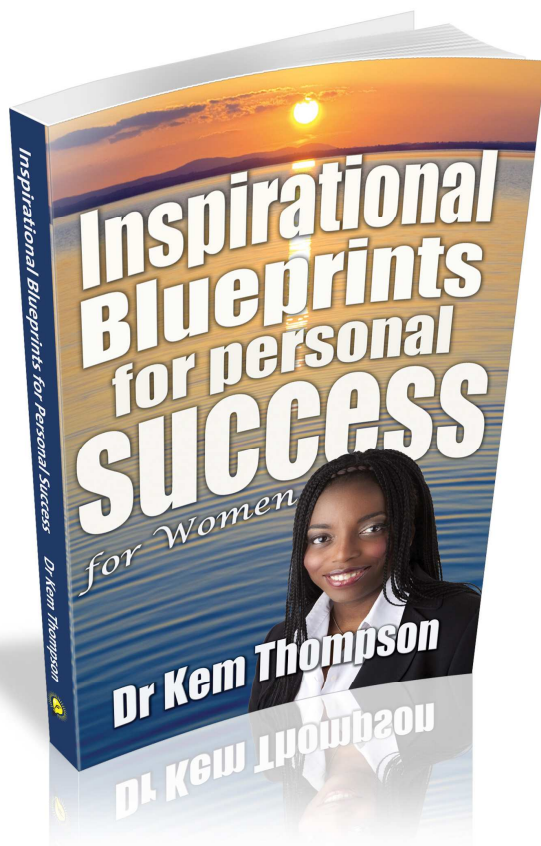
If you are interested, please get in touch with Jo Rayment at HPS-PR:
Direct line: 01628 894767
Email: j.rayment@hpsgroup.co.uk

Inspirational Blueprints for Personal Success – for Women will have a sister publication – *Inspirational Blueprints for Health and Wellness – for Women*, to be published in late Spring 2010. A comprehensive guide to healthy eating and exercise for optimum wellness and wellbeing, it adopts the same day-by-day, step-by-step approach, giving detailed expert guidance on what to eat, what foods are best for your body and how to build exercise into your every day life.

Dr Kem Thompson

presents

Inspirational Blueprints for personal success *for Women*



“I may not have met you before, but there’s one thing I know for sure about you: you are a woman who’s destined to succeed. You have the potential to be who you want to be, do what you want to do and have the things you want to have in this life.”

With the intention to be read over a period of 30 days, Dr Kem Thompson’s book shows readers how they can take control of their life, become extremely confident and shows how to take action to lead to success.

Dr Kem Thompson is a woman whose lifelong passion has been “making women’s lives better”. While in medical school, she learnt to apply the Universal Principles of Success, which made a huge difference in her outlook and performance in academics as well as life from then onwards. This is a woman who knows first hand how to succeed.

For more information about Kem see
www.totalsuccessforwomen.com

“Inspirational Blueprints for personal success for Women”
by Dr Kem Thompson

Published by Filament Publishing and distributed by
Gardners. ISBN 978-1-905493-38-8 £12
www.filamentpublishing.com



**INSPIRATIONAL
BLUEPRINTS
FOR PERSONAL
SUCCESS –
FOR WOMEN**

By

Dr Kem Thompson



***“How we spend our days is, of course, how we spend
our lives”***
Annie Dillard

DISCLAIMER AND/OR LEGAL NOTICES

The information in this book represents the views and opinions of the author as of the date of the publication. The author reserves the right to alter or change her opinion as more information becomes available or new research findings give cause for such a change in opinion. Every attempt has been made to present accurate information in this book; however, this book is for informational purposes only. Neither the author nor her affiliates assume any responsibility for errors, omissions or inaccuracies. If advice of health, legal, financial or related nature is required, you are advised to seek the help of qualified professionals. This book is not intended to be a source of financial, health, legal or accounting advice. You should be aware of any laws which govern business transactions in your country and state. Any reference to any person or business, whether living or dead, is purely coincidental.



Published by Filament Publishing Ltd
14, Croydon Road, Waddon,
Croydon, Surrey. CR0 4PA
Telephone +44 (0)20 8688 2598
Fax +44 (0)20 7183 7186
info@filamentpublishing.com

www.filamentpublishing.com

© Dr Kem Thompson 2009

Dr Kem Thompson asserts the moral right to be
identified as the author of this work.

Printed by Antony Rowe
Chippenham and Eastbourne

ISBN 978-1-905493-38-8

ALL RIGHTS RESERVED. No part of this book may be
reproduced or transmitted in any form whatsoever,
electronic or manual including photocopying, recording
or by any informational storage or retrieval system
without express written, dated and signed permission
from the author.

To every woman who knows she could be, do and have more, and desires a roadmap to help her break through every barrier and limitation, to every woman who has a vision of herself as an Empowered, Independent, Resourceful and FREE individual, to every woman who wishes to be a part of 'The New Women's Liberation Movement TM', this book is for YOU.

Acknowledgements

I wish to express my deepest gratitude to everyone who has helped make this book a reality.

To the living God, Jesus Christ, who daily loads me with blessings, through Whom all things are possible.

To David, my son – you give my life so much meaning and inspire me, by your very existence, to continue striving to improve in every way. I love you.

To Lincoln, my partner – without your support and faith in me this book very likely would not have been published this year; the manuscript would have remained on my hard-drive. Thank you for being such a stabilising force in my life.

To my parents Gabriel and Bernice, and my brothers Ikenna, Chuks and Obinna - you have been such rocks of support especially during the toughest, challenging times of my life. Without you, this book wouldn't exist in the first place. Thank you so much for your continued love and support.

To Chris Day of Filament Publishing – your help and support have been invaluable, and I look forward to ongoing mutually beneficial work with you.

To Ray Hodges, PR 'guru' and the team - thank you for bringing your wealth of wisdom and experience to bear on this project. I appreciate your guidance and

direction at a time when things threatened to overwhelm me into paralysis.

To Panny of Panikos Photography - thank you for your warm welcome and for making the shoot a pleasurable experience. Plus, you're a wiz at what you do!

To Thalia of Thalia Makeup Studio - I trust you, you are a real pro at what you do. Rock on!

To my coaching clients and readers of my regular newsletters, who continue to support my work with such enthusiasm. I thank you all.

PREFACE
THE NEW 'WOMEN'S LIBERATION
MOVEMENT' IS HERE!

Whatever your impression of the phrase 'Women's Liberation', it's likely to have nothing, or at very little, to do with The New Women's Liberation Movement.

Hint: this new 'movement' has nothing to do with feminism.

This is a movement which aims to liberate every woman from self-imposed limitations, shackles and obstacles which are preventing her from living life to the fullest. These barriers keep you from achieving success in every area of your life. And they are all within you, so don't be looking outside of yourself for someone or something to be liberated from. The good news is, the solution is all within you as well.

The new 'Women's Liberation Movement' aims to help you access this solution so that you can live your best life on a daily basis.

Are you a woman?

Do you feel unfulfilled in certain areas of your life?
Does your life lack balance? Do you suffer from a lack of self-confidence or low self-esteem? Would you like to enjoy your relationships, both with your significant other and with your friends, family and colleagues? Do you desire to be financially and emotionally independent? Do you desire total success?

If you've answered 'yes' to any of these questions, then 'The New Women's Liberation Movement' is for you. What is this new movement? It really is a mindset, a mental program which empowers you to be all you can be, no matter what you do. It is a way of thinking and a way of doing things which is not common... but is guaranteed to bring about results once you wholeheartedly adopt it.

You see, the reason for every challenge and adversity you face can be traced down to yourself directly or indirectly. Of course you have not deliberately put yourself in an undesirable position, but in all likelihood, you have attracted that situation to yourself. And no, this is not pollyanna-ish jargon. This is about accepting responsibility for yourself: the moment you accept responsibility for where you are right now, you begin to empower yourself... to make the necessary changes to improve your situation.

When you join in The New Women's Liberation Movement, you will be set to experience Total Success in every area of your life. You will discover the foolproof, tried and tested formula for attracting the things and people you desire into your life - and you will be doing this with integrity every step of the way.

How do you join the new Women's Liberation Movement?

By simply deciding to. Decide that - from today - you are turning your life around; you will achieve your goals and

dreams; you will enjoy every day you are blessed with; you will be free from your limiting beliefs and negative influences. Once you make this decision in your private, quiet corner (you're not doing this for anyone else, only for yourself), you will become aware of all the resources available around you - to make things happen for you (when the student is ready...)

You must be willing and prepared to do the work involved

Laziness (mental, intellectual, emotional and physical laziness) will leave you imprisoned in a world of mediocrity, poverty and misery. Diligence, when applied to the Emancipation/Liberation Formula™, will raise you above your current circumstances and usher you into a world of Total Success and Abundance.

You will know if this message is for you. If it is, if you are indeed ready and feel that enough (mediocrity and just getting by) is enough, then...

Your time is now! Get emancipated from your limiting beliefs!

Break through your mental and emotional barriers and begin to experience Total Success!

As a woman thinketh, so is she (mostly because her thoughts determine her actions, which in turn determine her results).

Begin now, your journey, as you work through the following chapter over the next 30 days. Go through it as often as you need to, until these Blueprints become second nature to you.

Your successful future awaits...

INSPIRATIONAL BLUEPRINTS FOR PERSONAL SUCCESS

Introduction

I may not have met you before, but there's one thing I know for sure about you: you are a woman who's destined to succeed. You have the potential to be who you want to be, do what you want to do and have the things you want to have in this life.

You deserve to enjoy your life every day. You can enjoy your relationship with your significant other. If you don't have a 'significant other' at this time, you have within you the power to attract just the right person to fill that position. You don't have to chase after anyone. You don't have to lose your dignity or self-respect.

You have the power to attract the job or career you desire, and to prosper in it. You have it in you to be a great leader in every role you're given.

You can enjoy perfect health, abundant energy and zest for life. Every day.

You can be a great mother. You can enjoy enduring and fulfilling relationships with your friends.

And you can do all this without feeling guilty about it either! Many times, women feel they must be martyrs, doing their best for others while neglecting themselves.

Well, that's about to change, for you cannot truly give to another until you have given to yourself. You cannot truly love another until you first love yourself.

What You Can Get Out of This Book

This book will show you how to be free to love yourself. In doing so, you will discover how to master yourself, how to take control of your life and direct it such that everyone who crosses your path leaves a better person.

You will learn how to be *extremely* confident as you discover who you really are, what really counts and what you are capable of.

This is not a book to rush through. Read with the intention to rebuild your life in the next 30 days, and when you apply the material you learn, you will become unstoppable and nothing will faze you.

How To Use This Book

There are 30 chapters in this book. Read one chapter each day. Study it. Work through it. Do the exercises. Think about what you read. Most importantly, act on something you've read each day.

What does it take to be totally successful? Success here means real, lasting, fulfilling success, the sort that enriches your life as well as those around you.

It takes **total health** (*absence of disease, and the ability to fend off negative, disease-causing influences*) **in your spirit, mind and body.**

In order to succeed, you must be of the correct mindset and spiritual **state**. This includes the way you think about and relate to God (or Infinite Intelligence, as some prefer to call Him). It also includes the way you think about and relate to yourself.

Once these two vital relationships are in order, every other relationship you experience will fall into its rightful place.

Your life right now reflects your predominant mental and spiritual state. This is good news because it means that if you are not happy with the way your life is, **you have the power to change it.**

This book takes you through the blueprints for total success in your personal and professional life. If you wish to discover how to achieve total success in the area of your health, read *“Inspirational Blueprints For Health and Wellness for Women”*.

Blueprints are just that – they mean nothing unless you translate them to life by taking appropriate action.

As you go through this book, ask yourself what you can improve in your life from what you’ve read, and how you can improve it. Write down the ideas that occur to you, and put at least one of them into practice at once.

Build up momentum, and you will begin to experience success in small steps. Each step will encourage you and spur you on to further success.

Discipline will be the bridge between your dreams and their realisation. Make use of it.

This book shows you exactly how to cultivate the states which make it conducive for you to take appropriate action, leading to success.

Therein lies the importance of being in the right state at all times: your state determines your behaviour (actions). Your behaviour determines your results (success or failure). So your success depends ultimately on what's going on inside you.

Without further ado, let's begin.

PLEASE NOTE

*None of the information you are about to read is worth anything **until you act on it**. Therefore, read each word with the full intention of applying what you read. Knowledge is not powerful until you put it into action.*