



Amazingly Me

A Motivational & Empowering Guide to Increase Self Love



Written and Designed By - Kaijuanda Sutton



M.E Tip

Embrace the Journey!

5 Step Guide to Increasing Self Love

This free ebook is just an introduction to my style of coaching and my desire to help increase self love. I will share some motivating & empowering tips, quotes and experiences from my own personal life journey. I cannot wait to share my upcoming projects including my long awaited memoir, Building while Broken. There is so much beauty in loving yourself, but what I enjoy most is the journey to getting there to self discovery.

From My Heart to Yours

There is no better way to getting started on the journey to self discovery. We all have ideas on how to get there. Clearly there are way more than 5 steps. I just wanted to share some personal things that have helped me to become a better me. If I had to say which one is at the top of my list, I would say faith. We have to maintain faith in God, Love and Life. Everyday I am learning and growing. I want to share and invite you in as we all can help each other in some fashion. I hope you find some relation and relevance from this guide. I aim to motivate and empower while I am on my own journey to self love. Enjoy! — ME

There is no greater reward than finding yourself. — Kaijuanda Sutton



M.E Tip

Love yourself for who you are. Loving yourself helps you to make healthy decisions.

God designed you to be just how you are made today, flaws and all.

You are wonderfully and fearfully made.

First, Love yourself. Self Love is the Best Love.

Practice Self Love Daily. You can start each day by looking into the mirror, embracing the reflection you see and Smile at yourself.

From My Heart to Yours

For a long time I couldn't smile back at my own reflection. I was ashamed of who I was and I did not think I was beautiful in any way. I had to also learn to appreciate myself and love myself so that I could begin to make better choices. — ME

"We are only as great as we allow ourselves to be" - Kaijuanda Sutton



M.E Tip

Loving yourself means you will not allow the opinions of others be more valuable than how you view yourself. Embrace your inner voice.

Be Proud of who you are, and not ashamed for how others see you.

Regardless of what people say about you, it should not validate how you feel about yourself. You have to know you are amazing. Just because you are !

From My Heart to Yours

I constantly allowed the opinions of others shape my own opinion of myself. I was ashamed to make any decision without thinking what another person would think or feel about me. I learned to value my own opinion of myself and feel confident with my own choices. — ME

“No one can make you feel inferior without your consent” — Eleanor Roosevelt



M.E Tip

You are exactly what you believe you are.

Speak greatness over your life.

We all make mistakes. No one is perfect.

Use mistakes and criticism as a learning experience.

Get rid of negative thoughts. You are in control over your life.

From My Heart to Yours

When I made mistakes in the past I would beat myself up. I had to learn from my mistakes, accept them and begin to move forward. Each day is a new opportunity to start over anew. — ME

*Anyone that has never made a mistake has never
tried anything new — Albert Einstein*



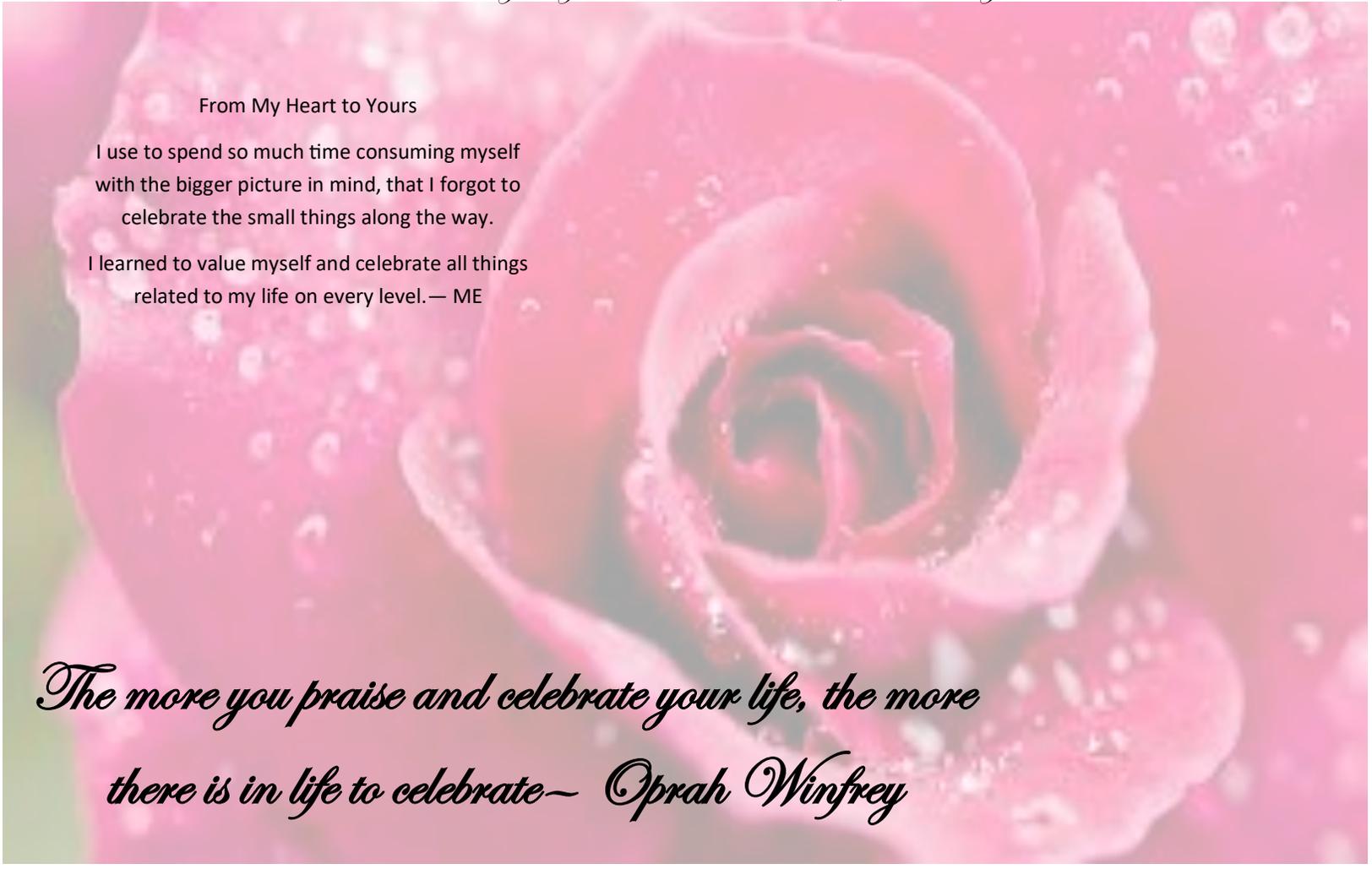
M.E Tip

Embrace even the little things.

For they matter too.

Celebrate Yourself. Cheer yourself on, even if no one else does.

You only get one life. Don't spend too much time worrying or trying to get everything right. Appreciate the things you have accomplished whether you view it as small or large, you did it! Be proud of yourself.



From My Heart to Yours

I use to spend so much time consuming myself with the bigger picture in mind, that I forgot to celebrate the small things along the way.

I learned to value myself and celebrate all things related to my life on every level. — ME

The more you praise and celebrate your life, the more there is in life to celebrate~ Oprah Winfrey



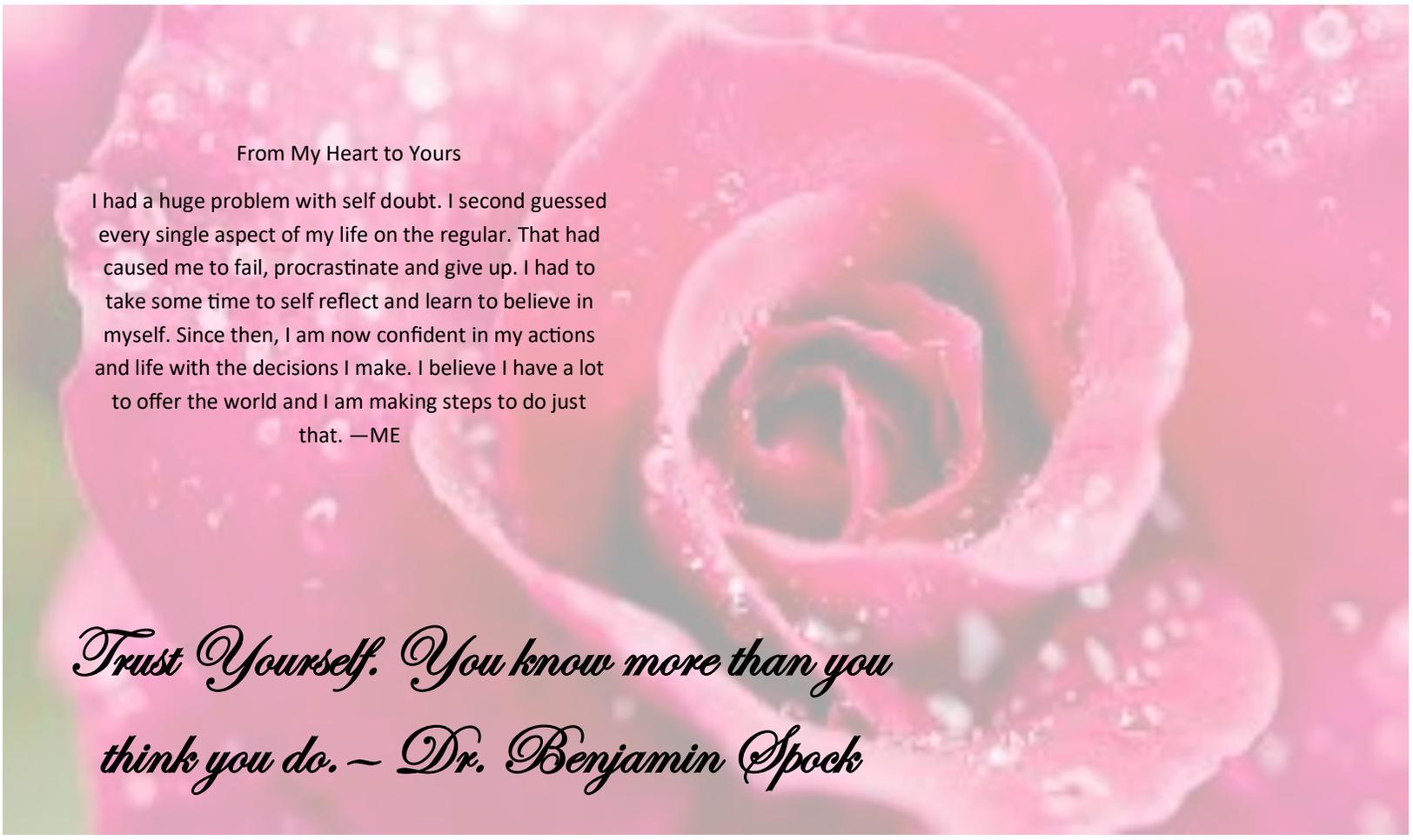
M.E Tip

Confidence can take you a long way. Invest in yourself and your abilities to get things done. When you have confidence it shines from within.

Believe in Yourself. Even if nobody else does. Confidence is key!

If you do not believe in yourself no one else will have a reason to.

You are capable of beating any obstacle that comes your way. Your dreams can become your reality if you just believe.



From My Heart to Yours

I had a huge problem with self doubt. I second guessed every single aspect of my life on the regular. That had caused me to fail, procrastinate and give up. I had to take some time to self reflect and learn to believe in myself. Since then, I am now confident in my actions and life with the decisions I make. I believe I have a lot to offer the world and I am making steps to do just that. —ME

Trust Yourself. You know more than you think you do. — Dr. Benjamin Spock



Miss Kay

SPEAKER. AUTHOR. MENTOR. EMPOWERMENT COACH



Biography

Kaijuanda Sutton, also known as “Miss Kay” is a Mentor, Speaker, Certified Life Coach & Empowerment Coach who has a strong passion for Girl Power. She is a true advocate for change and growth. Miss Kay is committed to motivating and empowering young women and girls to overcome obstacles while on their journey to self discovery. She has a very unique way in which she can connect with girls and have them to interact with their peers and define their goals.

Her programs and events aim to inspire girls/young women to build confidence, positive decision making, goal setting and define self love and much more.

Kaijuanda has over 10 years of experience working with young women and girls. She has a realistic approach by using authentic stories from her own personal life experiences.

As a young girl, Kaijuanda battled with low self esteem, domestic violence abuse, bullying and poor decision making. She was a mother at a very young age and she now has 3 daughters and 1 son, so being a Girls Advocate was only meant to take place. She has her Associates Degree in Business, she is a Certified Professional Life Coach, she also has started her own Girls Organization called Drama Free D.I.V.A.S, which has a mission of “Standing Strong to Inspire Change” and her new Group Coaching Program and Event, Amazingly ME. She also serves as Co Founder for Stand Up & Speak Out, a Domestic Violence Awareness Organization.

Kaijuanda believes in being the change we wish to see in the world; indeed she is. She is making moves as she continues to grow herself in every area of life. Miss Kay has happily appeared and spoke in front of mixed audiences at Empowerment Conferences, Awareness Events, High School Career Days, Church Luncheons and many girl groups and radio interviews.

She is the Face of Overcoming Obstacles and embraces the beauty of personal growth and self love; flaws and all.

“We are only as great as we allow ourselves to be” - Kaijuanda Sutton



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