



FAB BITS-N-TIPS – WEEK OF 30 JULY 2012

WHATEVER IT TAKES (W.I.T.)

By Lady Rabia Abdul-Hakim

Have you ever wondered why some people succeed regardless of the obstacles thrown in front of them? Many things determine results, but one of the greatest indications of your **future** results is your **current** attitude!

What is Attitude, anyway? Attitude is an internal feeling that's reflected in your behavior.

Most successful people have a **Whatever It Takes** attitude. These people **think** and **act** in a way that makes a **HUGE** difference in their results. For these people, failure is **not** an option. They are completely committed; they are willing to pay the price for success. And therein is the great divide.

WIT separates the talkers from the walkers and the achievers from the dreamers. WIT transforms a wish into a grand **vision** and vision into an **empire**. WIT is the CAN-DO attitude that withstands hideous self-doubt, criticism, discouragement and countless failures. WIT nudges you awake in the morning to get in that first workout. WIT is the "morning after thing" – the morning after you gave up, it jumpstarts you towards your goal all over again. WIT people go over the mountain, through the mountain or under it. They are like "Help me or get the hell outta' my way!" At times, their aggressive nature is a bit much, but we are often forced to admire their dogged determination and applaud their success.

WIT & Weight Loss

WIT should be incorporated into every facet of your life, but I found a WIT attitude especially vital for successful weight loss.

After the birth of my twins, I was horribly overweight, but I had developed a system to **fire up** my WIT attitude. I call it **BVA – Believe, Visualize, Act!** So, a few weeks after the twins' birth, I started to constantly visualize my sexy curves (as opposed to the mass of bulges) and people saying, "There's no way you have five kids!" This really fired me up and I was so anxious to get on with it, I waited only five weeks and 4 days before I started working out. I didn't know how I was going to manage working out, cleaning, cooking and looking after five young kids, but I was absolutely determined to find a way. We were living in Saudi Arabia at the time, so it's not like I could go jogging. Fortunately, we had a stationary bike and a weight set. And I had a plan. I commandeered help by telling the older kids they HAD to help me with the twins and seasoned up lunch the night before. That first morning, I was so excited, I nursed the twins – simultaneously-what a sight that was! Then, I put them in their bouncers on the floor and jumped on that bike. Whenever they cried, one of the older kids bounced them gently, all the while gazing at their mom going buck wild on that bike. I stayed on the bike for thirty minutes and followed that with some strength training. I even ran around and around the living room. The kids stood there with their mouths hanging open, trying to figure out what in the world I was doing, but I never looked back. I never doubted I would succeed because I was completely committed to doing WIT. Six months later, the new 130lb me was back!

Another personal WIT exercise tactic – I slept in my exercise clothes! I hated mornings when I was floundering around to get dressed in my cold, dark apartment and I often used it as an excuse to avoid exercising. Sleeping in my gym clothes solved that.

I also used WIT during the most horrible time in my life – during my divorce and ensuing child custody battle. The children and I had to stay in a two-room hotel for a month and I was very depressed. But I knew I had to regain my mental and physical strength in order to get through the ordeal. Exercise was my solution. But this time I didn't have any exercise equipment and very little space. I had to be flexible and work with what I *did* have - a skipping rope and a pair small of hand weights. Problem solved. Yes, in that dank, cramped hotel room again surrounded by six, sad, little children, I skipped. Five thousand skips to be exact. It was my way of saying I would never, never,



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never, never give up! And somehow seeing their mom having daily Rocky Marciano moments made the kids extremely reassured. WIT all the way, baby!

The DO's of a WIT Attitude:

1. DO Commit to High Standards – expect more **from** yourself and more **for** yourself.
2. DO Be Fearless – stop waiting for things to happen *to* you. Make them happen *for* you. Take risks. While others are worrying and racked with anxiety, engage the battle head-on. Become a raging bull.
3. DO Empathize – look at another person's difficulties and yours will shrink in comparison.
4. DO Develop Your Passions – WIT people love what they do, so they rarely burnout. They can plug away at their goals because they are passionate about what they do.
5. DO Be Flexible – you must be able to make adjustments as your situation changes. Sometimes what seems like a detour might be a blessing.
6. DO Finish – don't quit at the bumps in the road. No one likes to be called a quitter. Commit to creating your new self now and milk it for all its worth.
7. DO Foster Great Expectations – expect to succeed. Believe that regardless of what happens, you will reach your goal.
8. Do Focus on What You Want – not on what you DON'T want.

The DON'T's of a WIT Attitude:

9. DON'T Act Helpless – seek creative solutions and stop blaming others for your failure.
10. DON'T Complain – most times we use complaining to make excuses for ourselves. Just stop – its unattractive.
11. DON'T Procrastinate – stop talking and start doing. The perfect time may never come. Live in the present and make each moment count.

Food For Thought

You have probably used WIT before, without realizing it. Think about times when you felt like giving up, but didn't and were successful? I'm giving you permission to think about it, wallow in it...gloat!

Now start embodying WIT and Live it, Ladies!

Cheers to being affluent, fearless, FAB & phenomenal!

About Lady Rabia Abdul-Hakim

Lady Rabia Abdul-Hakim is an international motivational speaker and author. She is dedicated to helping women, globally, to develop their brilliance to lead fearless, phenomenal lives and be healthy, wealthy, wealthy and wise. Lady Rabia is also the Founder & CEO of ContessaBlack Entertainment, which develops signature characters for the Caribbean and Middle Eastern markets that are cross branded into books, merchandise, large-scale musical theatre, games and animated television series. A gifted author, poet and illustrator, Lady Rabia is the creator of the first children's media property from the Cayman Islands, *Kaa Kaa & Tokyo*. She is also the author of *Rising: Powerful Poetry* and the co-author of the children's series, *The Biography of the Noble Prophet Mohammad*. Her upcoming books include humour titles, *Growing Up Carib* and *I'm Taking Bids, Who Wants Six Kids?*, the self-help title, *The Power of a Promise*, and her dramatic memoir, *A Mother's Promise*. Her speeches and programs on illustration, writing, empowerment, success, self confidence and parenting include her trademark, wisdom, honesty and humour. She lives in the Cayman Islands with her six children.

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