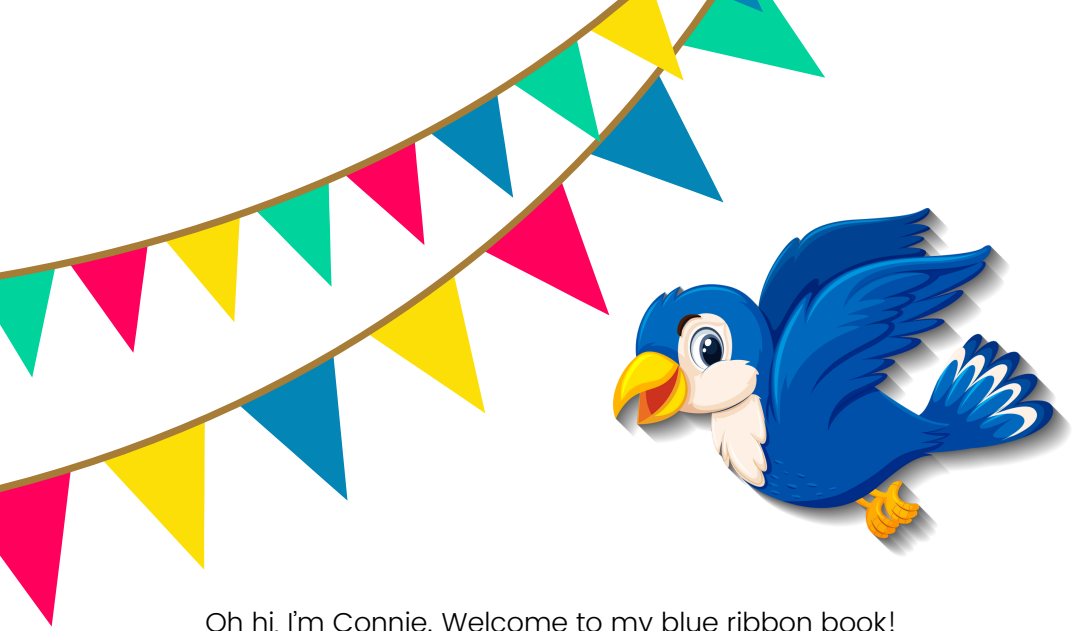


Blue Ribbon

LIFE IS GOOD WHEN YOU
CHOOSE TO ENJOY IT.





Oh hi, I'm Connie. Welcome to my blue ribbon book! I wrote it for you because life is short and goes by way too fast, and I don't want you to miss out on the things that REALLY matter.

This is my tenth book, and I didn't plan on writing it. But one morning I woke up with the title, images, and the jest of what needed to go into it dancing through my mind—and that's how another book was born.

My writing is intuitive. I pray and ask God what He wants me to do, and when clear thoughts come into my mind, I write them down and make them look colorful and fun.

My strong desire in sharing my stories—even the ones that are more embarrassing than noble—is to help you. My HOPE and PRAYER is that they'll spark something within you and empower you to rise above life's heaviness and make your life feel great.

This life, with all its ins and outs and ups and downs, can be so good. I want you to see the gifts in your life and embrace them. That's what this book is here to help you do.

Let's get started!

Write about a moment when you felt proud of yourself. What made it meaningful, and how can you create more moments like that.

A strong sense of self-love is a precious gift, and once you develop it, you must guard it fiercely. It's your responsibility to keep yourself feeling good about who you are.

When you need nurturing, it's your job to provide it for yourself first. Then, you'll be able to fully absorb and appreciate it when love and support comes from others.





AND YOU? WHEN WILL
YOU BEGIN THAT LONG JOURNEY
INTO YOURSELF?

JALALUDDIN RUMI

And yet, I still have an abundance of stuff. LOL. Even when I don't buy it, it somehow finds its way to me!

How about you? Do you feel like your home reflects what you value most? Why or why not?

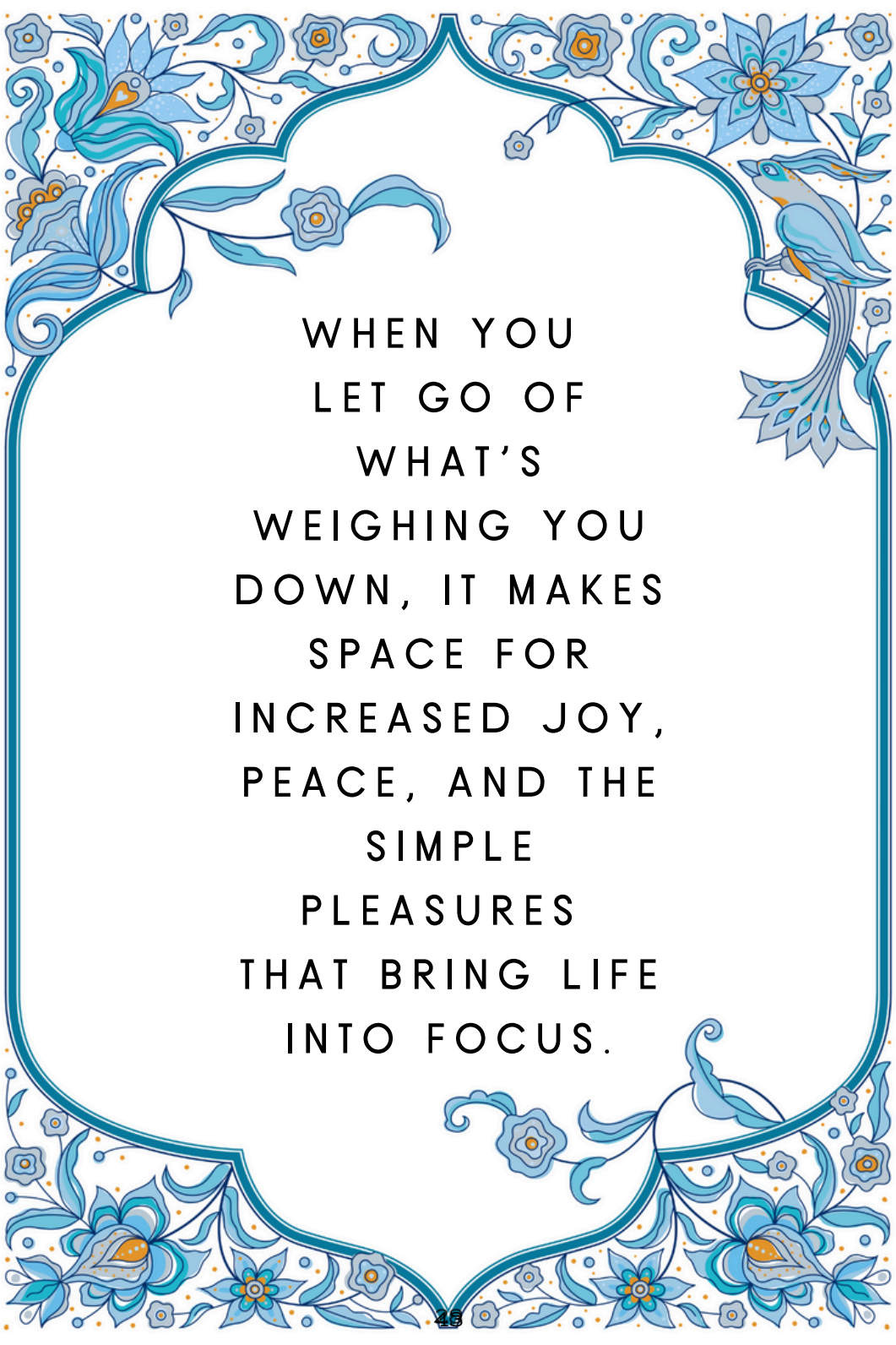
What is one item in your home that you're holding onto but no longer love or need?

How does clutter—physical or mental—impact your sense of peace and well-being?

What steps can you take this week to create more space—either in your home or your schedule—for what truly matters?

My friend Ali is very good at saying no to clutter. One time, I was with her when someone gave her a kitschy gift. After they left, she took a picture of it to remember the moment and then promptly passed it along. She said the memory of their kindness was important, but she didn't need another useless thing.

Another time Ali came to a party that I hosted with a laundry basket full of wrapped gifts. She said it was for a game. The gifts were all useful items she had been given that she didn't want or need. We played the game, laughed, and everyone left with a gift—most were items someone else was excited to receive. Ali created a clever way to re-gift unwanted items, and her generosity made my party so much more fun.



WHEN YOU
LET GO OF
WHAT'S
WEIGHING YOU
DOWN, IT MAKES
SPACE FOR
INCREASED JOY,
PEACE, AND THE
SIMPLE
PLEASURES
THAT BRING LIFE
INTO FOCUS.

Other people act as mirrors, reflecting back your energy, beliefs, and inner world. If you're experiencing conflict, distance, or frustration in your relationships, ask yourself:

- What am I projecting?
- What patterns keep showing up?
- How can I shift my own energy to invite more love, respect, and connection?

True transformation begins within, and as you grow, heal, and elevate yourself, your relationships will naturally follow suit.

Good relationships have good boundaries—clear, respectful, and mutually understood. Boundaries aren't about building walls; they're about creating healthy spaces where both people feel safe, valued, and heard.

Strong boundaries define what is acceptable and what isn't, ensuring that love, respect, and communication thrive instead of resentment or imbalance.

When you set and honor boundaries, you show others that you value yourself. The people around you pick up on your energy, and figure out how you expect to be treated. They will honor and respect you as much as you honor and respect yourself.

Strong relationships aren't about control or sacrifice; they're about balance, mutual support, and the freedom to be fully yourself.





BE HAPPY ABOUT
YOUR OWN LIFE AND YOU'LL
BE AMAZED AT JUST HOW
MUCH MORE BEAUTIFUL YOU'LL
FIND IT TO BE.

TEMITOPE IBRAHIM

I got viral meningitis, which led to a perforated bowel, and that caused me to need four major surgeries and go through sixteen months of body hell.

My life came to a screeching halt, and just when I was finally back on my feet again, my husband divorced me. I was devastated—but life went on.

In the rebuilding process, my life was rearranged again, and I knew I had two choices: I could either pull in, complain, and be a victim, or I could push up, get stronger, and be victorious.

I could choose to become bitter, or better.

I chose to grow, expand exponentially, and become a brighter and better version of myself!

I've been single for seven years now, and in that time, I have changed significantly. I've been challenged but I've pushed back, and I've become stronger and more sure of myself. I wouldn't trade the growth and expansion I've gained for anything.

Since that time when I first wrote down that I was a millionaire, I've made well over a million dollars—and in the process, I've learned it's not enough to make money—you have to know how to manage it, or you'll still be in the same boat.

So, as I focus on creating more money, I'm also focused on getting good at managing it! Because if you want lasting success, you have to do both!

GLIMMERS

I've always been drawn to sparkly things—glitter, rhinestones, gemstones, sequins, shimmery fabric, you name it. When I was a kid, glam wasn't in style like it is now, and my mom thought it was too much that I wanted everything to sparkle and shimmer. Actually, she called it gaudy—but I didn't care. I was still drawn to it.

Even now, I still love glitter and sparkle—in moderation. You'll always find several colors of glitter in my craft box, and we have a joke at my house that it feels like home when there's glitter in the crevices.

If you're a sparkle lover too, you know exactly what I mean!

Recently, I learned about glimmers—which aren't physical sparkles but rather small, unexpected moments of joy, connection, or peace that signal to your nervous system that you are safe, loved, and in alignment.

They are the opposite of triggers—instead of sparking stress or fear, they calm, uplift, and ground you.





TWENTY YEARS FROM NOW,
YOU WILL BE MORE DISAPPOINTED BY
THE THINGS THAT YOU DIDN'T DO
THAN BY THE ONES YOU DID DO.
SO THROW OFF THE BOWLINES. SAIL
AWAY FROM THE SAFE HARBOR.
CATCH THE TRADE WINDS IN
YOUR SAILS. EXPLORE. DREAM.
DISCOVER.

MARK TWAIN

LINES

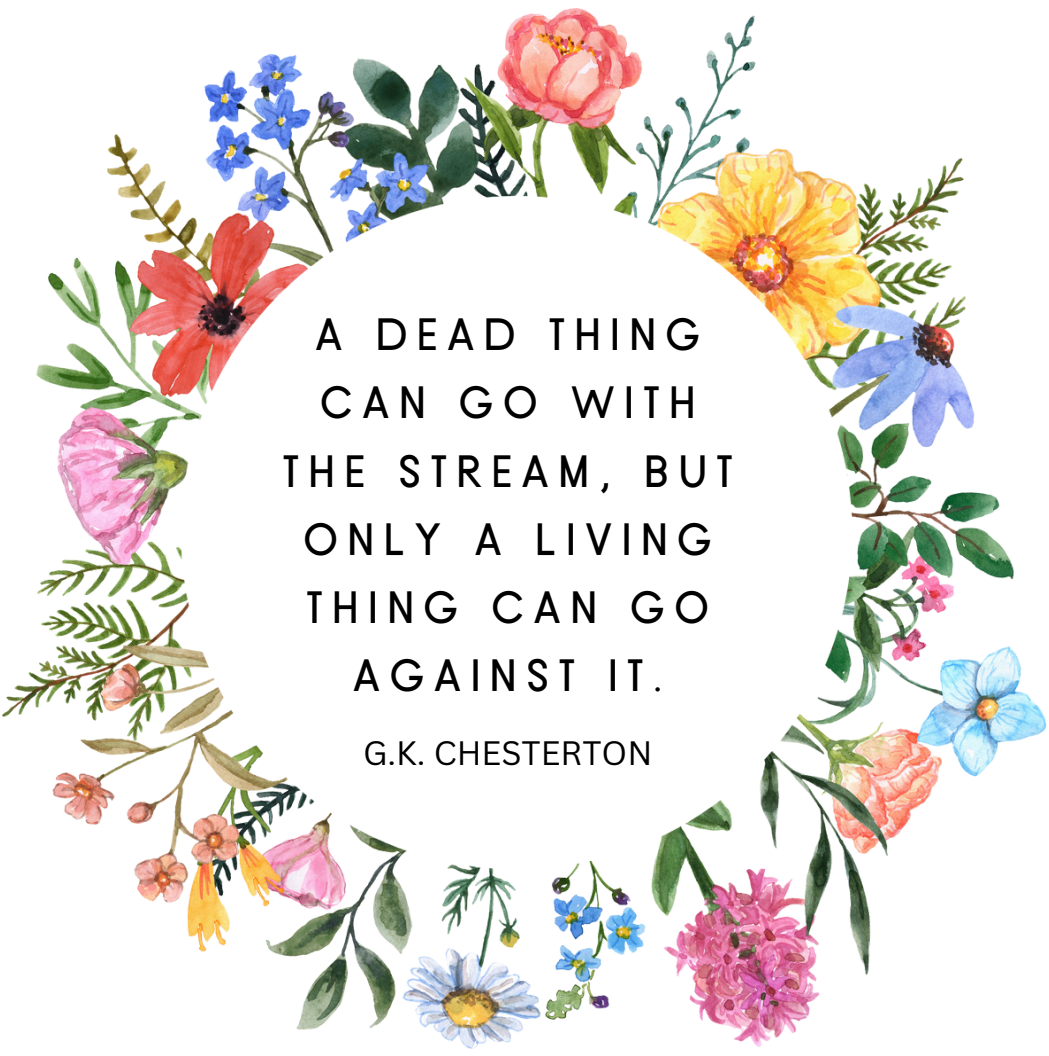
You can't get the most out of your life without some clear cut lines that mark your space. Lines exist everywhere—seen and unseen, literal and symbolic. They create structure, define space, and guide movement.

Lines can represent personal limits, the invisible edges where we say yes or no, where we set expectations, and where we protect our well-being. In this way, lines act as boundaries, helping us define what is acceptable and what is not in relationships, work, and life.

A line can also be a path forward, leading us from one point to another. The choices we make draw the lines of our future, shaping the direction we go. Some lines are clear and straight, while others are winding, unexpected, and full of detours.

Lines don't always divide—sometimes, they link people, ideas, and experiences. A simple line between two points can bridge gaps, forming relationships and bringing unity.





A DEAD THING
CAN GO WITH
THE STREAM, BUT
ONLY A LIVING
THING CAN GO
AGAINST IT.

G.K. CHESTERTON

It's been more than twenty years since I first started dreaming big, and my life is so different now that it's hard to even imagine what it'd be like if I had stayed stuck where I was.

Actually, even trying to picture that is hard. The thought of it hurts my head.

The good news is I pushed myself to dream and grow, and GROW I did—so there's no chance of falling back into that challenging, limited life.


Whew!!

I still have my original list—a list of 100 things I wanted to have and do. A couple of years ago, I read it to my granddaughter, and what once felt far-fetched and impossible had become so much a part of my reality that she thought I had just written it!

And what's fun is each year, even more of the things on that original list come off of it!

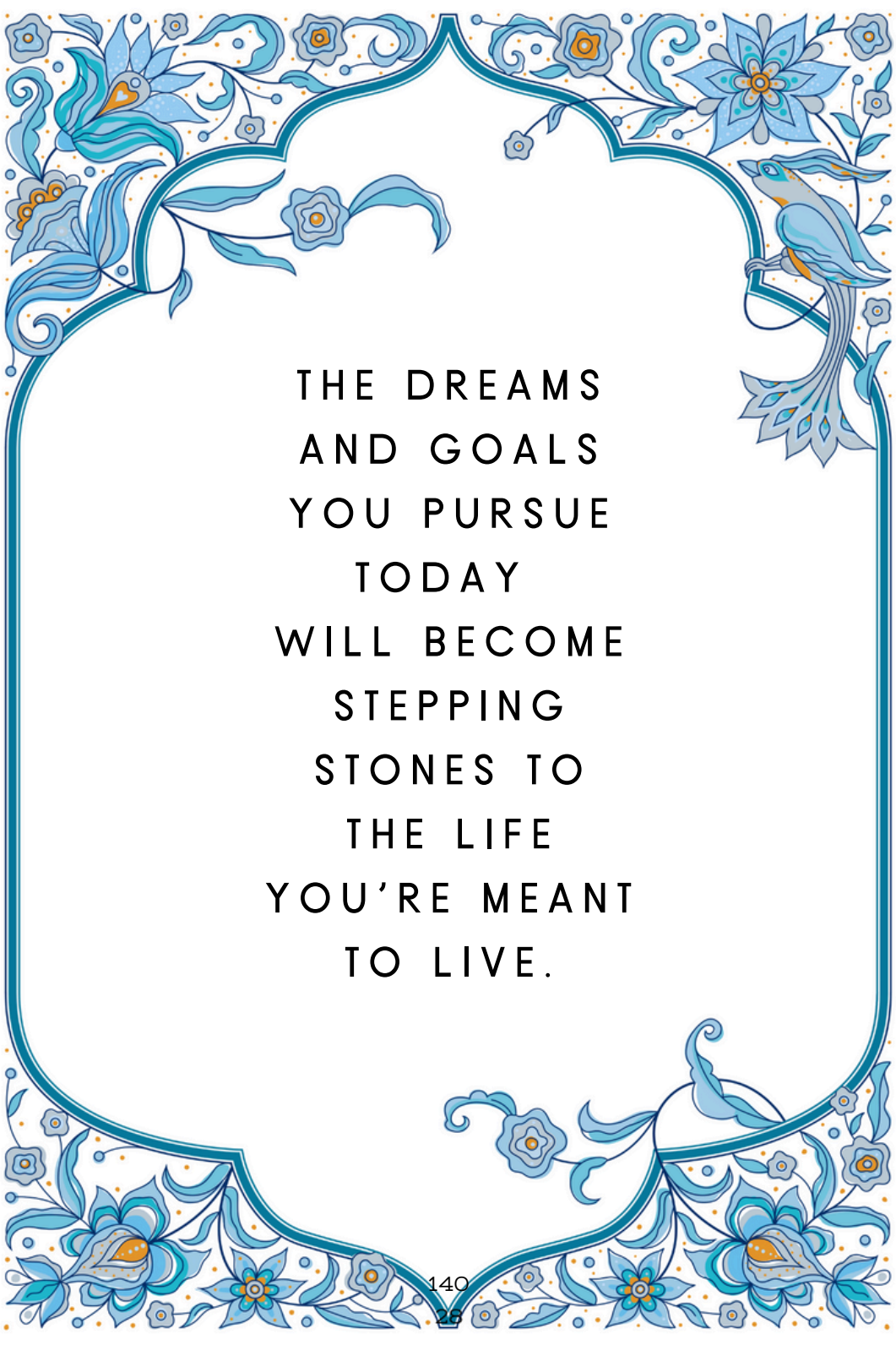
Dreaming isn't just about imagining possibilities—it's about creating them and bringing them into existence.

When the concept of vision boards was first introduced to me, and I started imagining things I wanted, I thought HOW can this happen, because it seemed so unlikely. In my mind, THERE WAS NO WAY.



IF YOU
AREN'T GOING
ALL THE WAY,
WHY GO AT
ALL?

JOE NAMATH



THE DREAMS
AND GOALS
YOU PURSUE
TODAY
WILL BECOME
STEPPING
STONES TO
THE LIFE
YOU'RE MEANT
TO LIVE.



Self Help

MOVE FORWARD

Reaching is about taking action and refusing to stay stuck. Here's how to step forward boldly:

- Make a Bold Move Today – Whether it's applying for a new opportunity, saying yes to something that scares you, or putting yourself out there in a new way, DO IT.
- Diffuse Bergamot & Cypress – Bergamot builds self-belief, while Cypress helps with letting go of fear and moving forward.
- Say YES Before You Feel Ready – Growth happens when you commit before you have all the answers.
- Challenge Yourself to Think Bigger – If your current goals feel "safe," stretch them further.
- Step Into the Future Version of You – Start acting, thinking, and showing up as the person who has already achieved what you're reaching for.



A YEAR FROM NOW,
YOU MAY WISH YOU HAD
STARTED TODAY.

KAREN LAMB



Ways to Flourish

Flourishing is about thriving in every area of life—physically, mentally, emotionally, and spiritually. Here's how to create an environment where you can bloom and expand into your best self:

- Clean Up & Create Order
 - Declutter your home and workspace—a clear space = a clear mind.
 - Establish daily tidy-up routines to maintain a peaceful environment.
 - Get rid of things that weigh you down—mentally, emotionally, and physically.
 - Keep an organized schedule that allows for both productivity and rest.
- Manage Yourself & Your Energy
 - Set clear priorities—know what truly matters and focus on that.
 - Learn to say NO to things that don't serve you.
 - Create healthy boundaries to protect your time, energy, and peace.
 - Start your day with a morning routine that grounds and inspires you. you can take today?



IF YOU DON'T BUILD YOUR
DREAM, SOMEONE WILL HIRE
YOU TO BUILD THEIRS.

TONY GASKIN

When I was finally well enough to care for my home and yard again, they visibly picked up, and I realized just how much my energy and love for my space affects it.

My plants literally perked up when I started watering them again.

No one loves and cares for my home, plants, and garden like I do, and during the time I was sick, it felt like the elements mourned—as if they, too, had gone flat and lifeless. But now that I'm well, they're thriving again.

This experience showed me that everything in our lives—our homes, our relationships, even our personal growth—responds to the energy we pour into it. The more love and care we invest, the more we see things thrive.

And that goes both ways—negative emotions can drain life just as much as love and care can revive it.

I have chickens that I've raised from chicks, and from the day I got them, I've held them and talked to them and now when they see me, they cluck excitedly. They know and trust me and lay eggs abundantly. Every day when I gather eggs, I give them "treats" and thank them for their eggs. I don't know for sure, but I bet when I'm gone, they notice and miss me.



I love to cook for family and friends, and when they come for dinner, I have plenty of placemats, pretty tablecloths, a big stack of unbreakable plates, and enough glasses and silverware so we never need to use disposable dishes.

I have a beautiful selection of unique pieces—all found secondhand, chosen simply because I love them.

It doesn't take a lot of money to create a space that looks and feels good. It takes intention, love, and a little effort to make things special.

This is flourishing.

Flourishing isn't about having the most or doing spectacular things—it's about pouring love, care, and creativity into the life you're already living. It's about taking what you have and making it beautiful, whether that's your home, your relationships, your mindset, or your everyday experiences.

It's the way you set the table for a simple meal, the way you make your space feel welcoming, and the way you nurture connections that matter.

Flourishing is a choice. It's choosing to live fully, love deeply, and create a life that feels rich and fulfilling—no matter where you are or what you have.



REWARD

A reward is the return on investment for your time, effort, and energy. It's the moment of fulfillment that comes after perseverance, the satisfaction of progress, and the joy of seeing something through.

The best rewards aren't given—they must be earned. They come when you push beyond obstacles, rise above doubt, and stay committed to what truly matters.

And the very best, cherry-on-top type of rewards can't be handed to you—they are the feelings of intense satisfaction, joy, and deep fulfillment that only come from a well-loved and well-lived life. These are the rewards that matter most.

Now, sit where you are and picture both your eight-year-old and eighty-year-old selves.

If you could go back and tell your eight-year-old self something, what would it be? What advice would you give her? How would you comfort and nurture her?





TO LIVE IS THE
RAREST THING IN THE
WORLD. MOST
PEOPLE JUST EXIST.

OSCAR WILDE

Kristine stayed fully invested in living her life, and now, in her seventies, she still enthusiastically creates beauty and finds something to feel joyful about every single day.

Everything Kristine touches is blessed with love, and it's no wonder she's thriving.

When I grow up, I want to be like her!

Living a rewarding life isn't about waiting for the perfect moment or hoping for something to magically change. It's about making the choice—every single day—to fully live, to embrace the beauty around you, and to pour your energy into what matters most.

Your life is a canvas, and every choice, every experience, every moment adds color, depth, and meaning. When you invest in yourself, choose joy, and step into your power, you create a life that is not only rich and fulfilling but one that inspires others to do the same.

So go live boldly. Love deeply. Laugh often.

What will your reward be? What choices will you make today to ensure your life is one you're proud of? It's time to step up, play big, and make your life something that, when you look back, makes you say, "That was one incredible ride."





LISTEN - ARE YOU
BREATHING JUST A LITTLE,
AND CALLING IT A LIFE?

MARY OLIVER

I hope you took the time to do that exercise. If not, I encourage you to go back and complete it—when you put your heart into it, it’s a soul-stirrer. I’ve done it, and it really took me back, giving me so much to think about.

Most importantly, it made me deeply consider how I want to move forward—how I want to live, love, and be remembered.

And for now, here you are, with the rest of your life in front of you.

What will you do with it?

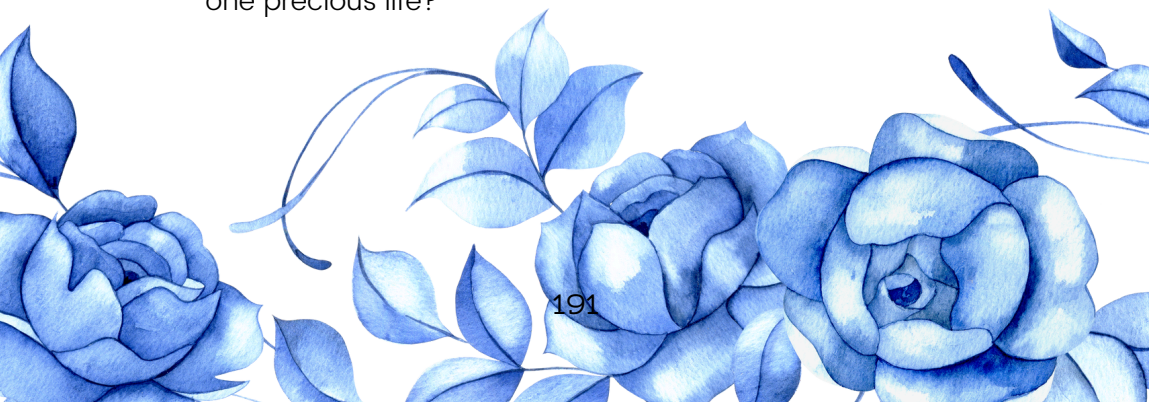
Do you have a plan for making it extraordinary?

It’s so easy to get caught up in day-to-day living that you don’t even realize how fast time is slipping by. I can still remember the shock of realizing that I am now in the “senior” category. That’s where I used to see my mother—but then I realized that back then, she was considered elderly. She was still functioning pretty well... and now, she’s gone.

Time doesn’t stop.

And if you’re not paying attention, you’ll find yourself in the next age category before you know it!

So, what do you really want to do with the rest of your one precious life?





MOST MEN LIVE LIVES OF
QUIET DESPERATION AND
GO TO THEIR GRAVE WITH
THEIR SONG STILL IN THEM.

HENRY DAVID THOREAU



Self Help

SUPPORT YOURSELF

Leaving a meaningful legacy requires intention, consistency, and nurturing your own growth. Here's how to support yourself in becoming the person you want to be remembered as:

- Diffuse Frankincense & Sandalwood – Frankincense promotes wisdom and spiritual reflection, while Sandalwood encourages inner peace and purpose.
- Create a Legacy Ritual – Write down one thing each day that reflects how you lived in alignment with your values.
- Invest in Relationships that Matter – Prioritize quality time with the people you love and make sure they know how much they mean to you.
- Speak Life Over Yourself – Repeat affirmations that reinforce your purpose, such as “I am leaving a legacy of love, wisdom, and impact.”
- Let Go of What Doesn't Serve You – Release toxic relationships, distractions, and habits that don't contribute to the life you want to create.
- Find Ways to Give Back – Whether through mentorship, acts of kindness, or charitable work, contribute to something bigger than yourself.





CHANGE IS
INEVITABLE BUT
PERSONAL GROWTH
IS A CHOICE.

BOB PROCTOR