

SPECIAL REPORT

30 WAYS TO  
LIVE YOUR  
*Best*  
REMARKABLE  
LIFE!

Look and feel  
like a  
Remarkable  
Woman  
Every Day!





Being a woman is indeed a remarkable gift! As image bearers of God, according to Genesis 1:26, I believe that we were created and branded to live a **Remarkable Life every day!** We have value and our very presence, as life-givers, should cause us to stand out as we brighten up and transform the world!

It takes a Remarkable Woman to live a Remarkable Life! However, in the midst of the battles of life, when you embody your God-given call as a **Remarkable Woman** you don't have to look like what you have been through. Instead, you can choose to activate your influence and transform the environment for good. But, you don't have to go at it alone! As a leadership and brand strategist, image consultant and etiquette coach, I am committed to helping every woman connect with her God-given purpose, as a leading lady, to feel and look complete, maximize her potential and uniquely add value that makes a lasting impact.

After coaching, mentoring and ministering to women and equipping them to enhance their spiritual and professional lives for over 30 years, I realize we all long to experience beauty of the Remarkable Life promised in John 10:10. Unfortunately, many of us are too exhausted by the life's daily grind to live this out fully. Because I have been there, this FREE gift is a symbol of my love and support! **Your presence matters to God and me! I am happy to share with you 30 of my very best tips to refresh your life with style that inspires and empowers you to confidently live your most Remarkable Life every day!**

We are better together! Join the movement of Remarkable Women who dare to live their best Remarkable Life every day! These tips are designed to help you to "rest and build" this lifestyle. Carve out the time, over a soothing cup of tea, sip, relax and let's begin to refine your life with style, substance and significance! Begin your best **Remarkable Living** journey by putting these tips into practice.

## ***1. SPEND TIME NURTURING YOUR RELATIONSHIP WITH GOD***

We were created by God to be in an intimate, loving and fulfilling relationship with Him. According to John 15:15, to live a Remarkable Life you must spend time connecting with God through His holy word! The Bible is His love letter to you! We can't live our lives apart from Him. One of my favorite practice for years is to read a chapter from the book of Proverbs each day at the beginning of a new month. Also, as a certified Precept Bible study leader, I love studying the Bible inductively, which takes more time. Here's the thing, regardless of what you read and how you study, as a Remarkable Woman you can't live out your leadership brand apart from abiding (resting and remaining) in Him and His Word. Always set aside time each day to study and meditate on the scriptures.

## ***2. PRACTICE GRATITUDE DAILY***

A Remarkable Woman chooses to give thanks in every situation. In I Thessalonians 5:18, we are commanded to live a lifestyle of gratitude. To live the Remarkable Life you must learn to develop a mindset of gratitude for every blessing—big and small. Be grateful for the trials that God, intentionally, shifted through His fingers of love to build your character and make you stronger. Begin each day with a blank sheet of paper and commit to making a list of the things that you are grateful for and fill it by the end of the day! What a remarkable way to end the day with praising God. Wake up the next day with a mindset of gratitude and start again!

## ***3. PRAY ABOUT EVERYTHING***

According to Philippians 4:6, we are instructed to pray instead of worry! Prayer is simply talking with God. He is not concerned with our words but the attitude of our hearts. The practice of daily prayer time allows you to depend on Him completely. A favorite way for me to pray is using alphabet prayers. I use each letter in the alphabet to pray using an attribute of God or an area, in my life, that begins with that letter. Life can be hectic. Prayer reminds us to slow down, rest in Him in the midst of the trials and difficulties and talk to Him! Become known as a Remarkable Woman who is unshakeable.

## ***4. KNOW WHO YOU ARE: YOU ARE A MARKED WOMAN***

According to Genesis 1:26, you are branded as a marked woman of God. You have been branded by God to be a Remarkable Woman!! Unapologetically lead with a sense of presence. Peel back the layers of your life and discover your personal brand. When you know the unique promise of value that you deliver, you have the confidence to stand out and make remarkable things happen. A clear brand identity empowers you to create the best version of Y-O-U, maximize your potential and add value to the world to make it a much better place. Lastly, be on brand at all times!

## ***5. SURROUND YOURSELF WITH PEOPLE WHO RESPECT YOUR PRESENCE***

We were created for healthy relationships. In Proverbs 27:17, we should seek friendships that add value. When it comes to friendships, we have various types: acquaintances, best friends, and everything in between. Some of these friends are great influences on our lives, and others, not so much. Choose wisely! According to Jack Canfield we become a reflection of the five people whom we spend the most time with. So, make a list of the five people you who respect and value you and do what it takes to spend quality time with them.

## ***6. DISCOVER YOUR PURPOSE***

Jeremiah 29:11 reminds us that God has a wonderful plan for our lives. The real key to unlocking your true happiness and contentment is finding your calling or purpose in life. To maximize your potential and live your life fully, you must know the reason that God chose to create you. When helping my clients make this discovery, they must answer the question: "What is the one contribution I was sent here to make?" Find that one contribution you have been called to make by answering the question, "Why am I here?" Brainstorm your ideas and write them on post-it notes, in a notebook and index cards to help you begin the discovery process.

## ***7. DRESS FROM YOUR CORE***

As a Remarkable Woman, be "on brand" at all times, visually, by dressing like you mean business from the core reflects that we are women of character. Live and dress remarkably well by your core values! According to I Timothy 2:9-10, we need to dress in such a way that our "insides are showing!" A look within will help

you to dig beneath the surface and extract your core values-what you stand for as a leader. I call these your internal G.P.S. (Guiding Principles and Standards) for your visual brand. Create a list of your top five core values, connect them with your clothing and embody the remarkable life, from the inside out. Activate your brand as a Remarkable Woman by thinking, dressing, and acting the part!

## **8. IDENTIFY A STYLE ICON WHO INSPIRES YOU**

Identify a branded style icon whose life and style you desire to emulate. Study your icon and learn from her what works in fashion and what doesn't. Your fashion idol must be someone you can relate to and look up to because style is not just clothes and accessories. It is a lifestyle. Use your style icon as an inspiration for trying out new ways of dressing until you find things that click with your own branded style.

## **9. CREATE YOUR BRANDED SIGNATURE STYLE**

People should be able to identify your brand in a variety of ways, even when you are not personally present. One of the best ways to make it memorable and remarkable is to align it with your personal story. For example, I wear animal print because it reminds me to stand out and have the courage to be remarkably BOLD! Establish your signature branded style and choose colors that clearly distinguish your brand from another.

## **10. WEAR YOUR POWER COLORS WELL**

Color can be magnetic and electrifying. To create a more magnetic presence, choose three core power colors that you love and that are the best representation of your brand message. Think about how the colors make you feel and how others relate to them. Intentionally surround yourself with your power colors daily. For instance, purple is a power color for my brand that resonates with the inspirational presence that I want to create because of my faith in God. Also, be sure the colors you select complement your skin tone as well.

## **11. PLAN YOUR BRANDED LOOK FOR THE DAY**

Planning your look for each day will give you lots of confidence, help you save time and enjoy getting dressed. To plan, consider the three words you want people to observe about your presence. Spend time thinking before

selecting bottoms, blouses, overalls, outerwear, footwear and accessories. Invest in the power of your presence by setting your intentions before your day gets started.

## **12. DRESS FOR YOUR BODY TYPE**

I also say to my clients, "Dress the body you have today, not the body you used to have nor the body you are going to have!" Wear what works and is appropriate for your age and calling. The way that you dress affects your self-esteem and can make you feel more or less confident. Wearing clothes that are ill-fitting or unflattering can affect your confidence. The clothing that you wear presents an image to the world, but the most important image is the one that you see. Love the body that God has given you. I love helping my clients identify their body type and discover tips to looking and feeling their best.

## **13. ADD A NEW PRINT TO YOUR WARDROBE**

Mix it up! Instead of a solid colored blouse or dress, choose one in print: floral, animal, geometrics, camo, or graphic. Variety is the very essence of the Remarkable Life; you can't go on wearing the same-old shades of whites, blacks, blues and grays for the rest of your professional life. That's no fun! Get out there and indulge yourself in the florals, graphic designs, animal prints, mesh-work and beautiful embroidery!

## **14. ROCK A MONOCHROMATIC LOOK**

A well-coordinated outfit made up of pieces that are all the same color is foolproof, simple, chic and best of all slenderizing! Avoid the hassle of trying to mix and match and find the best fabric to flatter your body: fitted, light drape, full drape or stiff. Infuse one color whether it be all white, all black, on all nude and run that throughout your outfit. What a remarkably beautiful show stopping monochromatic look to add to your branded style and wardrobe.

## **15. THE LITTLE BLACK DRESS WITH A TWIST**

Dress your little black dress down with sandals and a denim jacket. Or go the other way and dress it up with a wide belt, a bold pair of pumps and a lot of bling! The sexiness of the little black dress never gets old regardless of your age! Play your fashion cards to the hilt and accessorize to add that glamorous effect. A pair of shiny or sparkly heels can also create a magnetic presence! Also,

it never hurts to have several styles in your wardrobe to fit every occasion

## ***16. GIVE YOURSELF A LIFT***

Did you know that the right bra will instantly take off 10 years and 10 pounds? A misfitting bra with too little structure or a stretched out back will make your waistline disappear. Also, it will negatively impact your posture and image causing you to look frumpy, older and lacking in confidence. So, always wear the best fitting bra and use shapewear to give your body the right structure. If you find shapewear too uncomfortable, use slips or panties that hide pantie lines and reduce unflattering bulges.

## ***17. NAIL IT! WEAR FUNKY COLORS FOR VARIETY***

Painting your nails in bright colors such as red, blue and pink or even hues in neons—is an excellent move to revamp your look. How you experiment with coloring your nails says a great deal about your confidence. Again, do so, purposefully to align with your brand message. Listen to compliments you get as you stand out a bit more!

## ***18. ADD SOME EMBELLISHMENTS TO YOUR OUTFIT***

Pick one type of embellishment: fringe, tassels, bows, ribbons, etc. and use it to accentuate an outfit.. For example, a clutch with a tassel pull, a jacket with fringe detail, or a summer sling back shoe topped with a bow. Don't be afraid to add creativity to your branded style!

## ***19. MATTE LIPSTICK IS ALL THE RAGE THIS SEASON***

Give your glossy lipstick a break and try out this trend for a long-wearing, pop of lip color. Speaking of matte, red is one color you should not be missing out on. The trick is to fill your lips nicely with a bold red matte lip pencil, and then, use a matte lipstick to fill in the contours. Have fun with it! Ask me about my line of lipsticks. As an image consultant who specializes in color analysis, I can even match your lipstick to harmonize with your overall coloring.

## ***20. TRADE YOUR USUAL HANDBAG FOR A NEW STYLE***

Try a clutch, straw bag or a bucket style bag for a change. A handbag says a lot about you and your branded style as a Remarkable Woman. Don't limit your choices! By

continuously revamping your purses and trading old ones for new styles, you will be playing all the right style cards. Even consider making it a focal point for your outfit by adding a purse in an entirely different color or a fun print that complements!

## ***21. WOW THEM! WEAR A STATEMENT NECKLACE***

Statement jewelry is a must-have, not just to complete but to add more dimensions to your outfit whether it is casual, dressy, business professional or minimalistic. This versatile piece can be worn with suits and dresses or used to dress up your jeans and t-shirt. Find one in your favorite power color that fits your body type and branded signature style.

## ***22. TRY A NEW FOOTWEAR TREND***

Give a girl the right shoes and she can conquer the world. Well, Remarkable Woman, the late Marilyn Monroe reminds you of the powerful presence you create when you are wearing your best Power Shoes! And indeed, by matching the right kind of shoes with your outfit, you can add a heavy dose of panache to your branded style. Find that pair of to-die-for shoes, made by your favorite designer that are not only comfortable but also perfectly conveys your style voice. Wear them and let your shoes be your guide and do the talking!

## ***23. WATCH YOUR BODY LANGUAGE***

Did you know that we are judged approximately over 55% of the time on our non-verbal communication? Our bodies are always speaking. One of the secrets to maintaining confidence while speaking is to maintain the best posture by standing straight. A straight and firm back help you to look more powerful and confident. Try to keep your body loose, head and chin up while keeping your back straight. Here are some additional tips for good body language:

- Maintain an open and relaxed position
- Smile with sincerity, from the heart
- Keep good eye contact
- Nod while listening

## ***24. TAKE CARE OF YOUR SKIN***

Remarkable Living is about being mindful of the image you project. Your skin is the first thing that people see. Keep your skin healthy, especially as you are aging, by using facial cleanser and moisturizer daily. Don't forget

to exfoliate regularly as well. Protect your skin by using sunblock to prevent the sun from speeding up the effects of aging. Ask me about my line of skin care and click here: [www.yrsnow.nerium.com](http://www.yrsnow.nerium.com) for my favorite anti-aging products that deliver real results!

## 25. PROTECT YOUR MENTAL HEALTH

According to research, many American adults experience mental health problems. People who are emotionally and mentally healthy are more likely to bounce back from stress, trauma and adversity. Protect and manage your mental health.

To live a Remarkable Life, we must address this head on. Positive and good mental health allows you to:

- Work productively and efficiently
- Cope with pressure and reduces stress
- Realize and maximize your full potential
- Make your greatest contributions to your community

As an entrepreneurial leader, diagnosed with ADD/ADHD, I personally and professionally understand the struggle to maintain good mental health. So, I am here to stand in the gap, reminding you to pursue being a good steward of the talents that God has given you (James 1:17). So, if you are experiencing mental health issues, I strongly suggest you seek the help of a medical professional to give you the support that you deserve.

## 26. DRINK TEA, ESPECIALLY GREEN TEA—DAILY

Develop the ritual of slowing life down and drinking tea. Drinking tea allows you to relax, calm down and collect your thoughts in between sips. Here are a few of the many health benefits to drinking tea, especially green tea:

- Lowers blood pressure by fifty percent if two cups consumed per day
- Cleanses the digestive system and calms a troubled stomach
- Leads to weight loss due to the antioxidants found in the tea

So after a long day in the office, ministry, working with clients or after exercising, brew a cup and make to rehydrate your body, mind and soul so that your life is remarkably good to the last drop!

## 27. GET PLENTY OF SLEEP

Do you wake up in the mornings feeling refreshed? If so, chances are you're getting enough sleep. But, if you wake feeling sluggish you're probably not getting the right amount of sleep. Sometimes the unhappiness and lack of fulfillment in our personal lives or the stress of work will prevent us from getting a good night's rest.

In Psalm 4:8, God lets us know that a peaceful night's sleep plays a crucial role in living a Remarkable Life. It's recommended that women, especially, get at least 8-10 hours of sleep a night. Getting enough sleep replaces the energy that you drain during the day. If you fail to refill that, then you're running on a deficit the next day. If you're not sleeping enough, start by examining your sleep habits. Are you getting to bed early enough? Are you sleeping in a cool room with no distractions? Is your bedding comfortable? There are great varieties of teas like chamomile that helps your body relax so you can sleep. But, if the problem persists, you might want to see your doctor.

## 28. EXERCISE REGULARLY

Having a daily habit of exercising can create a joyful and remarkable life. God has created your body so that when you exercise, endorphins—also known as the feel-good hormones—are released, lifting your mood. When you exercise every day—even if it's just going for a walk around the block at work or at home—it helps improve mental alertness because it increases the way your organs can get the oxygen that they need. My Fit Bit is my BFF that keeps me moving!

## 29. EATING TO LIVE INSTEAD OF LIVING TO EAT

We are called to be stewards of our bodies by eating right. When you eat the wrong kinds of foods, it can have an impact on how you feel physically and mentally. Certain foods can zap your energy. After you eat them, you feel sluggish and your energy levels crash. If you eat a lot of foods that are high on the glycemic index, you'll experience fatigue which will affect your performance, making it harder for you to concentrate.

Watch not only what you eat but also the amount. Your meals should consist of a healthy daily balance of foods. Knowing your nutritional needs and not eating too much or too little can lead to a more balanced lifestyle.

### 30. FIND BEAUTY IN EVERY DAY

Visualize what beauty looks like and invite more of it into your life. Meditate on Psalm. 139:14 and start with yourself seeing that you are fearfully and wonderfully made. God didn't make a mistake when He made YOU! Choose to surround yourself with beauty every day! Decide what beauty is for you by making your "*Beauty by Your Design*" list. To do this, compile a list of all the things that delight you so you can intentionally include them in your day. Buy yourself flowers. Pamper yourself. Listen to uplifting music. Take beauty walks enjoying nature. Enjoy smelling your favorite scents. Sit on a beach. View amazing architecture. Stroll through art galleries and parks, and so on. It's time to take back your right to enjoy beauty on your own terms as a remarkably beautiful woman of God!

So there you have it! I hope these tips help you to find new ways to look and feel remarkable each and every day. Defining your branded style as a Remarkable Woman means aligning all of who you are and authentically create a total look that is suitable for any occasion. Being aware of the influence of your leadership brand and the power of your presence will set you up to confidently **RISE UP** and make remarkable things happen in the world. Dare to be Remarkable! Live every day in such an extraordinary way so that the unique promise of value you deliver is worth the remark about how great God is!

The time we take to relax, refresh and refocus is all about adding more happiness to our lives and giving ourselves a little more breathing room. When we do so, make a point to relax, it allows us to show up in a bigger and more authentic way, as the remarkable leaders that we truly are!



Remarkable Living Institute(RLI)<sup>®</sup> is an extension of Cynthia White and Associates. It is designed to encourage and equip Christian women to gain clarity and connect with who they are, confirm their God-given purpose. Embody their values and begin wholeheartedly living their best life, with grace and ease. And to activate their unique promise of value to make a bigger impact for the Kingdom of God. Interested in going deeper and learning even more? Email me at [cynthia@cynthiawhiteandassociates.com](mailto:cynthia@cynthiawhiteandassociates.com) or visit the website at: [www.cynthiawhiteandassociates.com](http://www.cynthiawhiteandassociates.com) to schedule a complimentary 30 minute RLI Activation session to get you started in the journey to Remarkable Living every day!