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RADICAL SELF BELIEF

#ADULTING THE RALLY OF LIFE

THE ESSENTIAL ROADMAP FOR
SUSTAINABLE SUCCESS

Edition 2

THE QUANTUM DECISION MAKING PROGRAM™ SERIES

The Mojo Maker® Nikki Fogden-Moore

“

The truth is that while most adults physically “grow up,” they never quite reach emotional or psychological adulthood. In other words, most “grown-ups” aren’t really adults at all. This leaves most people in a state of puerile fears, angers and traumas that fester away in the unconscious mind for decades.¹

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1 Alethia Luna Loner Wolf/Inner Child Work.

adulthood
/'ʌdʌlthɪd, ə'dʌlthɪd/

noun; informal

the practice of behaving in a way characteristic of a responsible adult, especially the accomplishment of mundane but necessary tasks²

2 Oxford Dictionary.

“
LEAN IN
”



FOREWORD

Your life is becoming more complex and confusing—isn't it!

Our work and life priorities are inextricably defined by devices and our inbox, while face-to-face communication and collaboration are skills we teach graduates upon joining the workplace.

Our work, community and society are increasingly digitised, mechanised, and despite the prevalence of the Internet and social media, many of our employees feel more disconnected than ever before.

Our mental illness epidemic is becoming worse—one in five Australians* aged sixteen to eighty-five experience a mental illness in any given year. The most common mental illnesses are depression, severe anxiety and substance use disorder, often occurring in combination. Thirty people attempt suicide daily; six die.³

Our shareholders seek greater profitability, with efficiency sought by greater work, augmented through artificial intelligence, robotic-process automation, and a data and analytical world driven by ubiquitous 'Internet of things'. Meanwhile, our roles for which we have been trained for decades become marginalised or redundant.

3 [Black Dog Institute Research 2019].

As leaders, we are increasingly being encouraged to disrupt, differentiate and innovate our workplaces, our teams and our organisations—and to adopt ‘agile workplaces’ with limited consideration of the impacts on friendships, social networks in the workplace and our organisation’s ‘soul and heart’.

What follows is complex and confusing. It is also overwhelming.

The answer is chaos.

How will you adapt and succeed in this chaotic world? It isn’t fiction; we are living in this world today.

In *Radical Self Belief #Adulting The Rally of Life*, Nikki Fogden-Moore brings to life twenty years of research and case studies of people like you working across various sectors. Nikki is the Mojo Maker. She examines how to assess and regain your mojo and your courage and confidence to be in control of your life’s directions and decisions, as well as how to define your priorities.

To regain control, who better than Nikki to guide us in this chaotic world?

When I first met Nikki, I was immediately struck by her intellect, insight and EQ—a powerful trifecta! Nikki had an uncanny ability to ask incisive questions to deeply understand me: what really drives me, my views on issues, how I operate in work and life, and how I make decisions. And then there was Nikki’s authenticity, a real integrity and openness, and with it a vulnerability which provoked a reciprocity of truths. Nikki’s ideas are not theory; her comments and observations are based on personal experiences, those she discusses with so many amazing people and senior leaders globally. This authenticity and depth of insight makes *#Adulting* a truly unique book.

Nikki shared her plans for this book when we completed the Leadership Podcast. It is a book initiated through so many CEOs and leaders sharing their interest in a pragmatic and easy-to-read guide to operating in a world tilting towards chaotic.

If you are expecting a book that merely validates how you currently operate, you will be disappointed—but hopefully also surprised.

The #Adulting roadmap will challenge you. It will change your perspectives and force you to rethink how you operate at home, with family and friends, and in so many situations at work. It will force you to consider who is in your ‘pit crew’ and whether you surround yourself with people who truly want you to be successful.

Life isn’t linear, and for all your ‘best-intentioned plans’, it rarely follows a predetermined path. It is how you respond to life’s deviations, challenges and the unexpected, sometimes traumatic events that will be crucial to your long-term success. And in a world Nikki terms ‘Generation Exhibition’, it is your direction, decisions and success that matter, not what others think.

Making your values-based decisions takes courage, self-confidence and a moral compass you possess and need to leverage.

I would encourage everyone in a leadership position grappling with these challenges to read *#Adulting The Rally of Life—The Essential Roadmap For Sustainable Success*, so you can understand the path from chaos to calm and regain your confidence to truly achieve your full potential.

James Hunter

National Managing Partner, KPMG

“
**STARTLINE
WHERE THE
RUBBER HITS
THE ROAD**
”



overwhelm

/əʊvə'wɛlm/

verb

bury or drown beneath a huge mass of something

synonyms: swamp, submerge, engulf, bury,
deluge, flood, inundate, clog, saturate, glut, overload,
beset, overburden, snow under

THE VITAL STATISTICS OF OVERWHELM

46% OF STAFF
LEAVE DUE TO
BURN OUT

46%



46% of respondents blame burnout for up to half of their staff quitting each year. Kronos and Future Workplace Survey 2019.

US\$300 BILLION IS
SPENT ON BURN OUT
& OVERWHELM

\$300B



Burnout is estimated to cost the US economy alone \$300 billion annually according to a recent article by Workplace Psychology

83% OF US
WORKERS
SUFFER STRESS

83%



83% of US workers suffer from work-related stress. Everest College Study 2019.

US\$77 BILLION
COSTS DUE TO
DEPRESSION

\$77B



Depression leads to \$51 billion in costs due to absenteeism and \$26 billion in treatment costs.

“

A NEW TERRAIN
REQUIRES A
NEW ROADMAP

”

-Nikki



WELCOME

In today's modern world of accessibility and digital revolution, the epidemic of overwhelm and its effect on society has reached an all-time high. The speed at which we live our lives, work, handle information, create transactions and interact with multiple people at any one time is both exhilarating and overwhelming. AI, UI, EI, robotics, automation, blockchain—the list goes on.

As technological advances have given rise to globalisation and opened the world up for trade in the last forty to fifty years, competition has become fierce and the corporate landscape has changed dramatically. The landscape we operate in today is like nothing we've experienced before.

In this New Age of Self Reliance,⁴ we may have unwittingly removed any sense of self. In essence, we are running our lives in a modern world with a very outdated internal set of decision-making frameworks.

The more connected we become online and with automation, the more fragmented and disconnected we become in our interpersonal relationships and, more importantly, from the perspective of and relationship we have with ourselves. This increased speed of business, social media pressure, and lack

4 Harvard Business Review.

of time for self, family and friends are leaving people feeling helpless, hopeless, disconnected and exhausted.

“

*In essence, our internal programming
has not undergone the updates
everything else around us has.*

”

We need to get back to basics and reset the place from which we make our decisions. There is a need for a simple approach. We are losing our sense of self, trust and navigation. Many people are in survival mode, using an old road map and an outdated operating system for a completely new landscape.

OVERWHELM IS AN EPIDEMIC

In 2019, overwhelm created a 300-billion-dollar industry⁵ in the US alone, yet it's not getting better.

Lack of focus, overwhelm and opting out constitute a global epidemic affecting all ages. Teenagers and children as young as four and five are already displaying attributes of overwhelm, anxiety and depression.

5 Workplace Psychology.

Recent research shows that overwhelm has increased tenfold in the last thirty years.⁶ Paradoxically, we have more wellbeing services, mindfulness sources and resources, and HR and mental-health plans in place than ever before.

As Stephen Hawking said, we have entered ‘the century of complexity’.

Despite the billions of dollars spent on HR, corporate psychology and other programs and resources, we are still missing a fundamental piece of the puzzle: There is too much advice focusing on what is wrong and not enough focusing on a fast track to recovery or preventing problems in the first place.

Kronos and Future Workplace⁷ surveyed 614 US human resources professionals at organisations with 100 to over 2,500 employees. The result: 46% of respondents blame burnout for up to half of their staff quitting each year.

So many of our leaders are running at a pace that far outweighs the perks and processes in place to grow organically and with sustainable success. The pressure to perform is hitting multiple generations, some with little or no experience at all, as we have a new paradigm in place.

Entrepreneurial growth gives way to waves of new generations all climbing their way to the top job, latest hot start-up or Internet sensation.

6 Workplace Psychology.

7 <https://www.kronos.com/about-us/newsroom/employee-burnout-crisis-study-reveals-big-workplace-challenge-2017>

Unlike three decades ago, where a few big companies generated most of the jobs in each country, it is entrepreneurs who generate most of the jobs in today's world. Our jobs are created by an emerging talent of founders, start-up-focused leaders, budding small-business owners and pioneers who have built their own businesses from scratch, whether it's a small coffee shop, an insurance business or one of the latest takeaway-food franchise companies to burst onto the scene.

THE PRESSURE TO SUCCEED

This pressure to lead and succeed, define and design a life you love straight out of university or school has catapulted our industrial revolution into a revolution of individual leaders. The fact that the drive to succeed and be 'someone' is the focus of our children's education from the start, regardless of age or gender, points to a world where it is never enough.

Leaders as young as twenty-one are handling the turnover and operational decision-making that comes with rapid growth. Persistent demands from diverse stakeholders to improve performance impose substantial stressors on CEOs. Frequent, intense and unpredictable interactions with elements of the task environment potentially increase CEOs' emotional exhaustion and depersonalisation from the strategic process.

On top of this, workplace culture has changed dramatically and personal relationships have taken a back seat, with many employees staying in a job for less than three years due to burnout and a sense of disconnection and discontentment.

We are experiencing the highest levels in history of burnout, exhaustion and depression, whether that be in our leadership, in our schools, in our universities or in our workplaces. Employee burnout (which leads to overwhelm) is cited as a psychological response to chronic work stress resulting from a combination of emotional exhaustion, depersonalisation, reduced personal accomplishment and reduced professional efficacy.⁸

Burnout has many contributing factors that build up over time. According to the World Health Organisation (WHO) and their recent studies around workplace stress and overwhelm, our ability to handle stress and to spiral into survival mode can be categorised into two areas:

- contents
- context

We can equally apply these classifications to classrooms, homes and other areas of life and work.

For example, one could ask the following:

- What are the contents of our life/day/study time/work and what is the context in which we operate or feel is significant as a part of that landscape?
- Is our workload too high? Is our study monotonous? Are we excluded from decision-making at home or at work?

Furthermore, in what context do we experience these issues? Is there a lack of career development and promotion opportunities? Are interpersonal relationships at work creating tension? So, we lack support in the home environment?⁹

8 (Cordes and Dougherty, 1993; Halbesleben, 2006; Jackson et al., 1986).

9 World Health Organization Workplace Stress 2019 https://www.who.int/occupational_health/topics/stressatwp/en/

Panic, fear and isolation have a ripple effect.

Burnout is an effect of overwhelm. Overwhelm is a serious issue. We can't keep treating the symptoms; we need to find the source. It's time we looked up at the horizon ahead of us and became personally accountable for the cornerstones in our lives, both professionally and personally.

This does not involve the usual programming of punching through challenges and life only to be exhausted, deflated and burnt out. Instead, it requires the other perspective: the curiosity to take the road less travelled, in turn discovering why it will be your most rewarding journey.

THE ROAD OUT OF OVERWHELM

I believe we have a cure for overwhelm. I believe that 'cured' or engaged leaders, founders, CEOs and entrepreneurs can rebuild their business and personal lives for the benefit of their shareholders, employees, family and customers—and themselves.

I have witnessed so many people work hard, push through and fight with all of their might to get to where they are today only to feel beaten down and exhausted. They carry 'wins' that, in the scheme of things, are all too fleeting, and they have experienced serious collateral damage along the way.

We can change technology, but we are not evolving our internal human hard drive and decision-making frameworks (values/expectations) at the same speed.

Albert Einstein famously said that doing the same thing over and over again and expecting different results is the definition of insanity.

So, we can't keep doing the same thing in our personal and professional lives and expect a different outcome. We need to change how we approach all things with a fresh perspective.

Instead of a white-knuckled ride, where we have a sense of impending doom lurking around every corner and we breathe a sigh of relief when we finally get some good news, what about a thrill-seeking, energised, all-in flow of being in the driver's seat?

Accordingly, we might consider the following:

What if overwhelm and burnout statistics dramatically reduced because we actually empowered our leaders with the fundamental mindset of mastering the rally of life?

What if we didn't focus so much on the symptoms and building platforms to 'catch the fall-out and manage the disease of complexity' but, rather, we educated each individual leader? What if we educated them on the innate multi-dimensional gifts we all possess to have vision, mission and purpose and learn to trust an inner GPS—one far greater than society's outdated expectations?

IT'S PERSONAL

The race of life may stay the same over centuries, but it's how we handle the landscape that needs to be different. It is a full stepping up for personal ownership and integrity. This book is

the toolbox, the roadmap, the navigator for empowering you to do just that.

Companies, communities, families and individuals are all facing the same issues. We can't keep focusing on external tools and resources and expect a quick fix—we must go within and adjust our perspective, our approach and our capacity for life. The solution to overwhelm is instilling inner confidence, wisdom, the ability to work well with others and co-create.

With this book I am determined to be a part of the change. I am determined to provide a new kind of 'roadmap' to navigate the rally of today's modern world, one that empowers individuals to be aware, take action and be accountable.

That is what Radical Self Belief #Adulting The Rally of Life is designed to do. It will

- empower you to identify where you are at any given stage, get out of survival mode, recognise the signs of overwhelm, understand the difference between self-talk (ego) and self (our inner GPS or intuition);
- help to declutter the confusion to assess all relevant resources, tools, science and revelations and put them into practice without turning everything upside down and without causing further overwhelm;
- harness the unique and most valuable commodity of all—that human sense of unconditional love, connectivity, contribution and significance in all we do; and
- identify the goals that you REALLY want and build your resources, people and trajectory to get there.

ON A MISSION

The ability to evolve is true strength and an asset for all of us as we move forward in our lives as leaders. Over the past twenty years, I have had the privilege of working side by side with some of the most incredible people, people with visionary minds and hearts. I have worked with founders and executives, managers and CEOs, athletes, artists and entrepreneurs.

Whether it's navigating a global advertising career, managing individuals through their leadership journey, or running Boardroom Retreats™, I am in the trenches with my clients and have been working in this space, coaching high-performance individuals and organisations for thousands of hours and in places across the world.

Committed to growth and the ability to define, design, be agile and work with others in true co-creation and collaboration. Teamwork makes dreams work.

“

This Mission is underpinned by my uber focused dedication ensure that the majority of the world's wealth is managed and grown by the next generation of value-led leaders with the highest integrity, drive and courage.

”

- That we may have an abundance of good money, ideas, vision and purpose flowing across this globe; and
- That our companies are grown, handled, invested in and passed on by people who are accountable, passionate, visionary and kind.

YOU ARE IN THE DRIVER'S SEAT

You need to be number one in your life as you lead; to invest in yourself; and to 'adult' and make decisions for the highest good for yourself and others. As a leader, this is a valuable tool. Why?

You are at the forefront. You are the pioneer. You are leading by example. Stop looking around; you're it.

This connection with self is vital to embrace life with all it has to offer; to lead with truth, transparency and transformation of how we lead within ourselves and how we show up for others.

If we want the next generation to thrive, we have to start doing things differently. We have to ensure our engines are tuned and each of us as individuals are up to the task in our own way.

Using the old paradigm for measuring success and pushing through life is *like putting a lawn mower engine into a Formula 1 car*. It won't perform the same, no matter how good the technology is that surrounds it.

There is an easier way of doing things. It is time to replace the need to constantly 'overachieve and strive' with a set of tools that will help you enjoy the journey and thrive, whatever is

thrown your way. In this book, I am going to demonstrate how to actually do that—how to suit up, show up and be significant, without the need for anyone else's validation.

Now more than ever, we have access to tools and information around awareness, dismantling beliefs that no longer serve us. Reframing our mindset, meditation, the art of being present, and the human brain's ability to re-program and reshape itself through neuroplasticity. How do we discern the steps that will take us from chaos to calm and help us feel more in control? This can be achieved by:

- working on the individual and their sovereign self (personal accountability);
- creating a new framework (roadmap) for decision-making and a perspective about life that embraces uncertainty instead of fearing it;
- having a clear framework for decision-making; and
- a roadmap where leaders can rebuild their businesses and personal lives for the benefit of their shareholders, employees, customers, family and, most importantly, for themselves.

That is *Radical Self Belief #Adulting The Rally of Life*. The book is for leaders in life and organisations so they can return to the driver's seat and gain back 'control'.

rally

ral.ly 1 (răl'ē)

verb

ral·lied, ral·ly·ing, ral·lies

v.tr.

1. to call together for a common purpose; assemble
2. to reassemble and restore to order
3. to rouse or revive from inactivity or decline

v.intr.

1. to come together for a common purpose
2. to join in an effort for a common cause
3. to recover abruptly from a setback

“

MY MANTRA:
DO NOT BUILD
TOWERS ON
QUICKSAND;
SUSTAINABLE
CREATIONS ARE
ON A SOLID
FOUNDATION.

”

-Nikki



HOW TO USE THIS BOOK

Life is like a rally—all conditions, all seasons, all terrains. No one comes and sweeps the rubble off the road for you.

This isn't your first rodeo. Or mine. I am committed to working with the world's very best value-driven leaders to put them firmly in the driver's seat.

We have two choices: wing our way through it, or live our life with purpose.

To be on the podium you need a strong sense of direction, an incredible pit crew, the right vital ingredients, a well-maintained engine, a compass and a sense of spirit.

This is my purpose. So, this really matters. You matter. It's not what happens to us; it's how we approach the race that really matters. It's time for a fresh perspective, to approach leading your life with a new frame of mind.

To do this, you must take the time to lay solid foundations, accept support and help where you need it. Consider what your true values and purpose are so you can be the successful CEO of your business and your life. You must be excited, prepared, on purpose and able to adjust coordinates when change is presented.

It's not about throwing everything away. It's about understanding the fact that life is organic and you get to choose what you will leave behind and what you will carry with you on each step of the journey.

This, however, is not a quick fix. It requires a fundamental change in viewpoint. Will you be the Passenger or the Pilot? Back seat or driver's seat?

In the coming pages, the tools and tips will empower you to swap the old 'strive/passenger' mentality for the 'thrive/driver's seat' mentality.

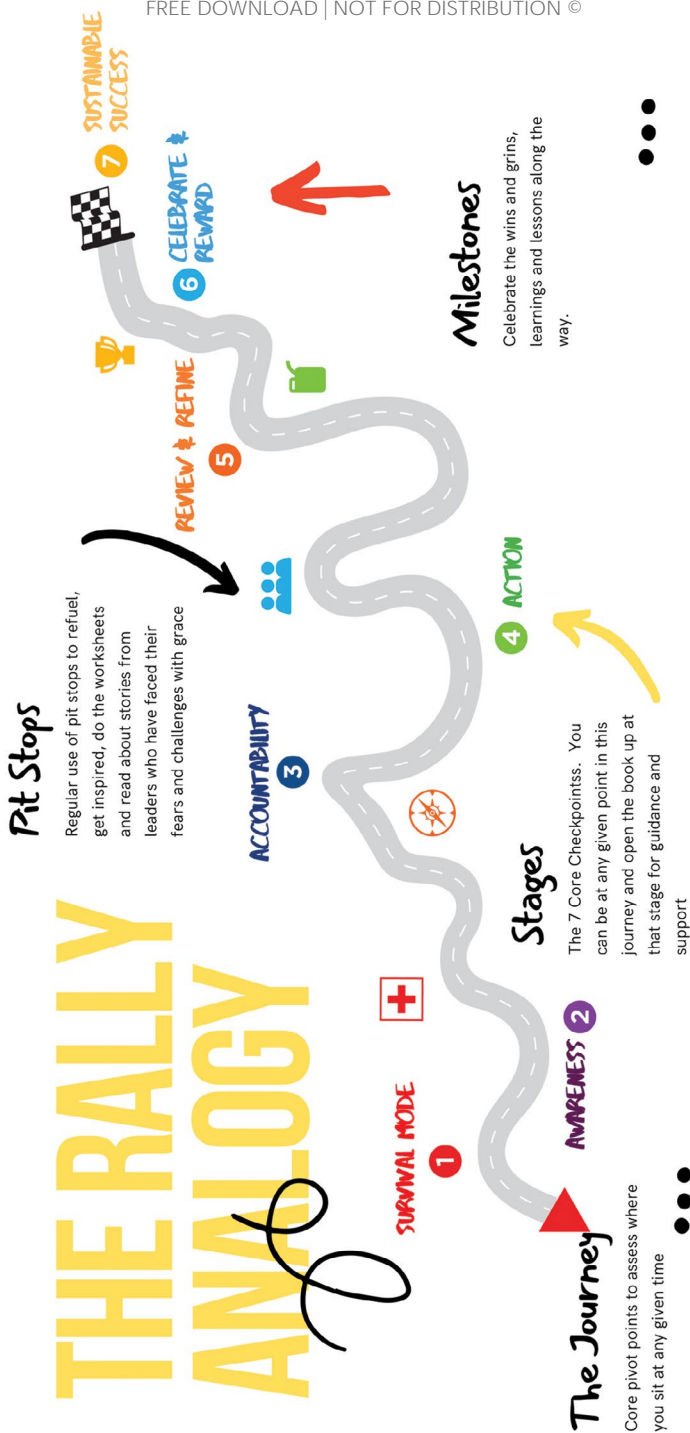
Strive:

- Giving 100%, pushing through with 'hard work', determination, dogmatic resilience, perseverance, and doing the same thing over and over again but expecting different results.
- Finding yourself repeatedly stuck in quicksand, tired and overwhelmed, experiencing highs and lows and peaks and troughs? Are fleeting wins quickly being replaced by another setback?

Versus

Thrive:

- Recognising that the landscape of life is all conditions and all seasons, and the best way to approach it is to change your perspective from passenger seat to driver's seat.
- To look at options, always know there is a solution and replace fear with curiosity.



APPLYING THE RALLY ANALOGY

A heads-up that this book is written how I coach: candid, honest, raw and with real perspective. No hope projects. As I explained in the welcome, dreams do not work unless you do and great coaches work with you, not for you.

Each section is designed to give you the tools to go from chaos to calm at any given moment, on any given subject—no matter where you are in your life and leadership journey. They are designed to replace the chaos and uncertainty, the feeling of ‘winging it’, and the mentality of striving at all costs with being purpose-led, open-minded, enjoying the journey and thriving in any conditions.

Using the rally analogy, we navigate through each checkpoint and provide a sense of personal experience and foresight to feel supported, take stock of where you are now and identify where you need to go next.

A checkpoint can be linked to any given moment in your life, whether it’s work or personal. It can also be applied to a project as a group.

1. **Checkpoint 1: Survival Mode**—What to do when you feel completely overwhelmed, can’t go in any direction and are walking into the unknown.
2. **Checkpoint 2: Awareness**—Know where you are now and what really lights you up.
3. **Checkpoint 3: Accountability**—Understand your capabilities, who you need around you and what your vital ingredients are.
4. **Checkpoint 4: Action**—The steps needed to embark on your journey and how/what you need to do to get there.

5. **Checkpoint 5: Review and Refine**—Respect the conditions, press pause to review and refuel with regular pit stops.
6. **Checkpoint 6: Celebrate and Reward**—The wins and grins, podiums and teamwork ensure you embrace the journey, not just the destination.
7. **Checkpoint 7: Sustainable Success**—The ability to look ahead and anticipate while keeping your eyes on the road. Always be ready to take a new turn or be agile if one road closes.

It's not enough to just look at the map; you need to take the steps. At each stage I recommend you:

1. set clear expectations and outcomes,
2. do the pit stops and worksheets,
3. give yourself the allotted time,
4. utilise the tools and resources, and
5. go one checkpoint at a time.

SPEED

Go at your own pace.

This book is designed to assist you to take action in your world, not to push you through checkpoints at a pace with which you're not comfortable.

The seven checkpoints will bring together the models and proven tools and techniques that I use in the trenches coaching high-performing clients. These provide practical steps for you to go from chaos to calm and actually shift your perspective along the way, cementing one step before you move on to the next.

Note that sustainable success and moving from chaos to calm is more about agility than resilience. Yes, we need to be brave to learn and lean in and to bounce back; however, it is not about having to shoulder pain, guilt, shame and ‘tough’ moments and repeat that cycle to push through and exhaust yourself in the process, suppressing what you really want and ‘soldiering on’—that is an outdated belief system.

Rather, this book will focus on agility, purpose, being present and having really good people around you.

SEE ME AS YOUR CO-DRIVER

A great coach or co-pilot does the journey with you, not for you. Throughout *Radical Self Belief #Adulting The Rally of Life* we will replace chaos, uncertainty, instability and autopilot with how to thrive in high performance. It’s about focus, calm, agility, the awesome element of surprise, and who to delight in all the milestones.

We will replace a white-knuckled ride with a fully engaged excitement that you can handle and that allows you to thrive, be agile and navigate whatever comes your way. Focusing on these easy-to-use tools and tasks will help you clarify the core elements needed for each checkpoint.

Be open-minded so you can identify and acknowledge the roadblocks and the dangers, and then spend the majority of your time working on what you want—and not remaining stuck in the past or in the pain.

With that, you can regain clarity, connection and the confidence needed in life and business to trust your inner GPS. You can remain grounded no matter what is going on around you. Then, we can fully embrace the journey.

KEEP IT SIMPLE

Ultimately, this is more than just understanding the roadmap; it is about actually using it. This means applying the tools to build a solid foundation you can pivot from rather than clinging to old frameworks that no longer support you on the journey.

In these pages, you will find a guidebook of sorts—a practical approach. The techniques in this book are very simple:

- be prepared to let go of old limiting beliefs that no longer serve you;
- be prepared to let go of excuses and stories that are not for your highest good; and
- be prepared to spend at least fifteen minutes on each stage to invest in yourself and really consider the answers that lie on the path in front of you, waiting to be revealed.

Most importantly, this book will give you a framework for regular pit stops, show you the importance of having the right fuel, explain when to take alternative routes, and show you why it is vital to celebrate all layers of the journey.

The models work. They are based on proven results, over 10,000+ hours of coaching and many, many success stories. But don't just take my word for it. In the coming chapters, I will include case studies from clients and global influencers.

Read, apply, write on the pages, print out the worksheets, share and re-read at any moment you feel like you need to come back to base and regain a sense of awareness and accountability.

Whatever got you to this point should be recognised. I would like to gently remind you that in your life, no matter what happens externally, you are in charge of your thoughts, mindset and actions.

Athletes and race drivers draw support for their performance in all areas of life. They have a blend of physical, commercial and mental training. You can too. We all need the same development as, to some degree, we are all athletes.

Are you prepared to really show up for yourself? Regardless of whether you are running a multinational company, a family business, creating worthy change in your community, or leading yourself into newer heights as an individual, parent or partner on your own path to purpose?

It's time to reclaim that sense of inner confidence. Know thyself, build on your own authentic skills, then stand in your authenticity as you work with a team around you to navigate the road ahead.

If you have vision, energy, drive, tenacity, integrity and pure grit when it comes to leading a life you love, then this book is for you.

At times, you may feel alone, overwhelmed, exhausted or just plain worn out and burnt out. I urge you to not opt out. As you work your way through this book, I want you to remember the 10/90 rule. Spend more time looking forward than back.

It's not a Formula 1 track where someone comes in and picks lint off the road before you head off again. It's all conditions, all seasons and predictably unpredictable. But that's where the beauty lies.

Applying the principles outlined here does not simply mean acknowledging what we know we should be doing but also putting your ideas into action. I invite you to come and join me as your navigator as you suit up, step up, carefully select your pit crew, and define your own vital ingredients for sustainable success.

As you make your way through the chapters and checkpoints of *#ADULTING*, you will find the answers you need for a simple approach to decluttering, building confidence and reducing overwhelm in this complicated world.

You will move towards an understanding that change does not have to mean conflict, and that we can approach things in today's complex world with clarity, vision and confidence.

To lean into the unknown, step out of old programming and beliefs and redesign a framework to be agile and embrace the rally of life—for all seasons, all conditions, all terrains.

You are in charge of your destiny. I'm just your navigator.

Welcome to *Radical Self Belief #Adulting The Rally of Life*.
Let's get started.

Nikki