

PUT YOUR
BIG GIRL
PANTIES ON

AND



***Kick Your
Fears in the
Ass!***

Written & Illustrated by Jane Lovas

Put Your Big Girl Panties On and Kick Your Fears in the Ass

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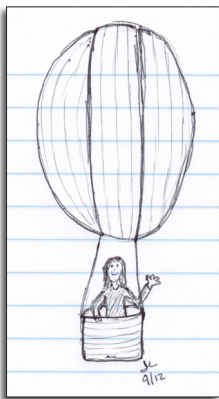
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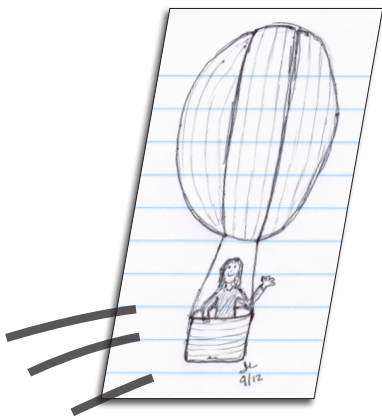
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I invite you to take a trip with me.

The last few years have been challenging for me; I've known there was something more for me, while at the same time I seemed to be blocked and filled with fear. To the outside world I looked like a courageous, confident woman who wasn't afraid of anything, while on the inside I was afraid. But if there's one thing I know I am, it's persistent – I'll keep working it until I get it.



So, here I was – I'd been doing a lot of work on my letting go of my fears, and still wondering when I was going to have the breakthrough I wanted in my life. I started drawing as a way to visualize my fears; and what happened during this process was amazing.

My fears didn't seem so big; ego got smaller, and I felt safer and freer.

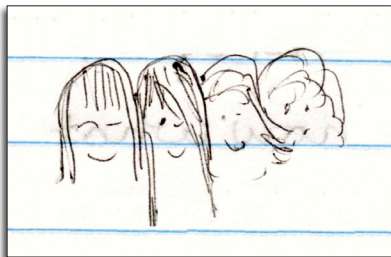


My Shadow

This is who I'm sure everyone sees me as when I'm in stressful situations. It's my image of me when I was about 12 years old. Once I sketched her, I realized how lost she was, and yet not nearly as pathetic as I had imagined her to be.

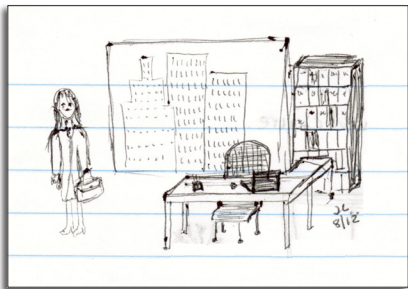


And this is my little Princess; I hid her away when I was about three years old because I thought I had to be the responsible person in my family. She's been waiting a long time to come out and dance.



This is a group of women I wanted to approach and was afraid of – the fear turns out to be an old one. It's that “in” group of girls that I've never felt part of. I just know they're saying “We're it and you're not!”

But... what if they're saying that to convince themselves that they're good enough?



I work with powerful women and my ego loves to yell at me about it. “Who do you think you are???”



This is my Private Self, the me that I let only my closest friends and my family see. This is the self that's fun loving and a bit irreverent. To be honest, this was probably the self that was instrumental in creating these pictures.



And here is my Public Self. This is the confident, sure-of-herself, knows-the-answers self that I let make public appearances.



I'm working on the NEW Me.

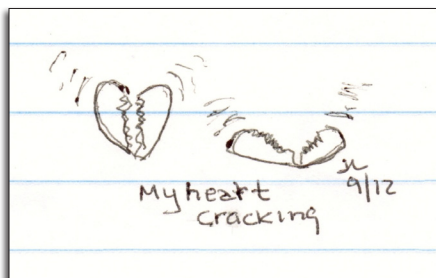
See how much taller I am?



After a conversation with someone who suggested that I reach out to high-ranking women officers, old fears came bubbling to the surface. Those fears are always around to sneak up on me.



Soon I noticed that, as I began to acknowledge and let go of my fears, I was feeling more energetic. At times it felt like I was vibrating with energy.



I kept feeling like my heart was cracking. Soon I realized that it wasn't breaking. My heart was being pulled open to make room for more.



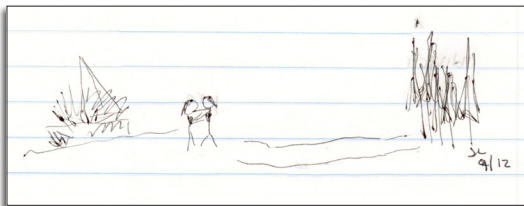
Once I started opening my heart, I had to work at trusting that my heart was being held by the hands of love.



Babies are so joyful. As my heart opens and allows in more love and joy, Baby Rejoice has started coming out to play.



Oh, no, the fear is not all gone. That rock in the pit of my stomach is still sending out waves of negative energy. *And I've done so much work!*



But I'm committed. I've burned the ship and there's no going back. I've got my support group and I'm moving forward, even if I can't see beyond the woods.

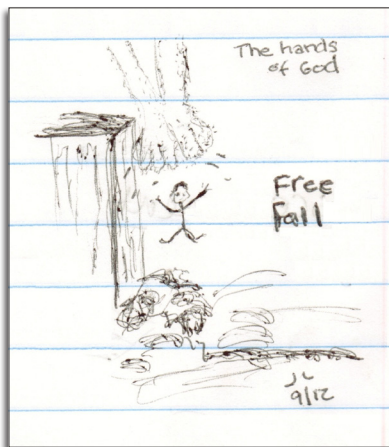


My clients are so happy when they work with me. My purpose is to help them find joy and success by facing their fears and growing themselves and their businesses.



My ego is a little gremlin running all over the place, screaming and yelling and causing havoc – especially as old fears dissolve.

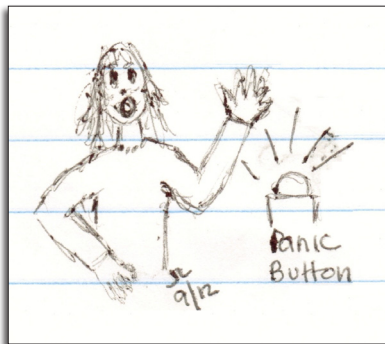
When I face ego, though, he's just not as big and scary as he seems when he's locked in my mind running wild and saying all those fearful things, wanting me to stay small.



I feel like I'm in free-fall. I know I'm going in the right direction, but what do I do now??? I'm afraid I'll crash.

Can you see the hands coming down to catch me up and protect me?

I can't, so I have to trust: wherever I land, my landing will be gentle and I'll be supported.



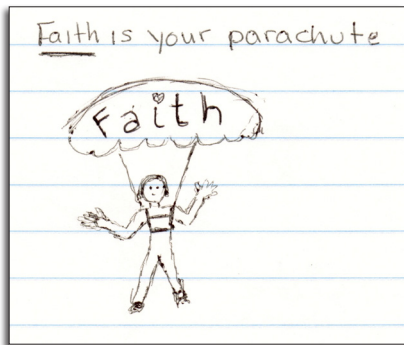
Some days, ego's grip just seems too strong. On those days I push the Panic Button. It's ok to admit I'm in a panic. Once I admit that I need help, the help comes.

This is a hard one for me, because I've usually already made up my mind what the help should be. And it often doesn't show up looking the way I think it should.



Once in a while I actually wake up in a panic. (That ego is so tricky.) When this happens, it's all I can do to get out of bed. Sometimes I have to force myself to get up and start moving. It's hard and it can hurt.

Do I need to step back a bit? If so, that's okay. It's life, and it's just a game. By stepping back, I gain perspective.



And sometimes there's nothing to do but jump and pull the rip cord on my faith. Should I keep my eyes open or shut them? I don't know. Sometimes I just have to shut them!



As I progress on this journey, my Shadow, Public and Private selves are working together, bringing the best of all of me together. I don't see them blending into one Me. I like the contrast of their roles...

The *Irreverent Me* wants to come out to play more (hence the title of this book).

The *Confident, Know-It-All Me* still enjoys giving the answers.

And *My Shadow* is always here, binding us together as a team. She's the one who knows that we're all one and all loved – no matter what.

As I continue on this journey, I'm also beginning to focus more attention on *Little Princess* and *Baby Rejoice*, so they have an opportunity to fulfill their roles as members of the *Me Team*.



Afterword

Put Your Big Girl Panties On and Kick Your Fears in the Ass was birthed kicking and screaming after a conversation with my roommate at a Mindset retreat. We were talking about our fears and what was holding us back from creating what we wanted in life, at the level we wanted. In essence, we were laboring over what was keeping us from playing a bigger game. When I showed her my drawings, she was so enthusiastic. She wasn't the first one to show such interest in my drawings yet she encouraged me to share them by creating a book. Turns out she had the credentials to advise me. She had been an illustrator and fashion designer in New York!

As I got more and more comfortable with the idea of creating the book, I began to share the concept and title with the women at the retreat. Their reactions were amazingly positive.

Now that you know how the book came into being, I'll explain the drawings, and the inspiration behind them.

Even though I have achieved status as an outwardly fearless executive woman, behind the scenes I had been working on getting rid of my

fears for quite some time. I was making progress, yet it seemed as though there was still something that was blocking me. I couldn't put my finger on it. My mother recommended I read a book called *The Tools: Transform Your Problems into Courage, Confidence, and Creativity* by Phil Stutz and Barry Michels.

(As you know, you'd better read those books your mother recommends!)

The steps for each tool required using my imagination. For the most part I didn't think I was a visual person. I was finding it frustrating to practice the exercises for the different tools and not "see" in my mind's eye what was going on. So I decided to try drawing my thoughts.

One of the exercises required me to visualize my "shadow." After I drew her, I felt such clarity; it was so cool to see on paper what I couldn't see in my mind's eye. I also realized that my shadow wasn't as fearful or as awful as I had imagined. Another fear or false belief I have to share is that until fairly recently I didn't consider myself very creative. Sure I could do crafts, but certainly not original creative expression. But by the time I had started reading *The Tools*, I had admitted to myself that I was creative; I just didn't know how

I would express it or even why. I've done some photography (you can check out my photographs on my blog), but when my camera began to misbehave, I had only my phone to take pictures. If my camera hadn't gone on the fritz, I might not have started drawing.

Back to my shadow drawing. After I drew her, I remembered an Intuitive Healer telling me that I needed to spend some time with my Inner Princess. She told me I had shut her off when I was about three years old, when I first started to become an over-responsible member of my family. I remembered a photograph of me at about that age, so I decided to draw it. After I drew these pictures and continued going back and spending time with them, I realized my shadow wasn't feeling quite as forlorn and unlovable as she had felt for so many years. My Princess was slowly feeling more alive. (Let me clarify this by saying that the princess I'm referring to here is the state-of-being that reminds me of Princess Diana, not the bratty princess we sometimes mean.)

What was happening in my therapeutic drawings was that two inner parts of myself, which I had kept hidden for so long, were coming out. And guess what else? I wasn't as frightened of them as

I had been. By bringing them out in the open, the fear I had of them was lessened. Yes, there was even fear around my Princess. If I let her out in the open what would she think of me?

The third drawing I did was the one of four women's faces. I thought these women were representing some women I know. I looked at them and realized that they actually represented the popular girls from high school, the ones whose look, with that simple tilt of the head, said "we're it and you're not!" It really doesn't matter who they are other than I thought they were "in" and I was "out" and not allowed in.

Again the power in facing what I was afraid of in this new way of drawing has brought on healing. When I acknowledge my fears and can begin to put a face on them, the scariness begins to go away. And my drawings allowed me to put faces on the people and things I feared.

In summary, I have found my own tool: recognizing and acknowledging a fear – any fear – and then "visualizing" it on paper rather than strictly in my mind.

I continue to use this tool whenever an old fear pops up. I also spend some time forgiving the

fear, and myself for having it, and then let it go. When a new fear pops up, I do the same thing and keep moving forward. Each time, I find the fear losing its power, dissolving away to nothingness. Sometimes this happens almost immediately; other fears are more stubborn and I have to spend time getting to know them and forgiving them and myself.

I decided I wanted to share these pictures with a friend in whom I have a very high degree of emotional trust. When I showed them to her, she got the power they demonstrated.

I continued to draw, and decided to share them with my business Mastermind group. Their response was overwhelming; it was so positive and understanding. They all felt my drawings needed to be shared with others.

Bruised Ego Alert! *“Who do I think I am??? I’m not an artist, I’m nobody special.”*

But for some reason, I kept feeling compelled to share the drawings. By now I had a series of them and had taken pictures of them with my phone so I always had them with me.

The turning point came when I shared my pictures with my roommate at the Mindset retreat. At this

time, I was also reminded of the Universal Law of Three: When something happens three times, or you hear something three times, pay attention! *The Universe is knocking at your door.*

So, after being lovingly hit over the head by the Universe, here I am sharing my drawings and experiences with other executive women.

I hope you too find this tool a way to help you recognize and move beyond your fears. And if this is a “Number Three” for you, I hope you listen, because there’s something big waiting for you. What is it? I don’t know. I just know we’re all in for a big and exciting ride!

About Jane Lovas

Jane is a Business Therapist, thought leader, author, and speaker who helps Women CEOs, Executives, and Business Leaders make the innovative and personal changes required to foster profitability and business growth. As CEO of Lovas Consulting, she developed Clarity Focus Release™, a model to help companies grow by keeping them focused on where they want to go.

A popular speaker, Jane tailors her messages to her clients and audiences, using personal stories that are delivered with wit and humor. She has facilitated numerous workshops and seminars on change, goals, and various technical subjects.

As an adjunct instructor at Leeward Community College and Hawaii Pacific University (HPU), Jane taught Introduction to Computers. Jane has a B.S. in Information Systems from Park University in Parkville, MO, and an M.S. in Information Systems from Hawaii Pacific University. She has consulted to companies such as Booz Allen Hamilton Inc., Washington Mutual Inc., Fannie Mae, Nextel Communications and XO Communications, where she has a proven track record of successfully turning around failing projects while improving morale, communication, and team cohesiveness.

Jane is also a co-author of *Seen and Sustained: Best Practices in Communication that Increase the Visibility of Small and Diverse Businesses*, with Akia Garnett, Mali Phonpadith and Tamecia Bradshaw.

Jane is highly skilled at conducting rapid assessments of both personal and organizational needs and priorities, zeroing in on potential problem areas, and recommending and implementing workable solutions for both individuals and corporations. Jane also speaks to Organizations, Leadership groups, and Networking groups on topics that include “Success and Failure”, “Purpose and Passion”, and “Engaged Leaders Foster Empowered Employees”.

Jane’s work as a Business Therapist has helped business owners enable transformation by shifting the paradigms around their businesses and their lives.

Want to find out more about what Jane does and how she can help you? Send an email to her at info@lovasconsulting.com or visit www.lovasconsulting.com.

In Gratitude

This book would not have been possible if not for all the people in my life who have both supported and challenged me.

To my parents: Alice and Charles Macnamara, who have always supported everything I have wanted to do and be, and the lessons I've had to learn along the way.

To Ron Lovas: even as our relationship has changed, you have been there for me.

To my sisters and brother: Susan, Liz and Tim, you have challenged me to be more than I am.

To Brian, my brother, who decided that this life was too hard for him to survive. I miss you and wish you were here to share life.

To my wonderful daughters: Corinne, Kristen and Bridget, I know you don't always understand what I'm doing. Someday you will; know that I love you now and always.

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To the co-authors of *Seen and Sustained: Best Practices in Communication for Small and Diverse Business*: Akia Garnett, Mali Phonpadith and Tamecia Bradshaw, for making the dream of my first book happen. You'd think I would have learned, but nope: I have to have yet another book with a mile-long title.

To Ana Melara of Training with Grace, my roommate who propelled me to a place I was ready to go.

To Ann Potocnak of Potocnak Design & Marketing: thank you for your willingness to say "yes" when I asked you to design this book.

Finally, to the Universe, for always being there, even when I have my doubts and don't listen well to your gentle messages.

And to all the experiences I would love to forget about.

*All of you and them have created the Me that is,
and I can honestly say "I Love Me."*