

FIT ROCKER

chick



12

SECRETS OF A BADASS WOMAN



WHETHER SHE'S YOUR BEST FRIEND, your neighbor, your coworker, or somewhere in between .. we all know — and secretly want to be— that girl. There's only one word to describe her - badass. She owns every room, radiates confidence and you can feel her energy a mile away. She looks good, she feels good, and somehow she makes YOU look and feel good just by being around her.

YOU'LL NEVER HEAR HER GOSSIP, won't see her in Target, and you'll most certainly never see her wear baby pink.

SERIOUSLY, HOW DOES SHE LOOK SO PUT TOGETHER and also a little bit like she just woke up from a no-pants-nap? There's no way she woke up like that.

BUT WHEN IT COMES TO TAKING A PAGE out of the effortlessly edgy, mysterious, and oh so rock and roll book of a badass woman... you'll find the unspoken code she lives by.

12 SECRETS OF A BADASS WOMAN

1 SHE'S THE ONE YOU WANT IN YOUR CORNER.

She sees unmatched potential and possibility in you. So tell her “you can’t” and you’re going to get an ear full. When your other friends are just going through the motions, she’s your secret weapon against the mundane. Because to her, no dream is off limits, every challenge is accepted, and she’ll never stop believing in you.

2 SHE KNOWS HER HEALTH IS HER RESPONSIBILITY.

Being healthy is not a birthright. It takes discipline, effort, and focus, but being healthy is a part of living a badass life so it’s non-negotiable. However, a healthy life isn’t about being skinny, having abs, or any other kind of aesthetic. It’s about feeling good in your body, feeling strong, and

feeling confident... and every badass woman knows that’s 100% her responsibility. No one else will fight harder for her health than her. Plus, healthy looks damn good in leather pants.



3 SHE NEVER BLENDS IN.

Her worst nightmare? Wearing the same thing as someone else. She was born to stand out and you know when she's arrived! Her energy is palpable and you can't stop staring at the red lipstick, leather pants, neon heels, and it's almost as though you can hear AC/DC start to play when she walks in a room.



4 SHE'S LOYAL TO A FAULT.

If you're in a pinch or need help burying the body, she's just a phone call away and will bring her own shovel. You'll never have to worry about her informing you that Jane was

gossiping about you either, because if she overheard it, you can bet she handled that shit on the spot... and Jane will no longer be an issue. Or a 6am prayer request? She's got you, boo.

5 SHE SEES HER FLAWS AS HER SUPER POWERS. Criticize herself? Never. Her flaws are her super powers. Her quirks are her secret sauce. She's wonderfully weird and she owns it! Everything that's different about her is what makes her so unique, and just because other people don't understand it, doesn't make it a flaw.



6 SHE DOES NOT DO DRAMA. Go a year without texting or calling her... no prob! She doesn't keep score because the phone works both ways. Besides, real friends can pick right up where they left off. Guilt trips? For safety reasons, don't even try it. But Road Trips are always a big HELL YES!!



7 SHE LOVES JESUS AND SHE CUSSES A LITTLE.

She believes God made her on purpose. That the same God that created the oceans, the moon, and the sky... thought the world needed her too. He made her sassy, strong, rebellious, resilient, loud, a dreamer, and someone who would fight to be a light to the world. Have you ever tried being a light to this world... it'll make you cuss a little bit. Oh.. she also loves tequila and knows that Jesus loves her regardless.

8 SHE UNDERSTANDS THE POWER OF A LEATHER JACKET. Listen, everyone has a spirit animal. Hers is leather. And she suits up daily. Plus days you just have to fake it till you make it, and faking it is just a little bit easier when you at least look like a bad mama jama.



9 SHE'S A LITTLE BIT SCRAPPY.

Tell her she can't do something, she'll do it twice and take pictures. You've got to be willing to fight for what you want, and a badass woman can hold her own.



10 SHE'S NOT AFRAID OF HARD WORK.

She's going to get the job done. Regardless of the amount of dirt, sweat, or tears that go into it.. she's resilient and unafraid. And she will roll up her perfectly worn in jeans at a moments notice to wade through the muck right alongside you.



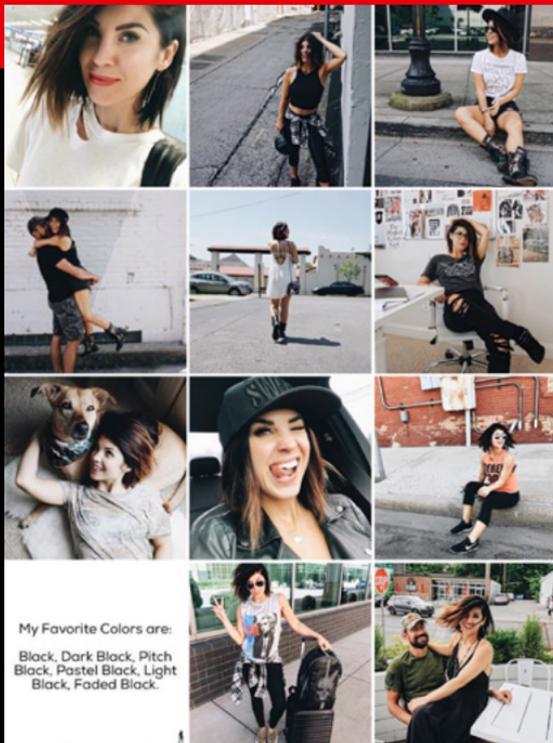
11 SHE KNOWS HOW TO PICK HERSELF UP BY HER BOOTSTRAPS.

Behind every badass woman is one hell of a story, because she's been knocked down more times than most. But she knows we're gonna take some hits and we keep on going no matter what. Women are not emotional basket cases. We are strong, powerful, confident, driven creatures, who will do what it takes and rise to any challenge. And a badass woman embodies that accept ordinary.

12 SHE'S A DREAMER AND A DOER.

She's sure of herself. Standing tall and walking confidently into every situation. She has VISION .. a vision bold enough to ask God for a SUN STAND STILL dream! She says what she means even when people call her crazy. She does what she said she was going to do, whether she feels like it or not. There is no dream too big because the opposite of impossible is ordinary.. and she will never accept ordinary.





LET'S GET SOCIAL

I'm on all the social platforms the world has ever known but Instagram is my absolute favorite! Come hang out with me there by tapping on my handle below.

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