



The Complete  
Woman's Manifesto  
By Corry Robertson

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# The Complete Woman's Manifesto

## INTRODUCTION

### Why you?

It is time to acknowledge the yearning to live in a conscious, vibrant and positive way.

This Manifesto is about leadership throughout the shift that is occurring in the world today. The paradigm of the past no longer serves humanity and it is time for people like you to see that you are leading the business world through your everyday choices, actions and reactions, both as a consumer and a business owner.

You have come to this moment because you know you are a leader with great contributions to make to this world.

Is your energy replenished by the mere thought of making an impact on humanity, one that will wake others from the base state of fulfilling those ego-driven desires and petty, empty wants that always fail to satiate the inner hunger, the gnawing sense of starvation they feel? Is it time to wake them up with the gentle nudges, pats, tickles and whispers that revive the sleeper in a way that allows her to greet the new day with a peaceful yet powerful sense of beginning and optimism?

The time has come for you to read and absorb this message. There is something here for you. It is my great blessing to be aligned with you through our common approach to business and its place in life.

### Why me?

I have always believed that all people are able to realize their unique potential and are capable of achieving greatness on their own terms.

When each of us shows up as individuals who have harnessed the potential within, not only will our minds, bodies and spirits be powerful, but our children, our homes, our places of business, our nations and our planet will be healthy. We will live in peace and we will enjoy prosperity.

My role as a business coach is to contribute value and meaning by supporting individuals through positive transformation and sustainable change leading to their own achievement of personal greatness.

I wrote this Manifesto because I am on the same journey as you. Although our footprints may not ever be side by side, we are linked. You and I belong to the same tribe.

My quest in life has been to learn, to seek, and to understand how to discover, uncover and then share the deepest knowledge within me.

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Still, a jarring and painfully abrasive voice shouts through the inner ear of my soul, demanding to know who the hell I think I am to step forth and join the joy-makers of humanity. Its voice rattles with rage in its efforts to hold me down, restrain me and silence me from sharing my message.

Today I gather the courage to explore and articulate these thoughts with a sharing intention. This inspires me to write for you. I feel the thoughts that now surge through my mind with clarity. They stream down to my fingertips, as they dance on the keyboard to form words crafted into a coherent message. A message coming through me as well as the many, many others who share the Calling, I am sure.

I recognize the angry and scolding entity as it creates anxiety and nervousness within me. I call it by its name: Self-Doubt. For so many of us, that nasty gremlin sits on our shoulder and insists 'you cannot do it'.

The gremlin is a liar.

My gremlin of Self-Doubt causes pain in my stomach, a headache, and seems to litter my chair with tacks or something equally discomfoting, making it is hard for me to settle down. This is a powerful and demanding gremlin, so I have obeyed it and turned my attention to petty details that create busyness in my day, yet nothing of substance. This gremlin is the servant of the Ego, as Eckhart Tolle describes in *A New Earth*<sup>1</sup>.

I absorb the drug offered by my ego, and call myself a 'perfectionist'. I go on to focus on insignificant details, or some other label that feeds the ego that keeps me small. I seek snacks, the need to return phone calls, to tidy the kitchen (followed by the rest of the house), run errands and generally focus on the list of *Very Important Things*, that as a *Very Important Person*, I must do.

By day's end, I have produced nothing except evidence confirming that those feelings of Self-Doubt were reflections of reality all along. Yet they were just feelings, not the truth but the gremlin named Self-Doubt, the servant of my ego, claiming victory on yet another day.

I have realized on my quest that my experience is shared by many; and so, the paradigm is shifting because the collective is waking up to the truth that the ego is a liar. A better way is becoming clearer every day, not just to me, but to others who are communicating these thoughts, and to people who are reading these words, like you.

We are a tribe, and this Manifesto is for us.

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<sup>1</sup> Tolle, Eckhart. *A New Earth: Awakening to Your Life's Purpose*. Penguin Books, 2005.

## **PART ONE: THE ENVIRONMENT**

### **Business in the shift**

This Manifesto is about business and its place within the quantum<sup>2</sup> shift the world is currently experiencing. These words will resonate most in individuals who have the desire to be leaders not only in their profession, but also in the world at large.

The great paradox of my message is that it sounds very simple, yet it is highly complex and demanding.<sup>3</sup> It will likely resonate far more with women, not because of an intentional act of exclusion on my part, but simply because I embody, embrace and cultivate strong feminine energy. I make no effort to mute or translate my message into anything other than what it is. It is my true authentic voice, if you will, and I am happy to share it with anyone who will listen. I would be delighted if this work influences men in the same way I believe it will resonate with women.

In the business sphere, there is an emerging acceptance of language that is inclusive of concepts that relate to love, light and life force energy, words formerly reserved for describing concepts such as "God". Terms like God, The Universe, The Source, and The Divine are interchangeable to me and like-minded others.

I have always believed that business is an organic life form. The path and decisions you take regarding your business are extensions of you, your beliefs and the way in which you choose to live your life.

Clearly, a business will take after its owner, as a child takes after his or her parents. Your business and life choices will be reflections of each another. Do you work to honour and embody The Source, or to appease your ego?

### **As go I, so goes the World**

This question is at the heart of the Complete Woman. She is a woman who is serene and content, and who knows her mind well. She is a woman who has made conscious choices based on a clear understanding of her values and vision, and who now commits to herself and to success on her own terms. This woman not only forgives herself for her own human shortcomings, but also allows for the innate imperfections of others, and embraces them.

The Complete Woman has set the intention to succeed in business by working consciously and enjoying the quality of a rich and rewarding life. While this is an

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<sup>2</sup>Quantum is a term used in physics to describe the smallest quantity of energy that a system can possess according to quantum theory; also (loosely) a sudden, spectacular or vitally important force (*The Collins English Dictionary*, 9th Edition, 2007.)

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individual roadmap, it likely includes love, kindness, health, wellness, balance, joy, prosperity and abundance, not only for herself and her loved ones, but also for everyone around her.

The Complete Woman cares for her family, her community, and the planet. Her business thrives because she can link her work directly to the service of humanity and to global human experience.

### **We are all connected**

It is an often-neglected truth that as we go about our day, each of us will affect humanity in some positive or negative way. No matter how insignificant you may consider your work, it is by no means that. The quality of your energy will make an impact on those around you.

Recall the analogy of the butterfly effect. A butterfly flutters its wings in Africa; half a world away, it causes a hurricane in Cuba. Your actions are equal to the fluttering wings of this butterfly.

You may never know the full extent of your contribution to an outcome, so you must be conscious of “fluttering your wings” for a positive outcome in every situation.

In order to do this, the Complete Woman must be clear on the causes for which she stands. She is able to stay true to her cause without harming anyone around her.

This latter point is critical, because there is an important difference between strongly espousing your beliefs and taking a clear stand, and turning your beliefs into weapons to inflict pain upon others. When you come from a place where your beliefs are turned outward, offensively, you create a situation I call the Toxic Dump.

Let me give you an example of this.

### **The Toxic Dump**

My husband, children and I attended an autumn bonfire party not long ago. The hostess gathered us and other loved ones to enjoy the spectacular turning of the leaves that we call “the fall colors” in my part of the country.

She had obviously invested hours in creating a special day for her guests and we were all very happy to be there to share in this lovely time. The setting was exquisite with festive displays such as haystacks, carved pumpkins, and decorative gourds. The food was fresh, homemade and bountiful, beautifully laid out on the harvest table.



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Eventually the hostess noticed that one of her guests was not eating. She spoke to the guest, to make sure he was all right. In response to her enquiry, he stated "There are only plastic utensils and paper plates here. I refuse to use these things because they are bad for the environment."

This comment, while clearly reflecting the guest's deepest beliefs, was a most unwelcome toxic dump on our hostess. Everyone who heard it felt the recoil of nastiness, as though it were a physical assault. His words had hurt, insulted and embarrassed both our hostess, and through its ricochet, those of us who were using the cutlery and plates his words were denigrating.

It is true that items like these are generally considered damaging to the environment, and many people have made a conscious choice to avoid them. However, in supporting this cause by denigrating, insulting and embarrassing someone else, we neutralize and toxify the original positive intention of serving humanity. Using words and actions that hurt people creates emotional and spiritual pollution, a negative energy which is just as toxic to humanity as plastic and paper.

Imagine also the toxicity and acid build-up this guest's negative energy created in his own system as he judged the hostess for her choices, focused his attention on disapproving the choice of utensils, and went hungry instead of enjoying and appreciating the wonderful festivities, beautiful day or loving energy moving so freely among us.

### **When a good idea goes toxic**

My friend Julie described another example of a toxic dump not long ago. It occurred as she was completing her studies as a nutritionist.

Julie was very devoted to eating well and building a family lifestyle based on her strong values around food choice. It was important to her that all foods that did not meet her criteria be banished from the house, and that all members of her family (her husband and 2 teenage daughters) embrace her values as strongly as she had.

It did not take long for Julie to realize that despite outwardly seeming to agree with her values, in fact, her family was secretly consuming junk food. She would find candy wrappers stuffed between the bed mattress and box spring. She would spot potato chip packaging and receipts from fast food outlets under the seats in the car. Her anger at their deception caused friction, and she often found herself ranting and raving at her daughters and husband over their sneakiness and lack of commitment to healthy eating.

Looking back on these events today, Julie is able to laugh. She can now see that her strong devotion to establishing healthy food choices literally drove her family underground, since they did not believe they could consistently live up to her high

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expectations and standards. Her strong values were creating a rift between herself and the members of her family, forcing them to sneak behind her back and lie to her.

### **Cleaning out the Dump**

In time, Julie came to realize that her rigorous attitude was creating a toxic dump that neutralized the benefits of her healthy food choices. When this reality became clear, Julie realized that her views on nutrition were her own. She could not force her loved ones to embrace them in the same way that she had.

The scientific truth is that people are healthier when their internal systems are alkaline as opposed to acidic. A healthy, well-balanced diet will support alkalinity in the body, while junk food and other unhealthy choices create an acid environment. Stress causes the body to produce acid, just like junk food and other unhealthy choices do. Peace supports alkalinity.

Julie came to realize that the healthy meals she lovingly prepared for her family became neutralized by the stress and anxiety she was creating in forcing them to embrace her ideals. Although she was bringing healthy food into the home, Julie realized she was also bringing her own toxins, creating an unbearable and stressful environment, whose effect on her family was the same as if she had brought home a large bag of burgers and fries.

To defuse the stress and negativity, Julie used her knowledge of nutritional science to gain greater clarity around this issue. Instead of confrontation and toxic dumping of her issues onto her family, she elected to teach through setting an example of peaceful living, and chose to respect her family's boundaries on the issue of food choices.

The Complete Woman knows that the way to engage others is by embodying whatever positive example you wish to promote. Those around you will observe for themselves that you have created a quality of life that is desirable, one that they themselves crave. They will join hands with you naturally, without coercion, tantrums, lecturing or soapbox speeches.

We are responsible for cleaning out our own toxins before we can hope to clear out anyone else's issues. Otherwise, the result merely moves the toxins around, spreading them into an ever-deepening sludge.

The purpose is not to bully and shame others into doing things our way, but rather to illustrate through right action and thought that the old ways are now harmful and damaging, and seek a better path in harmony and understanding with those around us.

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