

I Don't Give a D*MN!



A Self-
Motivation
Guide to
Living Free

Written by:

AVONDA
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This guidebook will aid you through the four stages of the process, to reach the I Don't Give a D*MN! mindset. At this level of awareness, you are ready to conquer your greatest fears and achieve your wildest dreams. You are your own imagination in action, and you are the creator of your own reality. When you truly know this and are ready to put this knowledge to practice your life will never be the same. Your mind will be free to elevate to the highest levels of *I Don't Give a D*MN!* in all its glory. It is all up to you to put this guide to practice. If you will think about it, you will be about it! And that ***it can*** be whatever your imagination can conceive that you can believe.

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1-**Think It:** *Define Your Desire*

Only you can decide what you want to have or to do.

For most, deciding what to do is the hardest thing to do. It requires commitment to the unknown and the uncertainty of the unknown can be too overwhelming to overcome at times. That uncertainty, at times, is so overwhelming that other people become uncertain for you, don't they? There you are, minding your defining desire business, getting your dreams all laid out how you want them, almost reaching the heights of *I Don't Give a D*MN!* mindset, and **BAM! @#\$**, here they come the dream killers. The faith stealers, the negative know it all, the naysayers, the unbelievers, the imagination smashers, you know them, **HATERS!** Here they come, trying to tell you what is not possible and why they do not think this will do this or that. All the while

now, you start to catch their fear and then you try to find loopholes in your dreams to fit the fear described. You start saying what if this, if that and before you know it, there goes your dreams unfulfilled. Now your miserable back on the “*Lord why not me train*” or the “*It will happen on God’s time cruise ship*”, back unhappy with them. Are you not tired of this cycle yet? I know I was tired of being in that constant loop of developing negative thoughts and emotions. I got tired of letting other people’s opinions take my attention away from the goals I set for myself. It was not until I focused, in my mind, on what it was that I was really trying to achieve. That I started to see specific expressions of things that I desired and showing up in specific ways in which I wanted them to happen. From this I have learned that deciding is the easy part, sticking with

the decision despite its popularity or understanding by anyone, place, or thing outside of yourself is the not so easy part. But if you do, stay focused on the things you desire and not let outside influences distract you. You can have what you want, you can be who you want, and you can do what you want to do.

Living free starts in the mind first.

The question is, are you ready? Are you ready to free your mind from limitations and lack? Are you ready to acknowledge that your world is the image of the thoughts you subject yourself to thinking? Are you ready to think positively consciously and deliberately about yourself and others? If you said yes to being ready, right here and now, decide your desire, decide to have the life or job, business, love, money

Definitions

Affirmations: positive phrases of desire

State: physical conscious awareness of self

Acting: using your imagination

Atmosphere: energy

Belief: living in the assumption of the thought

By heart: feeling it

Conscious: you as I AM or your awareness of being

Desire: ask and it shall be given to you

Expect: have faith in or feel

Faith: living in the assumption of being the thought

Fear: doubt in action or worry

Hope: belief

Minding your business: cultivating your mind to think positive thoughts of desire

Past finding out: beyond human capability to understand

Sat with myself: meditate

Subconscious: your awareness of the feeling of being that you are aware of being

Uncertain: fearful

Universal Energy: the conscious mind and subconscious mind; the creator of life

Wishes: negative/positive words said of self or others

Your problems: negative thoughts in action

Acknowledgements

I have been blessed to learn from the great expert teachers like Neville Goddard, Napoleon Hill, Abraham Hicks, and Frederick J. Eikerenkoetter II, better known as Reverend Ike. I first learned these teachings on YouTube and then got their books, recordings, and tapes. For the past 5 years I have been studying and learning about myself and I wrote this guide to give you a slight shortcut on compiling the most relevant methods to attaining whatever your heart desires. I want to thank these teachers and those who made their works accessible. I hope the same will be done with this guide for years to come. Much love, thank you.



About the Author

AVONDA Anderson has led a wonderful and extraordinary life. She has over 40 years of life experience to share from raising kids to landing top jobs in corporate America and starting your own business. She is a serial entrepreneur and knows what it takes to get what you want when you need it or want it most. AVONDA has spoken on panels and has been featured on several local and international media outlets highlighting her contributions across business industries including creating beauty consumer brands, to consulting in Tech, Manufacturing, Financial Services and Sports and Entertainment.

AVONDA is a proud Queen Mother, Mother, Daughter,
Sister, Aunt, Cousin, Niece, and Friend.



Because of you, I AM!