



CLARITY
+
CONFIDENCE
=
COMMITMENT.

WITH LOLITA E. WALKER
[OF LOLITAWALKER.COM](http://LOLITAWALKER.COM)



A NOTE FROM LOLITA

WELCOME, MY BEAUTIFUL FRIEND.

Hey Friends!

Super excited to meet you by way of this download.

Can I just give you a HUGE Kudos!? Why? Because YOU took immediate action and helped me to reach my podcast goals of 100, 5-star reviews. But here's the thing! You didn't stop there.

You are helping me to reach my next goal of 200. And here's the kicker!! A Phenomenal Woman, who I met on the Clubhouse app, is also ready to HELP ME WIN. So much so, that when I reach 200 reviews, each of your names, beginning on 10/8/21, will be entered into a drawing for a **1 WEEK COMPLIMENTARY STAY** at her luxury condo in Laguna Vista, Texas.

THANK YOU SANDRA DURAN! I am sooo appreciative of your graciousness and your support.

Ms. Phenomenal Woman, my goal is to challenge your thinking by helping you to sit in the power of your pause. It is to help you increase your clarity, confidence and commitment. It is to get you moving more toward where you want and deserve to be.

And my appreciation doesn't stop there. **I've added in a few bonuses.** Through excerpts from my first book, *The Intersection of You & Change* and poems from my soon-to-be released second book, I trust that you will receive a few nuggets that will help you to embrace, act and thrive differently and more intently.

Lolita E. Walker

Founder of Walker & Walker Enterprises

www.lolitawalker.com





THE ME BEHIND THE NAME

WELCOME, MY BEAUTIFUL FRIEND.

I am Lolita E. Walker, your certified life, leadership & executive coach, TEDx and motivational speaker, author, podcaster, mommy, business owner, poet and all around accountability partner to you! WHEWWWWWW!

I help you navigate the uncertainties of change, leap over beliefs that limit your progression, drive increased clarity, confidence and commitment and help you to intentionally shift to your bigger, better and bolder self.

May the pages within this document meet you where you are and propel you to greater heights. I look forward to connecting further and farther WITH YOU, whether by way of 1:1 or group coaching, my podcast, retreats, affirmation cards, my book, and many more services and products.

Let's connect!

Lolita E. Walker

Founder of Walker & Walker Enterprises

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LOLITA'S 3C EQUATION

clarity + confidence = commitment

FOR SUCCESS & LIFE

THE 3C EQUATION FOR SUCCESS & LIFE

Clarity + Confidence = Commitment



1. CLARITY

When you choose to shift the lens of which you are viewing your circumstance and the world, you walk, talk & behave differently and more intently.

2. CONFIDENCE

When you gift yourself permission to sit in the power of your pause, you become increasingly aware of your strengths, your values and your self-assurance.



3. COMMITMENT

When you possess clarity and confidence, it results in a commitment of dedication, accountability and results.

CLARITY + CONFIDENCE = COMMITMENT

10 STRATEGIES TO DRIVE INCREASE CLARITY, CONFIDENCE & COMMITMENT.

by Lolita E. Walker
Will you commit?

- C**ount on your vision to shift you to intentional action.
- O**ptimize your network by navigating with deep curiosity.
- M**ake way to move mountains by leveraging your voice.
- M**ove distractions to the sidelines where they belong.
- I**gnite your fire through vulnerability and courage.
- T**ackle difficult conversations head on.
- M**assage accountability into your healthy habits.
- E**xplore your endless possibilities.
- N**ormalize saying "yes" to you.
- T**ake charge of the greatness that is housed within the true essence of YOU.

For an additional deep-dive into these 10 strategies, schedule a 1:1, free consultation- click bit.ly/LolitaConsultation

AN EXTRA SPECIAL BONUS JUST FOR YOU

WITH LOLITA E. WALKER
[OF LOLITAWALKER.COM](http://LOLITAWALKER.COM)

EMBRACE. ACT. THRIVE.

IN YOUR GREATNESS

When we choose to **EMBRACE** where we are because we are clear that our circumstances do not define who we are, **ACT** in our strengths because we innately walk in them daily and **THRIVE** in our greatness because tomorrow is not promised, we begin to walk, talk & behave differently and more intently. We communicate and show up with a magnetic type of swagger.

May the words and soul work that I share with you today help you soar further and farther on your journey to "E.A.T." change to nourish you.

EXCERPTS FROM MY BOOK

THE INTERSECTION OF YOU & CHANGE

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Stop 3: Be Free Boulevard (from The Intersection of You & Change book, from Lolita E. Walker)

BE FREE

Believe in your strengths and open your mind to now explore
Expect moments to have meanings which propel you to soar
Face your fears head on, yet hold them at bay
Release what is not progressing you on today
Experience the unexpected, what you would normally let pass by
Embrace the renewed you who is now free to fly

Welcome to Be Free Boulevard!

Not only did I write this the creed to govern my business, but it serves as the boulevard that pushes you to dig deep within yourself and define what “being free” means to you. The beauty of this stop is that “being free” is defined by you, and only you. To me, it is living unconstrained. It is releasing yourself from fear, anxiety, stress, and all other distractions that impede you from living in your purpose and in your happy place. Where and what is your “be free?” It is being able to close your eyes and dream until that dream comes to life? Is it pushing boundaries and limitations to the side? By confidently looking forward and relishing in your “be free,” you are destined for greatness. The only thing standing in the way of your progression is you. Allow yourself space to be and live free.

BE FREE: *the creed*



Believe in your strengths & open your mind to now explore
Expect moments to have meanings, which propel you to soar
Face your fears head on, yet hold them at bay
Release what is not progressing you on today
Experience the unexpected, what you would normally let pass by
Embrace the renewed you, who is now free to fly



**BE
FREE**



Empowering YOU to embrace, act, & thrive in change



BE FREE: *a bit of soul work*

QUESTION #1: · WHAT DOES “BEING FREE” MEAN TO YOU?

QUESTION #2: · DESCRIBE HOW YOU FEEL WHEN YOU ARE FREE?

QUESTION #3: · WHAT IS IN YOUR WAY OF LIVING WITH THIS “FREE” MINDSET?

QUESTION #4: · LIST 3 WAYS YOU CAN SHIFT OBSTACLES AND DISTRACTIONS TO THE SIDELINES SO YOU REMAIN “FREE.”

QUESTION #5: WHAT ARE YOUR NEXT STEPS MOVING FORWARD?

EXCERPTS FROM MY UPCOMING BOOK

TO YOU, FROM ME

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We each have so much potential within us that has yet to be unleashed. It is seated deeply within the crevices of our soul. Sometimes it is hidden by fear. Other times, it is shackled by doubt and expectation. Occasionally, it is paralyzed by comparison. Whatever is in the way of releasing what God has gifted to you at birth, it's time to **LET IT OUT!**

Dear Unleashed Potential is a poem that reminds us that we have greatness seated within us. When we choose to explore the endless possibilities that are within, only increased happiness and discovery are on the other side.

My upcoming book is a collection of letters and poems that speak to the many facets of you. Enjoy.



EXCERPTS FROM MY UPCOMING BOOK

TO YOU, FROM ME

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**Dear Unleashed Potential,
Can we talk?**

**Hey there.
I didn't realize that you were right there
beside of me,
inside of me
and let's be honest,
I didn't realize that you were handcuffing me
at the same time.**

**Hey there.
I'd love to invite you to spot
the intensity of my unleashed potential.
Today, I unlock the imaginary shackles to my mental,
as I stencil these words directly to you.**

**The pins and bolts that are holding me,
are now bolting me,
to unearth my inner unleashed potential.**

**Hey there.
How did I walk past you
and not see you standing right there?
Blame it on my mind and not on my heart,
that is beating in anticipation of you,
Dear Unleashed Potential.**

**An excerpts from an original
poem by**

Lolita E. Walker

For the remainder of this poem, plus over 40 additional, stay tuned to lolitawalker.com

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HELLO FUTURE SELF

What if you could talk to your future self? What would you say?

In the triangle titled "BEFORE," write Dear (insert your name), three strengths that I see in you are (insert three of your strengths).

In the triangle titled "AFTER," write Dear Future (insert your name), I see you. You are standing right here because you chose to leverage your strengths by (insert remaining sentence).

Say your "AFTER" statement aloud, remembering that these are your strengths. When doubt, fear or uncertainty creep into your mind, remind yourself that your future self is in arms reach to you and go grab all that you want and deserve by being you bigger, better and bolder self!

BEFORE



AFTER

JOURNAL TO POWER YOUR
VOICE

IN THIS MOMENT, I FEEL WHAT?



MEET THE AUTHOR

LOLITA E. WALKER

Lolita's zone of genius is leveraging the power of her voice to pull out, then pour into others. She excels as a sought-after transformation specialist. Her company, Walker & Walker Enterprises, is at the helm of a movement to inspire and cultivate clear and confident leaders and diverse teams to be more in-touch, productive, balanced, and solution-focused. This personal & professional coaching and consultancy specializes in helping you feel the power within your intentional pause. Lolita's team helps to navigate foreign spaces that may appear intimidating at the onset then seamless as a result. Whether through coaching, speaking, teaching, podcasting or other products and services, the work of Walker & Walker Enterprises will successfully navigate you farther along your journey.....by first focusing on the foundation of you.

"You are greatness that others have yet to see - including yourself." - Lolita E. Walker

HAVE QUESTIONS?

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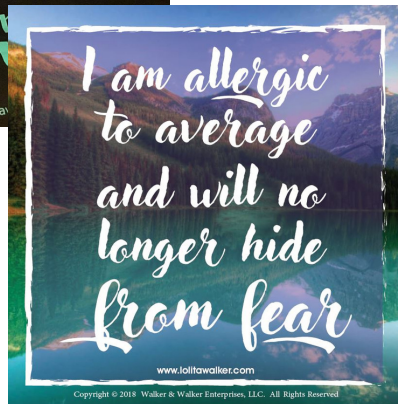


ADDITIONAL RESOURCES?



ADDITIONAL RESOURCES?

- [PODCAST - CLICK HERE](#)
- [TEDX TALK - CLICK HERE](#)
- [BOOK - CLICK HERE](#)
- [CONNECT - CLICK HERE](#)
- [GROUP COACHING - CLICK HERE](#)



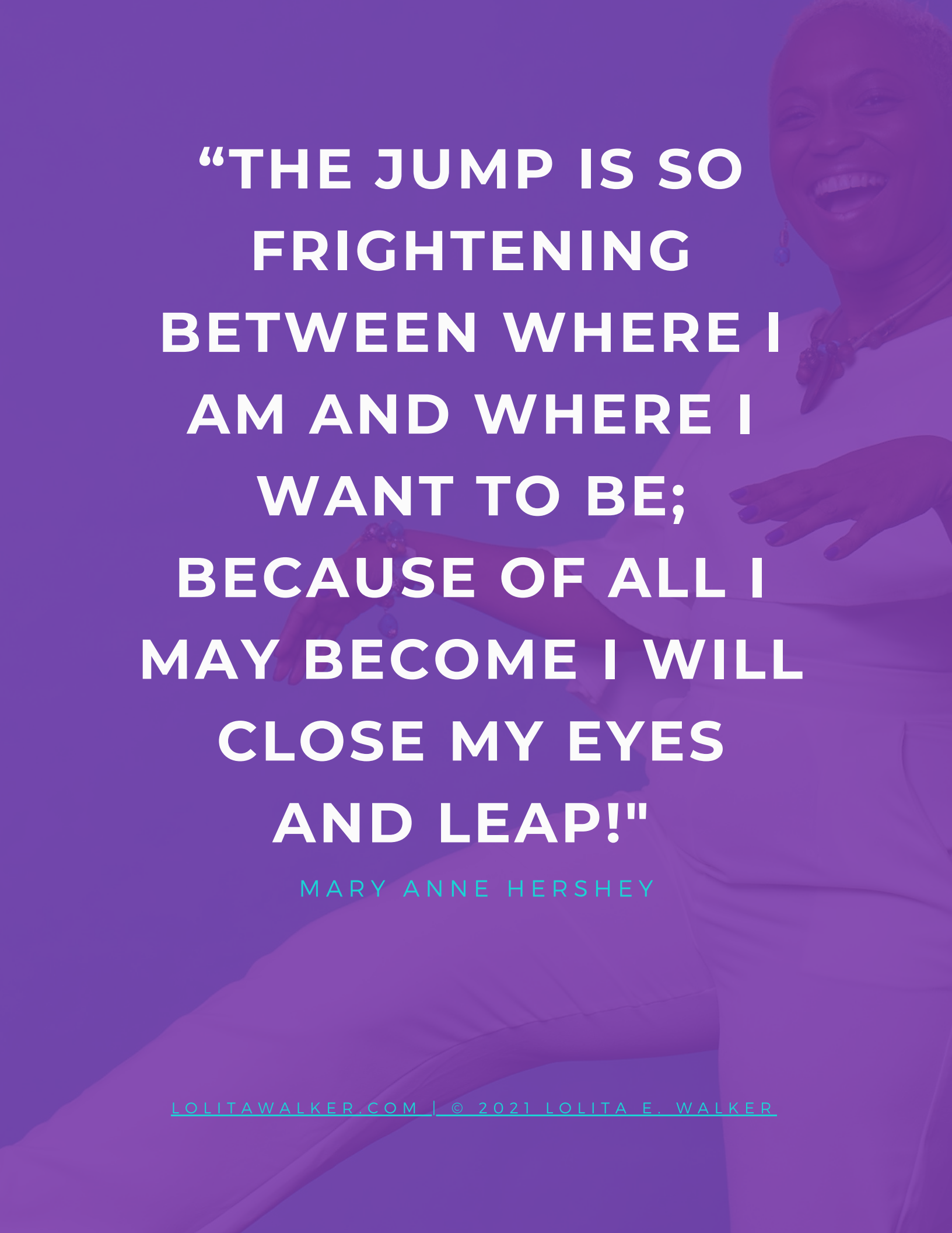
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A smiling woman with short dark hair, wearing a white dress and a necklace, is shown from the waist up. The image is overlaid with a semi-transparent purple filter. The text is centered over the image.

**“THE JUMP IS SO
FRIGHTENING
BETWEEN WHERE I
AM AND WHERE I
WANT TO BE;
BECAUSE OF ALL I
MAY BECOME I WILL
CLOSE MY EYES
AND LEAP!”**

MARY ANNE HERSHEY