

As young girls, we dream big dreams of finding our Prince Charming and living the successfully every after fairy tale – *but then life happens*.

I know, because it happened to me. I found myself waking up at a point in life wishing it was a bad dream. I knew I wanted a different ending to my story, but I was wallowing in my “bless her heart” moments and trying to drown the hurt with gallons of sweet tea.

Then I sucked it up, realized I controlled my own future and started making my own edits. Just as an editor uses proofreader marks to make stories more readable and understandable, we can use those same edits in life to add more clarity, success and joy to our stories.

WHEN IN DOUBT, DELETE IT! shows you how to change your life with five proofreader marks – delete, insert, move, begin, and stet.

Learn how to:

- delete things holding you back.
- insert qualities and ideas that help you grow.
- move toward what brings you happiness.
- begin adding new experiences to stay out of a rut.
- remain true to yourself.

If you're ready to start a new chapter, *Author Chellie Phillips* created 36 Life Edits using her 20 plus years of experience in team building, mentoring and corporate public relations to show you how to take control of your choices and beliefs, so you'll be ready to walk through the door of opportunity when it opens for you.



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**AUTHOR
ACADEMY** elite



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Be Your Best You

Once you prove to yourself you can beat the impossibilities you set for yourself, it opens you up to believing that in so many areas of your life.

OUR PROBLEM IS not lack of ideas, but the lack of activation and energy that accompanies those ideas. Unless you marry the idea with an action, you will kill it. I see that all around me. At work, we do things the same way over and over because that's how it's always been and wonder why results never change. In life, we look for that one way to make our passions a reality. How many of us have lists and lists of things we want to accomplish, and they stay right there on the list?

So, you've got the ideas, and you're ready to dust that list off and put some action to them, but there's a voice in your head that says you won't succeed. You need to become an expert—a self-expert.

We all have a set of unique gifts or strengths. We all have a set of values and life experiences that shape our thoughts and point us in the direction of doing work that we love.

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How many of you have been told (even by yourself) something is impossible? There's something that changes inside of us, and it transfers into all areas of life when you prove them (or that voice in your own head) wrong.

I put that into practice a couple of years ago.

For me, this came from a decision to run a half-marathon in 2015. I've never been athletic. Never been what you call in-shape. And never had a lot of body confidence. But my journey to 13.1 miles changed me—and not just physically. Here's what that journey looked like:

Dec. 31, 2014

My friends laid down the gauntlet. "Let's sign up for a Rock 'n' Roll half-marathon in Nashville. It will be in April. We've got plenty of time to get ready." (2)

Jessica already had two marathons under her belt. Tessa and Kadra were already miles ahead of me, in both running and fitness. Both had won age division awards in 5Ks. My fastest 5K was 41 minutes. I'd never ran one straight without walking breaks. I was 44, ten years older than the closest member of my group.



I was literally nauseous the day I clicked the link to register for the half. It took me two hours to hit the submit button. But there I was selecting a name for my race bib. I chose sheer will because I knew that was what it would take to get me to the finish line.

Jan. 4, 2015

I downloaded a training app. (1) I made it three days and hit the first roadblock. Sick-throat and ear infection. I still managed to get on the treadmill for a bit, because I'm determined not to get

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behind. I knew we signed up as a group, but I knew it would be an individual effort. I had to find it within me to push past the fear and not let failure catch me. The finish line was merely the beginning of a whole new race for me.

My workouts continued through January, adding an outdoor track to get off the treadmill. I was determined to follow the plan and make my best effort at the 13 miles. I signed up for a 5K in March, thinking it would be a good test to see if I'd improved. I can't see myself ever enjoying a 5am workout, but I was getting it done whenever I could.

Jan. 24, 2015

I started week three of the training. Fifty minutes was my longest run so far. Later this week, I'll move up to 62 minutes. I can't wait for it to get easier. Everyone says it will. (I really think everyone lies.) I want it to be less painful every day. My knees and hips make me feel every one of my years. But, I still have that feeling of accomplishment. It's never been my character to do this kind of thing and stick with it. Doubling up the training—the regular workouts with the running—has been hard. I made a promise to myself. I intend to stick with it.

Jan. 28, 2015

Today was killer for me. I had a horrible night at the track. Legs felt like concrete. Hurt. Painful. My slowest time in a long time. 18 1/2 minutes for a mile. I was dejected but trudged through the whole 62 minutes.

Feb. 7, 2015

I don't know what's been wrong with me. I cried all morning, and I'm not sure why. I made the decision to meet the group for a long run today. I was so worried about holding them back. Internally, I carry too much negativity. Jess stayed right by my side, and my other two encouragers were right there too. In the end, it was painful but not unbearable. 6.33 miles averaging 15:09 min/mile.

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I did half of the half. In a couple of months, the full thing will be in reach. Mind blown. Today is the first day I felt like it could happen. The Mr. Mister song “Broken Wings” was playing in the jeep on my ride home. It spoke to me. Yes, I’m crying again. We’re all broken in some way. We’ve all got to find the inner strength to fly again.

You can feel sore tomorrow, or you can feel sorry. No giant step does it. Just lots of little ones. It’s the lack of faith that makes people afraid of meeting challenges.

Feb. 23, 2015

So, the last week has been like a reset for my mind. I know you hear what you need sometimes. I listened to Kevin Ekols (he’s one of Alabama Coach Nick Saban’s secret team weapons and a great motivational speaker), and he reinforced what started a couple of weeks ago for me on that 6-mile day. (3) (4)

You’ve got to get that negative talk/feeling out of your mind. You can do anything you set your mind to and work toward. What you speak becomes. Only I can decide how I am going to feel.

My mirror now has the phrase “I am strong enough and fast enough,” written on it. The same saying is on a card attached to my computer monitor at work. I repeat it to myself throughout the day. This weekend I got four miles in—each under 15 minutes. Tonight, I deadlifted 100 pounds and push pressed 55 (30 times).

I am strong enough.

I am fast enough.

I am pretty enough.

I am smart enough.

I am enough.

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Feb. 24, 2015

Four miles under an hour! Sore as rip from last night, but I still did it!

March 7, 2015

Brittany Shepherd Pugh
5K today

Best time ever for me
– 40:56.

Excited.



March 21, 2015

Having to skip days due to work and meeting schedules but loved the feeling of improvement today. Three miles averaging 13:26 pace.

March 28, 2015

10 miles today!

2 1/2 hours

Today sealed the deal for me. I really think I can make the 13.1 miles. I was tired but not beat by the 10 miles. Tried out the Stingers for taste. Worked ok. Ate about an hour before (breakfast casserole). That seemed to be good.



Apr 25, 2015

“
You did not
wake up today
to be mediocre
”



Be Your Best You

April 11, 2015

Had a 7 1/2-mile walk/run today. Worked the hills again. Did six miles on the hills last weekend. They really work on my hip and hammies! Kadra and Tessa came over today. Of course, they left me in the dust but always kept coming back to check on me. It's two weeks before Nashville. Rolling, stretching, and chiropractor! Sitting on ice packs, and now I have one wrapped around the knee! I will make it through and to the end!

April 18, 2015

One week from today is the half. I'm excited and nervous. I'm alternating between both all the time now. Can't believe it's almost here. When I signed up four months ago, it seemed like I had forever. Now, I'm trying to figure out what to pack. Electrolyte, chews, socks, who knew! Got in four miles of hills today. Kept it under 14 minutes each. Best time for me on them yet.

Printed off all my race info, waivers, registration, and parking information. I can't imagine 35,000 people doing this. I can't wait to get there and get finished!

Strong enough, fast enough—my goal 3:30:30.

April 21, 2015

T-minus 12 hours until the road trip to Nashville. The weather forecast is not looking promising. No matter, we'll persevere. I alternate between excited, nervous, and ready for it all to be over. Played golf today; enjoyed it and the sunshine. Can't believe I'm this close to doing a half marathon—me! Friggen journey through hell.

I'm lucky to have had people by my side through this whole process. Loving me every step of the way. Pulling me through some of them. No matter the time the watch shows Saturday, I'm proud of how far I've come.

But dear God....please just help me finish!

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April 24, 2015

It's the day before the run. We've been in Nashville since Wednesday. We did a lot of sightseeing. We'll finish it together. We're headed to the expo to get our packets and officially register. I'm worried about the weather, but at this point, it'll be whatever it is!

April 25, 2015

Left this morning around 5:30 a.m. Ended up walking about two miles to the start. Traffic was crazy downtown. I can't even begin to tell you what starting in a sea of 35,000 was like. Colorful. Controlled chaos. Loud. Friendly. There was music on every corner. Everyone was cheering me on. So much local support in the neighborhoods.



They had signs that said...

But did you die?

You trained for this, but my arm is killing me from holding this sign the past 2 hours.

You're the (poop emoji).

Burpees and running!

So many people were along the course cheering you on. Kids handed you lemonade and water. Bands played. Signs and posters everywhere. Melissa was my perfect companion. She pushed and was encouraging along the way.

Someone should have told us you need to practice using the bathroom in sweaty running gear in a porta potty. You should also practice grabbing water cups along the route too.

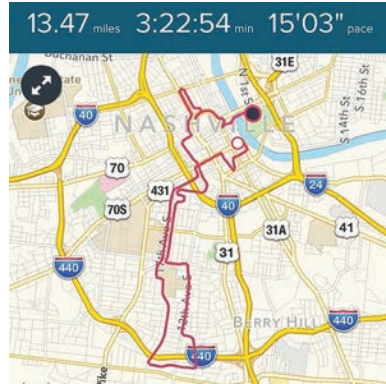
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What an awesome feeling crossing the line at 3:22!!!!!!!!!

I was ahead of my 3:30:30 goal!

I got a new 13.1 magnet for the car.

We finished the day with food and a concert. I need to think about the rest before putting it on paper. Wouldn't have believed this a year ago.



April 27, 2015

So, I've had a couple days to soak in the half marathon. I still can't believe I did that.

Mile 12 became all mental when my legs started cramping, but I pushed through it. Melissa pushed and encouraged me all the way through. It was such a great atmosphere—all those neighborhoods, all those signs, and the music. It all made you focus on the event, not the steps you were taking.



The hills were killer. I'm not even going to lie about that. Who the hell does a Nashville half as their first one? And that whole "there's always a downhill on the other side" is a flat out lie.

It was a fabulous feeling crossing that line under my time. Way under the time I originally signed up for. It's still hard to think of myself as an athlete or runner—but I am. I trained. I hurt. I pushed. I cried. I finished.

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Am I done? With running more than a 5K? Maybe. I've come too far to quit totally. I'm not where I want to be. But I'm not focused on that right now.

It's more about the steps of the journey. The belief in yourself. The knowledge you can accomplish things that didn't seem possible 12 months earlier. The idea that nothing is unattainable. I'm still a work in progress. I always will be. That's ok. I don't have a deadline on being the best me. I'll always challenge myself and grow.

To choose not to means we've quit living. And I'm not done yet. (Stiff still! Rolling! Stretching!)

What does my journey have to do with anything? If nothing else, it's to remind you that your story grows with you. It's evolving and changing.

Once you prove to yourself that you can beat the impossibilities you set for yourself, it opens you up to believing that in so many areas of your life. So, I'll ask you one more question—what is the work/goal/idea you've been told is impossible? Now, go out there and prove them wrong.

Believe in you—yes, it's a skill you can improve

Self-confidence, by definition, is a feeling of trust in one's abilities, qualities, or judgment. Many people say you are either born with it or you're not. I would argue it is a skill you can improve with a little work.

When you begin to believe in yourself, you change thought patterns from doubt to a feeling that you can accomplish anything no matter what adversity stands in your way. That belief can begin with simple self-talk. Wake up. Look in the mirror and tell yourself that you can, and you will. Or, pick any mantra that feels right for the situation. Start each day by telling yourself you know you've got whatever comes your way.

With repetition comes belief. The more you do, the more you will believe you can do. Each win or success will build on the last. Celebrate those wins. Make mental notes of why they worked. Use what you learn on your next project or idea.

Don't let failure stop you. How many people do you know who bail on an idea or dream because it doesn't work out on the

first try? Grow from it. Learn from it. Pick up the pieces, and try again.

The world is filled with enough people who will tell you that you can't do something. Don't join in the choir. Turn off the negative talk in your head. Each time a negative thought creeps in, stop and replace it with a positive one.

Finally, share the skill with others in the workplace. Catch a co-worker doing something amazing. Comment on it. Share their win. Improvement comes even faster when you recognize good. Quit only pointing out flaws, and watch how motivated people become and how the morale of your workplace improves.

Want a deeper edit? 1. *What's on your list to accomplish that you haven't married with action?* 2. *What mindset is limiting your belief in yourself? What tool do you have to burst through that roadblock? Write your mirror mantra.* 3. *How can you spread belief in other areas of your life? Where can you praise a co-worker or friend and share in their win?*