

PHENOMENAL
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THE 7 HABITS OF A QUEEN



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*Welcome to THE 7 HABITS OF A QUEEN E-book,
written and prepared for you, by me with love. The Author Victoria Grant.*

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No matter your race, culture, age, marital status, level of education or income bracket if you are a woman then you were born a Queen. 'That is your birth right.'

I am just here to remind you of some of your amazing gifts and to further introduce you to a few habits you can begin to create within your own life to further enhance your regal and royal qualities.

In His-story we have been led into believing that we 'Women' are not equal to Men. And the truth be told 'this is right. We are far superior to our male counterparts.'

Women are the creators and the foundation on which this planet survives. And without our divine connection and ability to regenerate the source of all that is life, Mother Earth would surely not have survived as long as SHE has. We are Everything.

I honour you Queen and I see you for who you truly are!

So never apologize for your passions, your fire or your warrior spirit.

You are a woman and you are insatiable. Harness your powers from this day forward and relish in your Royalty.

If the habits below resonate with you then it is indeed my wish and intention for you to please incorporate those into your own life. But don't just take my word for it, trust your goddess-given intuition and let it guide you always in all ways.

Your truth never lies....

There is no right or wrong way for you to act, be, feel or behave and with or without the Habits listed in the following pages you are and always will remain a Queen. Someone else's opinion about you is theirs alone unless you agree with it so stay in your power and remain your authentic self.

So, without further ado let's begin!

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~You Get in Life what you have the Courage to Ask for~ (Oprah Winfery)

- **Courageous** - Queens in their truest nature are courageous. Throughout Her-story since the dawn of day women have been multi-taskers, known to be the managers of the land and the children and there have always been many challenges that we have had to overcome to ensure the safety and the protection of both the family and the property. Before the ages of patriarchy and before the rule of 'Men' it was both natural and necessary for women to become warriors and fight alongside their male counterparts and these strengths and innate powers are still evident within us all today. Still, the multi-tasker and protector of the children and even more women are now often both the bread winners and providers, acting single-handedly as the head of their households.

~Nature is my Medicine~ Unknown

- **Close to Nature** - Mother nature is our planet's womb, and as women, we are all connected by the spirit of mother nature. We are intuitive and nurturing and we are designed to use our bodies to create life and deliver souls. Because of our deep connection to nature a Queen's powers work at their best when she is grounded and close to everything natural. Natural foods, natural and essential oils, candles, crystals and herbs, and spices. Women are in touch with everything. And the closer you get to nature in as many ways as you can the more these powers will evolve. Stay aligned with your bodies and menstrual cycles as this too is where so many of our magical powers lie. When you need rest take it and always listen to the guidance of your inner voice. When we are on our menstrual cycles it is at this time that our intuitions insights and dreams are of most use. Whenever you feel as though you're getting overwhelmed take a walk-in nature, have a nice candle lit bubble bath or just relax and focus on your breaths in meditation. Stay calm and withdraw. Women are also empaths and we, therefore, take on the pressures and the burden of the world. Be careful not to allow energy vampires to drain your essence. Queens use nature to fuel them and they also protect their energy at all costs.

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~I am ONE with the very Power that Created Me~ (Louise Hay)

- **Creative** - If you didn't already know then I'm here to tell you that creativity is yet another one of our powers. Just as being involved in nature bring about healing and alignment with all that is for us women, the same must be said for creativity. Us Queens were born to create. No matter where your talents or skills lay, I can guarantee that when you operate at your fullest when you are given creative control and freedom to express your most authentic self. If you are currently working at a job that you are not enjoying that may be the reason why. As women in today's world, we have been forced to tap into our masculine energies and act logical, decisive and assertive. working within strict constraints and deadlines. Many of us Queens work in male-dominated environments and industries and as such we have been made to tap into our masculine energy sources far more often than we should be. Masculine energy is logical, decisive and assertive while feminine energy is calm, receptive and lives in the moment. When you are living in your bliss as the Queen you are then you must strike a balance between the two energies. The arts, wellbeing, nature and being around children are all ways for you to stay in touch with your creativity, you are a creator and that's where your happiness is found.

~Integrity is doing the right thing when no one is Watching~ (Unknown)

- **Integrity** - If you say that you are going to do something then like the famous sportswear brand say's 'Just do it.' When you are acting from your integrity it leaves little to no room for procrastination to creep in, as instead of thinking only about yourself you are considerate of humanity. When you envision the queen that you truly are within your mind's eye and then take the actions required to align with her daily it proves that you are in control and as a result, you become more confident and empowered to recreate even more momentum to be your best self. Being a Queen means that you are fully aware of your entitlement to the best of everything, including material items, relationships, feelings, and environments. If you have a goal in mind that you are wanting to reach and there are specific steps that you need to take to achieve that goal then create rituals and routines to help you stay motivated along the way. Don't be easily distracted by what's going on around you and try not to let your emotions rule the day. Whether you feel like it or not, to get to where you want to be in life there will be times when you must practice integrity to, and discipline overcome

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~In a World where you can be Anything be Kind~ (Unknown)

- **Kind** - Be kind to yourself and kind to others. It takes no greater effort to be kind than it does to be unkind, and by now you are surely aware that what goes around comes straight back around. A real Queen is kind and practices kindness regularly. When you notice that something is bothering you in yourself or another then you are always faced with two options. Be proactive and consciously create the feelings that you prefer to experience in that moment or become reactive thus relinquishing your power to the external factors that present themselves. Nothing in the world has meaning until you place meaning upon it. Therefore, there is no reason for you to make a negative judgment about anyone or any situation. See everything that happens in your life as a blank canvas allowing you to decide from the unlimited field of potential what meaning you would like to attach to it. This way you are always being the conscious creator of your world.

~A Confident Woman is Positive~ (ISAIAH 51:11)

- **Confidence** - It is no secret that when a Queen enters the room everyone knows about it. She walks with an air of grace and her head held high, no matter what her invisible (or at times visible) crown remains firmly attached. Confidence is having an unshakeable belief in yourself that you are capable of overcoming, engaging and facing whatever is presented in your life. You know now that you are the creator of your life so always remember that you will never create anything that you cannot handle. Even when situations or circumstances have seemed unbearable in the past you have managed to get through it. Know this going forward and instead of ever panicking when things are going left say to yourself 'this too will pass' and act at that moment with confidence and surety. Don't hope that things will work out 'know that they will and act accordingly. Have this mindset and you will be able to accomplish anything and everything you desire. The opposite of confidence is fear, and fear is an illusion, a belief that a future event will turn out negative. When Queens feel fear as they often do, they simply replace it with confidence. So, whatever your facing 'feel the fear and do it anyway.

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~ I AM Woman, what's your Superpower~ (Unknown)

- **Joyful** - Life is supposed to be enjoyed not endured. It is supposed to be fun! Queens are happy and smile often as their lives are filled with pleasures. And so is yours! Your perception is your reality and being joyful is simply realizing that you can find joy or at least smile at any given moment. Doing the opposite and keeping a frown or feeling low is also true. Even if you decide that you have No choice 'that is still choice' So choose happiness and make your life the adventure that you intended it to be when you were born. Think of it like this if you want a happy existence while you are here then find happiness in every moment, after all, happiness is a journey destination. The more joy you find, the more joy will find you. If you are engaging in activities that don't excite you regularly then it's imperative that you recognize what these are and stop them. And the same goes for the people in your life, take stock and decide who's adding value and who's not. The ones that are negative or choose gossip and destruction over kindness and encouragement need to go. When you are surrounded by people or places that are not positively adding to your progression then they are taking away from it. After a while, these situations can leave you feeling depressed or even worse. You must protect your energy and always be aware of who and what you let occupy your time and space.

There are many habits of a Queen and I'm sure that you are living proof of all of the ones listed and so much more. Sometimes we as Women just need a quick reminder of our power, sovereignty, and birth right.

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I hope that you have enjoyed reading the **7 Habits of A Queen** and that you continue to shine and prosper on this journey through life!

‘Stay classy and fabulous Queen, I see you’

Your Author and Friend - Victoria Grant

Do you want to be confident, happy and successful in all areas of your life?

Would you like to have more time to focus on the things that bring you joy, or just find your passions and create abundance?

Most women have been led to believe that they can only achieve success in one or two areas of life, but what if I told you that was a lie and that you really could have it all.

Well you can and in my **Phenomenal Woman Program** I will tell you the exact secrets that I have used to go from broke & homeless, to a happy personal development author and coach!

If you are really ready to start living the life you intended when you chose to be here then [CLICK HERE](#) for more information.

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