

E3: Choose You...FIRST!

In this powerful episode, Master Life Strategist Andreene Boothe goes underneath the skin of why women over-give. She deconstructs the inner workings of your inner critic. She tells you how to change the conversation so your inner critic recognizes who's in charge. And she gives you tools to reconstruct the you--*the real you*--who will choose you...*first*.

About Andreene

Andreene Boothe, Master Life Strategist & LifeStyle Coach is the Founder and CEO of Andreene's Corner, a Sacred Space in the World where Women's lives are enhanced with practical life strategies to help women be the best version of themselves.

To date, Andreene has served many women with tools, resources, training and support, establishing Andreene as the go-to expert for women who want to do life on a higher plane and, in turn, reap higher life experiences and live the life of their dreams.

Her coaching philosophy is rooted in spiritual principles, strategic planning, inspired action and implementation.

She is also the Leader of a thriving Facebook Community called Fly & Fearless Woman. In this Space Women are awakening to their true identity and harnessing the Power that lies within to take their lives to the next dimension.

Andreene understands that identity, individuality and intimacy is the catalyst to a powerful and meaningful life. With her signature program, The Sacred Project, she has given women all over the world the permission to see themselves as the Magnificent beings they truly are, and as result, they have manifested dreams they once thought were only imaginable

In this episode, Andreene offers insights into

- How you get past your Inner Critic to access your Inner Value
- How your daily regimen sets the stage for who is in charge of your life
- The importance of Divinely Appointed voices that awaken the sound of your own voice
- The mindset that brings more into your life

Things that made us go hmmm

"When you don't know the value that you bring, nothing will ever be enough."--**Andreene Boothe**

"When I realized my Inner Critic wasn't going anywhere, I realized I had to have a different kind of conversation with her."--**Andreene Boothe**

"When you are in certain church arenas, you can't hear your own voice."--**Andreene Boothe**

"God is not holding any grudges against you. God is not mad at you."--**Andrenee Boothe**

"You've got to have enough courage to walk away from what no longer serves you."--**Andrenee Boothe**

"Choose you."--**Andrenee Boothe**

"When you celebrate where you are now, you make room for more."--**Andrenee Boothe**

For all things Andrenee Boothe

[Website](#)

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What were your aha moments? We'd love to hear them!

To dive more deeply into today's episode or to get answers to specific questions, join other Enough Warriors at [Enough Factor Connect](#).

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Interested in being a guest?

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