

## **ROY, WENDY**

**Title:** Musician, Author and Entrepreneur/Activist

**Vocalist / Songwriter:**

Heard through venues such as NBC and Fenway Park  
Songwriter of Boston's Anthem, "You're in Boston"

**Author:** "You Know You're a Glam-Granola Girl If..."

**Entrepreneur / Activist:**

Created "Glam-Granola Industries"  
Forming "Progress Through Comfort Association"

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### **A message from Wendy**

**For an Improved and New Quality of Life...  
Let's Get UP to the Truth**

Congrats to all who are holding this wonderful book right now.  
You should be proud of yourself for being interested in the most important  
subject matter of your life: Your own well-being.

Taking a look at oneself and learning the skill of self-reflection is the very  
first step towards living a successful and peaceful life.

Like most of us, things were not just handed to me, so I worked hard to get to  
where I am today. I learned a couple of things early on that helped me to get  
to this place of personal success and peace, and I'm honored to share them  
with you now.

## **Life is EASY for Kids?**

First, I have to start off by saying that one of the worst things I was told growing up was that life is easy for kids and that when you are an adult, that's when things get hard. When I heard this I thought, "Wow...what's coming next? It definitely doesn't feel easy now." It was as though there was nothing to look forward to. This is said to many of us growing up.

Do not listen to that!

Let adults say it, but inside you don't have to believe it.

Being a kid does have many benefits and joys, so you should relish those things. But adulthood has its many special delights too, and when you are grown and doing well, you usually have more control over your life than ever. So fear not. Exhale in this knowledge. That said, let's move on to what else I've learned.

## **Learn to LOVE YOURSELF**

In this moment, you can decide to learn to like (and eventually love) yourself. This comes from practiced self-reflection and acceptance. To begin this journey, know this: We are all here because we are supposed to be. Whether you were an "accident", or planned birth, you are here because you were created to be here. Period!

Life is yours for the taking; you are just as worthy as every other person here on earth with you. You don't have to wait for others, even family, to validate who you are as an individual.

Not everyone has a strong family system to depend on, so often times we must create our own sense of self and happiness through careful choices and decisions.

So, take the time to think about what you like about yourself for a bit each day. You can visit what you'd like to improve upon later. Sit with what you love about yourself for a few months.

Take feedback from others, but consider the source, and don't let the negative have power over you.

Accept the good and release the bad. Surround yourself with people who you are comfortable being around, and who reflect your good qualities back at you.

Do things that you enjoy each day. Create, read, learn...just breathe.

### **Practice “Emotional Self-Responsibility”**

The third thing I learned on my journey towards personal success is that one must become emotionally literate and practice “emotional self-responsibility”.

This is when you own your own “truth.” When you take ownership for your true, deepest thoughts, fears, intentions and actions/reactions. It's done without blame toward others, and \*without harsh judgment on ourselves.

At the start, it is more than a little challenging to be honest with yourself. You could feel lost and defensive. However, once you make it through the beginning of it all, and realize that you are a worthy and valid person, no matter what, you develop a thicker skin just knowing your place in the world. Then things become clearer...and your goals are more within your reach.

Know that your accomplishments, grades, and talents help to define you, and are a part of you, but they are not all that you are. So strive to live a life of balance:

Honor your worth as a great human being just by being here, and by being a part of your surroundings. Then take emotional responsibility and action to achieve your own success.

### **Life Skills Curriculum**

We deserve to live our lives armed with precious life skills, but they must be taught to us. We can't be expected to instinctively know of and possess them.

We have the power to start creating an environment that validates us as individuals, right from the start. An environment that nurtures self-learning,

and teaches life and coping skills, creating a palpable, solid sense of self-worth in all.

One of my greatest goals is to develop and implement a required life skills curriculum in our schools. Self-understanding and possessing the capability to communicate with others should hold at least as much importance as passing science and a standardized test.

And if we direct our energy and passion toward one common goal, making these necessary life skills a priority, we may very well end up with the better world that we are trying to build.

### **Wendy's Musical website**

To find out more about my musical career and hear some of my songs, please visit [www.WendySings.com](http://www.WendySings.com)

### **Wendy's Glam-Granola website**

My gift book, celebrating those who are glamorously holistic, will be available this November in select stores, sites, and at a discount through my G.G. website at [www.GlamGranola.com](http://www.GlamGranola.com) (G.G. bath and body products to come.)

### **Behind the School Wall**

This book is such a great resource for teens, parents and teachers. It encourages us to think about, and really question, what we do and feel... We can only begin our walk towards a peaceful society once we commit to the development of emotional literacy and empowerment in our youth.