



THE
BE MOTIVATED
BE COURAGEOUS
BE DYNAMIC
VISION TO ACTION
WORKBOOK

MARLINE C. DUROSEAU

AGENDA

10:30 AM	WELCOME
10:40 AM	MAIN GOALS 2024 - REFLECTION
11:15 AM	MAIN GOALS - Action Taken?
11:30 AM	Budy Jamilly Whitfield, LCSW SEGMENT
12:00 PM	MAIN GOALS - ACKNOWLEDGEMENT
12:30 PM	MAIN GOALS - NEXT ACTION STEPS
12:50 PM	TIPS TO OVERCOME & ACHIEVE GOALS, TASK TRACKER
1:00 PM	CLOSING REMARKS- Follow Ups



SPEAKERS



MARLINE C. DUROSEAU

Marline C Duroseau was born and raised in sunny Miami, FL. She can confidently accept and describe myself as a grounded, humbled, and accomplished woman. Born to Haitian immigrant parents and raised in the neighborhood of Little Haiti, she remained destined to make my parents proud. Marline is a successful CFO, CPA, and Leadership Business Executive with a 22-year career. She is also an Educator, a Doctoral candidate, and an Entrepreneur. Author and Speaker are the additional accomplishments that can now be added to the list.

“WOMEN MATTER MCD PRINCIPALS:
BE MOTIVATED, BE COURAGEOUS, BE DYNAMIC.”



BUDY JAMILLY WHITFIELD

Author | Therapist | Coach | Speaker - Budy (pronounced Beauty) Jamilly Whitfield is a Licensed Clinical Social Worker with over 18 years of experience as treating, children, adolescents, women, and families in the areas of complex trauma, anxiety, depression and a host of other adverse experiences. She possesses an innate ability to build relationships with those who have experienced significant adversity and has been successful in creating environments where people feel safe to share their stories and begin their healing journeys.

As a certified trauma therapist. She launched the Beauteous Me Podcast and coaching program. and now expanding her niche into coaching women. She is also the owner of Beauteous Mind LCSW PLLC, a therapy practice for BIPOC to heal from intergenerational trauma and daily stressors.

“HELPING WOMEN LEVEL UP BY BREAKING
THROUGH LIMITING BELIEFS AND ACHIEVING SELF
CONFIDENCE”



REFLECTIONS

01

Reflect on goals set for 2024. What is your MAIN GOAL for 2024?

02

Is your MAIN GOAL for 2024 still the same or have you changed it?

03

Have you accomplished that goal? What is % of completion?

04

What have you done for that goal so far?



ACKNOWLEDGEMENT

01

List some of the thoughts or reasons that are seemingly prohibiting you from either working on OR achieving your goals.

02

Do any of the below resonate with you in some form? What thoughts come to mind when you hear: Self-doubt / Imposter Syndrome / Work-Life Balance / Financial Restrictions / Discipline / Focus / Lack of Motivation / Confused (What are some other reasons not listed here?) (Open Share)

NEXT STEPS

03

WHAT'S NEXT: Ways you can combat these NON-PRODUCTIVE THOUGHTS and begin to TAKE ACTION and move forward. (Open Share)

04

TAKE ACTION: For each reason shared about why you're stuck or feel you can't, write down a word, solution, why, or how you can.



MCD TIPS

MCD's Tips for Overcoming Non-Productive Thoughts and Achieving Your Goals

1. Keep track of and celebrate your wins!

- o Set realistic goals
- o Set realistic timeframe
- o Use a Task Tracker
- o Check tasks / goals off as you go on

2. Recognize and understand what's keeping you at a standstill.

- o What is causing you to be stuck?
- o Stop, clear your mind and identify

3. Silence those non-productive limiting beliefs, self-doubt and CHALLENGE that inner critic!

- o Immediately respond or replace those silenced thoughts with positive ones
- o Tell yourself not only you will do, but how you'll do it

4. Don't compare your goals or progress to others' goals or progress.

- o Why?
- o Complete this phrase: "Comparison is the _____."

5. Recognize the difference between confidence and competence.

6. Nurture your growth and resilience mindset.

- o Think forward
- o Think big
- o Think DONE

7. Remember the priority is to learn and grow, not be PERFECT.

- o Normalize and embrace your setbacks or non-wins
- o Accept them as learning experiences instead

8. Find and discuss with a trusted support system or community. It is OK to seek out help.

- o Licensed Therapist
- o Faith Advisor
- o Connect with peers
- o Accountability sessions with others
- o Experts or Mentors

Luke 1:45 "Blessed is she who believed the Lord would fulfill HIS promise to her."

Be Motivated – Be Courageous – Be Dynamic



MCD TASK TRACKER

DATE:

POMODORO COMPLETED:

WHAT IS THE POMODORO METHOD?

- Decide on the Task to be done.
- Set the Pomodoro timer to "n" minutes (Traditionally 25).
- Work on the task until the timer rings; Check the circle once you completed one Pomodoro.
- Take a short break (3-5 minutes).
- After four Pomodoros, take a longer break (15-30minutes).



