

# SUCCESS IN BEAUTY

THE SECRETS TO CONFIDENTLY  
FOLLOWING YOUR DREAMS EFFORTLESSLY



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## Pulling the Threads of Your Life Blanket... Are You Naked Under There?

I have always had this innate ability to connect with people, partially because I am not afraid to speak to strangers and partially because I am so curious for the answers that I am willing to ask the questions. Either way I am not afraid to speak my truth as they say. Others are sometimes offended by my openness, sometimes saying TMI Bonnie... Or they are just staring at me thinking "I have never asked myself that question or thought about it like that". In my ability to share myself it at times unravels others, but that is the trick to connection sharing of yourself, just be prepared for the possible consequences.

Let's look at the consequences and how your good-natured connection can be used against you.

### **Consequence 1:**

Most people don't want to be exposed, they like the blanket or veil they are hiding beneath, so there is a chance they will avoid connection as it uncovers a potential deep feeling or past experience's in them. These are the **Naked Avoiders**

### **Consequence 2:**

Others will use your empathetic approach to dump and download on you and expect solutions, advice and problems solved from your curious and caring nature. These are the **Emotional Addicts**

**Consequence 3:** People will gravitate to you like butter crème frosting and look to you as a new, warmer and sweeter blanket to hide beneath. These are the **Enabled Junkies**.

### **Connection Era**

No matter what level of connection you may provide or hope to achieve with the avoider, addicts and junkies, they're out there. They can and will use you, abuse you and take from you until they blame you, judge you and leave you for making them feel like the bad person. We sometimes don't see ourselves in these areas and inevitably someone gets hurt or feels offended. It seems like I read one of these stories on Facebook at least once a week. Some dear friend or even best friend turns on you and speaks their truth and disappears in a wake of massive confusion, uncommunicated expectations and unresolved communication. Poof! They are gone. You are left with what did I do, why would you say that to me, what happened that I don't understand, how can I apologize for something if I don't know what it is? What just happened? This is a new coined term called Ghosting. It has personally and in business and it leaves you with 2 feeling.

1. **Why would they do that to me?**
2. **What did I do to them?**

In both of these scenarios, I want you to hear this, "people don't do things to you they do things for themselves" in other words we sometimes in our relationships underestimate or don't think about all the impact our words and actions have on others. I want you to be present in this moment right now... It may have been something you did, but not to directly to them. It may have been something you said, or are doing, it may have been your own life hurts or inadequacies that you have expressed looking for a sympathetic ear, only to get backlash because while you are unraveling the threads of your life blanket, without knowing it you pulled at theirs too.

**Connection** for the most part is the most effective way to grow and prosper. Think about it, if you are isolated and not connecting with others then how you could prosper. There are many songs in the world about how we are all one and our innate need to connect with others, from a physiological stance to procreation to sharing common interests and hobbies. But how does that explain the intimate relationships we need with others past our procreating years, the ability to have a connection with a person in a truly intimate way, whether that is a friend, business or marriage relationship.

As humans we are emotional beings the emotional connections we must have as individuals is critical to our survival and sustainability. This is no joke, you have heard of people in long time relationships once losing their partner end up dying from a broken heart. They see no reason to live without that connection and maybe feel too old or scared to establish new ones. So what is going on in our high tech society when connections are happening a billion times a minute via the internet, social sites and more... and none of it is human connection? Is that still connection? The kind we need to survive or is it showcasing symptoms like a drug that we are becoming addicted to our phone and the internet.

Human connection in its most authentic form would never be considered an addiction but instead true compassion and empathy for human kind. I see myself on the hot seat of feeling isolated, lonely or just bored and reach for my phone to connect instead of other alternatives like taking a walk, meditating, calling a friend or family member or just going to a place like Starbucks to be around people to feel and experience connection even if it starts out as false connection it leads to me feeling more connected. Are we addicted to the connection of our smart devices? Is this new kind of connection altering our ability to truly be present with others and be naked! The Naked Truth...

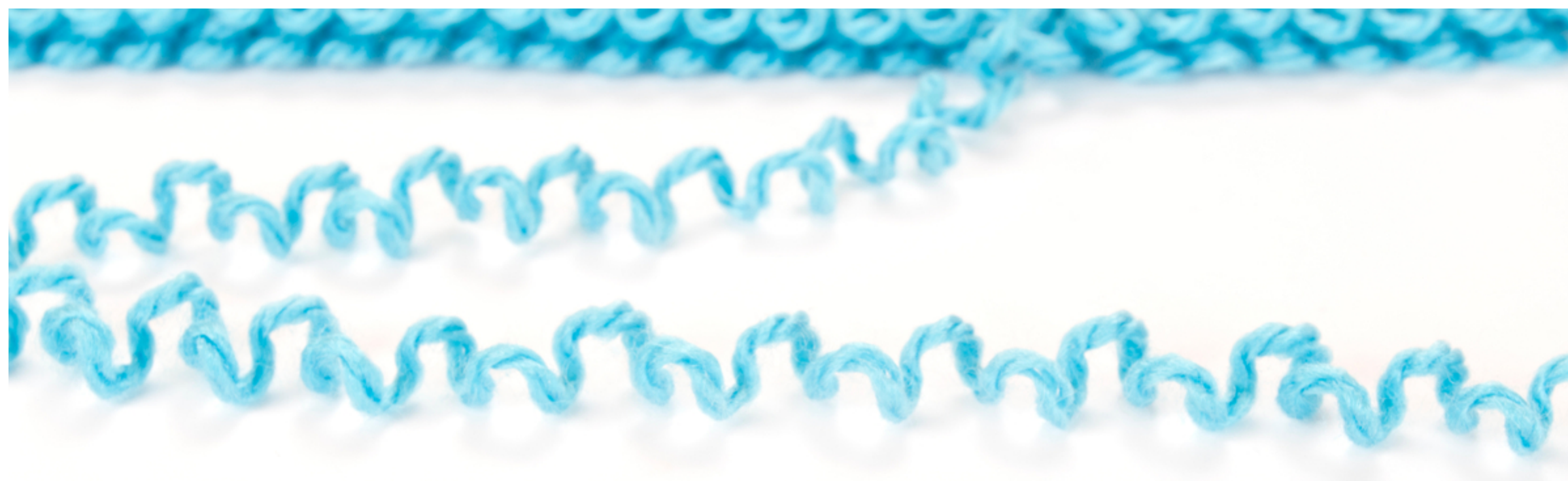


Of course when I say naked it means uncovered from how the world may see us and allowing ourselves to be seen as we are in the world. It could also mean uninhibited or no fear to be truly authentic. When we begin the journey of pulling at our threads of our life blanket... it automatically has others looking at theirs and even when your pulling on yours with someone that you have a true connection with it could automatically begin pulling on theirs....not judgmental, or intentional but a true test of turning the mirror on themselves to see the thread unraveling with their life as well. What better opportunity then to blame you for the unraveling of their life when all you were doing was working through your own unraveling, sharing insights with determination to live more peacefully and with joy.

True Joy, not just happiness as happiness which can be fleeting, external or materialistic but true joy that resonates inside of you because you have done the work, you are no longer afraid to pull the thread of your life blanket knowing that it may never stop unraveling and even if it does, guess what... you may no longer have a blanket all stitched together to protect you but you will have a big pile of thread that is your life... Now, I do not want you to think this big pile of thread is a mess that you have to stitch back together. Instead, I want you to see that when you don't have to keep protecting yourself you can live a more fulfilling and joyful life. Free of hiding, covering up, being armored. It may feel scary and cold when you first start unraveling, you may feel disoriented and disorganized, thinking "I always do it this way" and panic trying to stitch it together again, but it will never be the same once undone and this is transformation of self. This is believing, behaving and bestowing as yourself as you are right now in the world, no hidden agenda, no fear, no real past showing up in your future because whatever is in your past has already happened and occurred so it no longer needs to keep hanging around like an old dingy blanket.

Now, even in reading the words I wrote in the last paragraph, I know that all sounds like whip cream with cherries on top and the pie in the sky approach, and there are probably thousands of books saying this same thing and if they didn't work before why would they work now. Here is what I want you to know... as humans we will always come from our ego side and our Amygdala part of our brain is designed to protect us from danger harm and threat but what if most of the threat we are protecting ourselves from is not a real threat only perceived, what if our emotions of who we are in the world could heal and that we understood we are enough, what if we discovered we are our own worst enemy to making the changes in our lives that propel us because we are too afraid to unravel our life blanket. What if ...we didn't ever change or pull the thread... what will our lives look like a year from now a decade from now...what will change for the better... what experiences would we miss out on both happy and challenging and yet we could say we lived, we truly lived if we unraveled....with one pull that led to a life in motion until we were naked, naked of fear, of the unknown, of dying, of forgiving, of loving, of choosing, of believing in ourselves enough to say I am what I am and I am enough to walk, run or skip though my life naked.

Your new life is waiting so keep pulling at the thread of your life blanket until you find yourself. Your true self....It's all about YOU Connecting with YOU and then and only then can you Connect with Others!



Bonnie Bonadeo, Speaker| Coach| Author | Radio Host- Podcaster  
Known as The Connection Coach, Bonnie has helped 1000's of clients as a Brand Coach and Consultant to transform their purpose, build a solid brand that showcases their businesses as value driven and unique. As a StoryBrand Certified Guide, Emotional Intelligent Coach and Life Coach. Bonnie believes in investing time to uncover your personal and professional brand is the key to a successful business and life. Bonnie is the host of BEaUtiful Brands Inside and Out Radio Show, President of The Beauty Agent Network and her own brand Bonnie Bonadeo. She was one of the 2013 Enterprising Women and graced a 2016 Cover of Salon Today, she is a Certified Emotional Intelligent Speaker, and a 5x bestselling Author of "Success in Beauty Series", "Empowering You, Transforming Lives", "The Power of 50" and "Experts and Influencers, Leadership Edition"  
A beauty business leader with over 30+ years of experience working with multiple brands inside beauty and out.

Bonnie speaks authentically on her struggles and successes as a person to foster growth and awareness in others and embodies her brand of Connecting You to You so you can connect with others! She resides in Atlanta Ga, with her fiance Jeff and dog Lille, is a proud mother of her 20 years old son who is a 3rd year college student at Eller University and in her free time enjoys sailing on their boat "Better Days" in the Caribbean.

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