

DO WHAT YOU WANT

A guide to learning your value and going after what you want



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WHY YOU NEED THIS BOOK

Learn to act like a boss (cuz you are one!)

WHY YOU NEED THIS BOOK

Are you doubting your true potential? Are you scared of something? Is fear holding you back from achieving what you want? Are you using excuses to make up for the fact that you're not where you want to be?

If you answered yes to any of these questions, this book is for you. I hope that this book will help you step out of your comfort zone and grow like never before. I want you to get over that hump of doing the mundane just because it feels safe. I want you to **DO WHAT YOU WANT**. I want you to be happy, to live your dreams, to be able to tackle any obstacle ahead of you. Whatever it is you want to achieve, you can do it. You just need to learn some tricks and break some old habits.

They say you can't teach an old dog new tricks. Well, you're about to prove them wrong. You can **ALWAYS** teach yourself things and unlearn them as well. We're all brought up differently and taught different values; we all have various talents and skills. It's how we use them and what we choose to do with them that matters.

Everyone wants wealth and happiness. We all want to be supporting ourselves comfortably. In the end, we all want the same things. No one is working their ass off for no reason.

If you're an overachiever or want to be, if you're a go-getter or wish you were one, if you're a person that wants more for yourself and knows you have something to offer—then this book is for you.

Don't think you're crazy for wanting more out of life. The average human only lives about 80 years, and at least 21 of those years are spent in school. What're you going to do with the remaining? Life is short. Do what you love! Love what you do! There's always things you can improve in your life. Why not make **YOURSELF** one of them?!

GET OUT OF THAT “20 SOMETHING’S” MINDSET

The in’s and out’s of why “adulthood” is not a goal

GET OUT OF THAT “20 SOMETHING’S” MINDSET

The term “adulting” is used far too often...and you don’t have to be in your 20’s to use it. We use it to show that we’re doing that of an adult, when we aren’t actually one. The truth is, we’re all kids on the inside. Some of us grow up sooner than others and some of us never grow up at all.

“Nobody’s ready to grow up. That’s why “adulting” exists.”

We don’t want to take on all the responsibility of being an adult, so we say we’re performing adult-like tasks– without being labeled as an actual adult.

It’s like saying you’re in a relationship, but never changing your relationship status on Facebook.

The problem with school is they never taught us to BE adults; they taught us HOW TO adult. We know the look and feel of being an adult, the actions... But not what we actually need to know. Like, how to start a business or do taxes... Most of us fall for the lie that we are not old enough and not experienced or smart enough to do what we want. We grow up being told to dream big, that we can be anything we want, but we aren’t taught how to achieve that. We want to fulfill our dreams, but we’re told to take the long route.

Sure, college can help you grow up and learn skills to get an amazing job. But for those of us who never found our correct major or didn’t have the money to go to college, I always say: you can teach yourself anything you want to learn. There’s a plethora of information on the internet (some good, some bad). You can read books

and watch Youtube videos on subjects you want to become an expert on. Unlearn the notion that college is the only way to get a good job and learn things.

If you want to learn something, you will. Initially, I never knew anything about business, film, editing, or blogging– I taught myself all of these things through lots of research and reading. I met people who knew how to do these things and had them teach me! I asked questions until I fully understood. I didn't have thousands to spend on college, and it turns out I didn't need it anyway!

I'm not saying that college is useless. If you have a major you know you want to pursue, go for it! If you have the money to try different majors, do it! It's always amazing to learn absolutely everything you can to figure out what you like and don't like. However, we don't all have that luxury. Like I said, college can give you the buffer of time you need to grow and learn how to "adult", but if you spend all your time partying and learning to "adult" rather than fully applying yourself, then you're already behind.

That "20 something's mindset" also has to do with accountability and respect. Don't act like you know everything. Take responsibility for when you screw up. No more excuses. You have what it takes to be your own boss and become a millionaire, I'm sure of it. But you have to work to get there; no one is just going to hand it to you. Go learn a new skill by offering your services to people who can teach you things (even if you're working for free for a minute). You have so much to offer! Show the world and never give up.

"You may not know what you want to do yet, and that's okay! You need to try different things to learn what you like."

You need to fail a few times in order to achieve greatness and learn from your mistakes. You don't have to be scared of getting older, just do the best you can with the time you have now. Remember that it's never too late to turn your life around. I always thought the clock was on a countdown the minute I graduated high school.

The pressure was on, to be something and work towards something...but I never knew what my 'something' was.

I was so scared to do the wrong thing that I got stuck for a while. Until I realized...it's always better to make mistakes than do nothing at all.

If you want to be a CEO or live your dreams (whatever they are), you need to drop the whole "adulting" thing. You need to commit fully and change your relationship status. That doesn't mean you have to be all straight-laced, wear button ups and use words like "accoutrements". You can still be YOU and commit to becoming the adult you really are. You don't need a degree for everything, just own what you know and learn the rest as you go.

"You're more than the word "adulting."

LEAVE YOUR PARENTS BEHIND

You're not your mom and dad

LEAVE YOUR PARENTS BEHIND

One of the things no one told us growing up was that our parents were just winging it too. No one knows what they're doing! Everyone is faking it.

With that in mind, one of the biggest things you need to learn is that you're not them. Sure, they birthed you, but you're your own person and you need to make decisions for yourself.

Repeat after me:

"I am not a victim of generational circumstance."

This means you are not what your parents are or have done. You can form your own path and break the cycle. Don't think that just because they did or didn't have money that you're going to be the same way. If they don't take care of themselves, be the one that starts exercising and practicing healthy habits so that the next generation can be like you.

Our parents only want what's best for us. Unfortunately, they don't always know what that is...so they turn to what their parents told them. College, marriage, house, kids, etc. That's fine if you want all of those things and want to go with tradition, I'm not saying to disregard all of it. I'm saying that you have the power to achieve what you want with or without your parents help, and you don't HAVE to go to college or take the conventional route to do it.

My dad was a hard worker, but a bad saver. Because of this, I never learned how to save a penny and always managed to spend my money on something. In order to get over this trait, I needed to unlearn what he taught me and implement my own ways of saving. Break the generational habit and learn what is right for you in the end.

The other part of this equation has to do with living in the past. It's okay to reminisce, but don't live there. If you had a troubled childhood, don't constantly use that as an excuse for your current situation. I know it's a tough comeback from a troubled home life or past trauma, but you need to break out of that past to get to YOUR bright future.

"Don't let your past write your future. Your experiences do
NOT define you."

We all make mistakes and we all face obstacles. Other people may not know what you have went through. But you know what? That's not you! When you do something that doesn't align with who you want to be, acknowledge it and move past it. No need to dwell on the past. Move FORWARD.

If you let yourself live in that victim mindset, you will always be a victim— and you are so much more than that! Don't let anything hold you back.

Throw out your textbook and think about what you really want for yourself. You may not know it yet... or maybe you do. The fact of the matter is, you need to do what YOU want and not let other people influence or control your passions.

SET GOALS YOU CAN ACTUALLY REACH

We all want to be Beyoncé

SET GOALS YOU CAN ACTUALLY REACH

It may seem easy to set a goal and say you're going to stick to it. However, we often set a goal that is so far out of our reach that we give up on it before we even get close.

"Instead of setting unattainable goals, set goals you can accomplish day by day."

Take baby steps to get where you want to be.

I started a blog and decided I wanted to post once a week; I found that to be an achievable goal. So I set aside a couple of hours on a weekend or weeknight to write a post. The more I did it, the more ideas flowed out of me to write more. And, sure enough, it became a habit.

I started exercising and decided to work out 3 times a week. All of a sudden, I was working out daily. It became a habit. You need to set reasonable goals that can get you where you want to be. If you want to be a blogger, try deciding you're going to set aside an hour every night to work on a post. Or an hour every other day! Whatever works for you. Just start SOMETHING.

You need to start gaining momentum and then eventually it'll become a habit. In fact; you'll feel weird when you're NOT doing that thing. Some goals seem super simple or silly, and maybe they are! That's okay! Any goal is a goal. Even if it's just getting out of bed in the morning. Maybe you're struggling with depression. Set a goal to do one thing that makes you happy every day, or find something that gets you out of the house daily. Try working out! (It's an escape and it releases endorphins, win-win).

I think you get my point. No CEO decided they wanted to be a CEO and then became one. They achieved many goals in between to get to their final goal. Set short term and long term goals. Where do you want to be in 5 years? 10 years?

Something I like to do is picture the version of myself I want to be.

For example: Maybe it's a business woman driving to work in a Porche. She pulls up to her job that happens to be in a skyscraper building that she owns a company in. She steps out of the car in her Louboutin's and everyone clears a path for her to get through. (Oh yeah, make it THAT detailed.)

Imagine your whole future self, then set a path to become that person. How are you going to achieve this goal? Are your actions and your choices an embodiment of your goal? Always consider, "Am I on my path to the person I want to be?"

Keep that person in your mind, always. Never forget them because that WILL be you.

"You can achieve any goal you want! Just imagine it and manifest it!"

THROW OUT YOUR GPS

It's okay to be lost

THROW OUT YOUR GPS

I know it looks like everyone above you has it all figured out. However, the higher you climb, the more responsibility and stress you have. No one has it figured out 100% of the time.

"If you haven't found what you're looking for, look somewhere else."

Maybe, you've worked on all kinds of jobs and you still can't seem to find the right one. That's okay! The more you try, the more you realize what YOU want (and what you don't). Don't be afraid to try out new jobs. Even if you fail or even get fired, you tried a new thing and you may have even learned something along the way! Maybe it wasn't for you. Don't think that you can't leave somewhere because you "feel bad" or "it'll look bad on your resume if you quit". It looks better to be actively figuring out what you want and learning from each experience than just staying somewhere you hate and not thriving. You're not helping anyone by staying in a job you hate.

We all feel lost at some point. The solution is knowing what direction you're going to take next. And maybe you don't know if it's the right direction, that's okay too!

"Going forward is better than going nowhere at all."

You may find that the next choice you make was not the right one, no biggie. Try again and again until you've made a million different turns to find your way to your destination. Life isn't about following the GPS. It's about forging your own path to the place you want be. And everyone's journey is going to look different!

I grew up wanting to be a singer. However, when it came time to pick a college I realized I needed to figure out what my “real job” was going to be. I thought about doing fashion merchandising at a 4 year college and then ended up settling for cosmetology school. I didn’t want to commit to a 4 year college when I wasn’t even sure what I wanted to do.

After graduating cosmetology school, I thought I wanted to do hair and makeup for TV. When I started on set, I was a logger– I wrote down everything the cameras saw. I felt like it was so far from what I wanted to do, which made me upset and frustrated. But the more I worked, the more connections I made, and then finally, I got onto a few music videos and shows and started doing it more and more.

I did hair and makeup on set for 2 years. Big shows, little shows, you name it. And you know what I found out? I didn’t even like it as much as I thought I would!

After all that work networking and paying school loans on a certification I didn’t even really want to use, I was bummed. I thought it was stupid to continue down a path that deviated from my studies; all that time and money would go to waste.

What I didn’t know is that the weird jobs (like being a logger) that I never thought I would pursue, ended up resurfacing in my future relationships and bringing me other jobs! I found a casting job from a coworker that remembered me from 2 years prior on a show and I got to try a completely different side of production. Then I decided I didn’t want to be behind a desk all day, so I moved onto the next!

I’ve worked in salons, in casting, in story producing, in audience coordinating, editing, you name it. I’ve always had something going on. And, you know what? I’ve learned something from every job I took. They shaped the person I am now. I know what I want and what I don’t want.

I know that it seems silly that a 20-something-year-old is preaching about possible “time wasted” on a job or career path, but it happens at every age. The feeling of being lost and racing to get to the finish line is just a part of being human.

The moral of this story is, sometimes you feel like you’re going a million different directions and have way too many interests (trust me, I know). Maybe you feel like you don’t have a single interest or talent that you even want to pursue. Throw away the stereotype that doing too many things makes you “scatter brained”, or that being

unsure of your path makes you directionless— none of it's true. The only direction to go is forward and if that means doing something you're not sure about, that's okay. It may just lead you to exactly where you want to be. Don't feel like you'll be stuck there permanently.

Remember:

"It's just for now, not forever."

TELL YOUR FEARS TO STFU

Fears? What fears?

TELL YOUR FEARS TO STFU

“Fear is the number 1 inhibitor of growth. It sets you back.
It is your worst enemy.”

When I first moved to LA, I was terrified. I was scared of driving, of getting lost, of not making friends, of accepting new jobs. Everything.

We all feel fear about something; the key is not letting fear make decisions for you.

“Fear does not run your life. YOU do.”

I overcame my fear by facing it head on. The only way to grow is to dive head first into whatever it is you're scared of. Once you conquer that fear, you do it again and again until it becomes the norm. Break through your fear, it's only holding you back.

One book that really helped me overcome fear was, “Feel the Fear and Do It Anyway” by Susan Jeffers. It's about not letting your fear of failure control you.

Always think to yourself, “What's the worst possible outcome of this scenario?” If you're scared to apply for a job because you don't know if you're qualified or you think you'll mess up or won't be able to handle it, the first step is applying. You don't even know if you'll get the interview. THEY'LL decide if you're under qualified. THEN go to the interview and if they hire you, great! Get that job. The worst that'll happen is you get fired. It's not the end of the world, you can find something else. Keep going. You may even learn something from that place and be able to use it in the next job.

A good example of this was when I applied to work at a blow dry bar. I was so confident in my skills and I knew I could blow dry with the best of them. But during

my interview, they taught me a few techniques as I was blow drying. It turns out I wasn't good as I thought I was. I was a 6/10 rather than an 8. But I took what I learned from that interview and I used it on the next job interview, and I got the job! They were impressed with my skills and I was happy that I went to the first interview even though they rejected me; it ended up helping me.

You can only learn through your failures. Don't be scared of learning and growing.

It takes a lot of trying and mistakes to figure it out, and that's okay. If you're scared to drive, think about it this way: There are a million drivers on the road right this second that SHOULD NOT be driving. But, they are. Why can't you? You're a smart and capable person. Don't underestimate yourself just because there are so many other people out there doing the same things as you— just show them you can do it to the best of your abilities.

Which also brings me to, don't think you shouldn't have something because there are people that deserve it more than you. YOU deserve everything. YOU are putting the work in to get it. Don't think that just because Susie Q has been a professional break dancer for 30 years, that you don't deserve it when you get handed the golden ticket first try. YOU do. They obviously saw something in you that Susie never had. You are amazing and you should take that ticket. Take it from Susie. (Sorry, Susie.)

Now, that being said— don't stay in a job, either, because you think you're super lucky for having the opportunity and it's wanted by millions of people so you'd be selfish to give it up just because it doesn't fulfill you. Leave it if you're not into it. Give a Susie a chance.

I used to feel so bad that I wasn't in love with doing hair and makeup. I was good at it and there were a million girls who wanted the job I had. I felt bad that I wasn't sticking it out for them. But then I realized that was a stupid reason to keep doing it and they were just as capable of getting this job, so I should let them have a chance to. You do what YOU want. Don't let anyone else influence your decisions. Especially friggin' Susie.

So, next time you feel afraid, you're probably about to do something amazing and you're going to grow like you never have. Take the leap and tell your fears to STFU.

YOU ARE WHAT YOU EAT

Feed your mind, it's hungry!

YOU ARE WHAT YOU EAT

They say that what you put in your body reflects on the outside. Well, that goes for your mind too. What you feed your mind reflects on your person. Don't feed it garbage.

Whether you're feeding yourself lies or letting other people feed you negativity, it's time to go on a DIET. Lose the self doubt, negativity, and lies. Don't tell yourself that you're not enough or you'll eventually start to believe it. Don't let others put you down or tell you you're not up to par or eventually, you'll believe it. When you are fed something over and over, you become desensitized to it and don't even realize that it's become the truth in your mind. It could come from your closest friend and they might not even realize they're doing it. Eventually, you start to believe it too. Shut it the eff down. Tell them no. There are other ways to say that they dislike something you're doing. People will tell you anything to stifle your growth: "You can't do that, you're not good at it." "You're too dumb to do something like that." "You're lazy."

LIES. ALL LIES. DETOX THAT SH*T right now. Go on a juice cleanse if you have to. Just get it out of your system.

"You have complete control over what you let into your mind."

This also applies to what you tell yourself. The next time you look in the mirror, don't think a negative thought. Don't let yourself believe that you're anything less than a freaking badass. You can literally do anything. Just STOP FEEDING YOURSELF GARBAGE.

THE NEGATIVITY DETOX DIET

Get rid of negativity in your life

1 compliment to yourself a day

**1 encouraging word to yourself a day about a goal
you may have hit
(even a small one)**

1 tbs of not letting other people discourage you

**1 heaping cup of not letting anything or anyone get in
the way of what you want**

Blend and serve with a splash of confidence

Do this for a month and see your positive results



YOUR TRIBE AFFECTS YOUR VIBE

Get rid of people in your life that aren't helping you

YOUR TRIBE AFFECTS YOUR VIBE

You know the saying: your vibe attracts your tribe. Well, I think it goes both ways.

The people you surround yourself with have a HUGE impact on your life. You may not realize it, but someone in your tribe can be feeding you lies that are stunting your growth.

I had a friend that would tell me to stick to one talent because I was good at it. That one talent was my "thing." All other things I wanted to pursue weren't an option because it was "off brand" or "too random." Now, these may not seem like insults or even like they could have that much of an effect. But, when you're fed these things daily, you begin to think differently. I started thinking that I couldn't do anything other than that one talent because I was good at it; that I could never learn another talent and master it because that one talent was my "thing." That's where I lived. I would feel their judgement on everything until I started judging myself. I stunted my own growth. I let this person get in and rewire my brain so that I wouldn't expand myself to other avenues. The moment I realized what was happening, I stopped it. I told myself that this ONE PERSON was not going to affect what could inspire so many other people. I don't care what this one person thinks and no one person can control me. If they don't like it, then they're not a real friend.

A real friend supports you, lets you grow and pulls you out of your comfort zone to achieve amazing things, even if it means outgrowing them or doing better than them. You need to surround yourself with people who will affect your vibe in a positive way.

They may not even realize that they're setting you back; that's when you need to look at where you are and decide for yourself. If that person is holding you back from achieving your true potential, it's time to take a break from them. You don't have to say goodbye forever, just don't let them influence you as much and don't let them decide your future for you. If they're negative, separate yourself from them. If they judge others often, chances are they're judging you too.

Don't feel bad about standing up for yourself. You don't even need a reason to take a break. If they love you, they'll understand that you just need to work on yourself and they may not be helping you do that.

“Do what you have to do to be surrounded by positivity.
Then you will grow.”

The hardest things for me are hurting other people's feelings and losing friends. I cherish my relationships and put my all into them. Sometimes you can devote so much time and effort towards someone else that you forget to devote that same time and effort towards yourself. That includes helping a friend with THEIR dream.

Of course, it's important to have your friends back and help them achieve their dream. But, when their dreams become more important than yours, it's not worth it. You need to take care of YOU.

I've made this mistake way too many times. I become so wrapped up in my friends lives and goals that I'll give up valuable time and opportunities to help THEM succeed. In the end I hope that they'll return the favor, but that's not always the case.

You can't expect your dreams to flourish if you're not watering them. Help your friends, but don't let their dreams become YOUR priority. In the end, you have to look out for yourself. If you put all your effort into making your friends' dreams come true and they decide to drop out and stop putting effort forth, then you just wasted your time and your goals have suffered because of it. In the end, you'll probably resent them for it.

Live your life. Achieve your goals. Your friends will understand and hopefully grow with you! Friends come and go.

It's important to know that true friends will always grow with you, not against you.

DO WHAT YOU LOVE

And make money doing it

DO WHAT YOU LOVE

So many of us are taught to believe that work is work, a job is a job and that's how it is.

I know because that's what I was taught. "Just get any job to get by." While I think that sometimes this is necessary, we should not be living our lives thinking that's the only option. You shouldn't be working just to live. Your 9-5 can be more than just a job. You can do what you love and get paid doing it! There's always a way.

Whether you love fitness or art, you can figure out a way to incorporate your loves into a job. It may not happen right away, but if you really want it, you'll find a way to make it happen.

Say you want to be a blogger: Start off making your blog and doing side jobs for other people that are related to blogging; maybe a social media manager, or do your blog on the side and take a day job until your blog can be your #1 job.

"Do what you love, even if it's just on the side for now.
One day, it will pay off."

You have to be persistent. Never give up on what you love. If you try different ways of making your dreams happen and you fail every time, try again. The only time you really fail is when you stop trying. There may be times where you can't figure out your direction, so just step back, take a break and come back to it. Just because you take a breather doesn't mean you're giving up.

90% of your life is spent working. The world runs on money, that's why we all get caught up in the payment aspect of the job as apposed to the job itself. It's important to make money, but it's also important to be happy.

I've seen so many people stuck in a job that pays well, and that ends up being their only motivation of staying there. Don't you want to spend your life working towards something you actually love rather than giving someone else your time and energy just to see them turn a profit?

Some people love their job and working for someone else and that's amazing! If that's what you love, then more power to you! But for the people who want something more than what they're getting from their 9-5, you can get more!

Don't get stuck in the rat race. You may feel like you're in a rut now, but imagine if you stay in this job for the rest of your life. You'll be sad that you didn't try more when you were younger. You should try things and get through the struggle sooner rather than later.

I wish I was told that I didn't need to be special to start a business, and that I didn't need to go to an ivy league college or start in a large company and work hard to climb the ranks. I can be an ordinary Joe with a laptop, and I can start a business from anywhere, anytime. I don't need a degree. I just need drive, a product, and a goal.

"Anybody can start a business. It takes passion to make it thrive."

If you have something you're passionate about, pursue it. Make a business out of it.

I didn't think anyone would look at my blog. I didn't think anyone would care about what I had to say. I just decided I was going to start it one day, and I didn't care if anyone saw it. Over time though, it became my baby. It was almost therapeutic. My brain started working like a business owner: "How can I make a profit from this? How can I inspire people?" Sure enough, the most random people responded to me—people I didn't even think would see my stuff.

If you inspire 1 person, you've done your job.

IGNORE THE HATERS

Haters hate... That's their day job

IGNORE THE HATERS

Haters... always have something to say. The most successful people have haters. There will always be at least one; don't let them discourage you.

People will say the most horrible things, especially anonymously. I used to be scared of posting my Youtube videos because I was so vulnerable to hate, until one day when I realized all the hate one of my favorite Youtubers was getting.

"The more successful you are, the more haters there will be."

Unfortunately, haters are just a part of life. People will always be jealous that they're not going anywhere while you're starting to take off. One motion towards the finish line and they'll do anything they can to bring you down— but their words have no power over you. You get to decide whether you're going to let their meaningless words stifle your growth or let it fuel you. Show them you CAN do it. Show them you're not what they think you are. You're better than them. You have all kinds of talents and you should show them off!

Sometimes it's hard to get over what people say, I know. They know how to hit you where it hurts. But, you can't please everyone, no matter what. Even Beyoncé has haters.

One day, you'll achieve your goals and be above all the haters and look down from your little cloud and wave at them.

YOU ARE A BADASS

You can do whatever you want

YOU ARE A BADASS

Not sure if you are aware, but... You're a freaking badass!

Nobody has the exact same talents you possess, or the passion, or the drive.

There's no right way to build a business, or a blog, or even to live life for that matter. Stop thinking that you're anything less than amazing! You can go get what you want if you want it bad enough! All you have to do is stop taking no for an answer.

"Promise yourself that you will not settle for anything less than a badass life."

Set your standards high because you're worth it. Whether it's with jobs, friends, relationships, or shoes... Never settle. If you set your bar high, everything will fall around your expectations. If you settle in one aspect of your life, you'll settle again; you'll keep settling for things that are less than desirable, and then you'll never have exactly what you want.

It's bittersweet because we always want to compromise or settle just because it's easier than making the effort for what we want. Are you up for the challenge? Do you want your dreams to be a reality? Fight for what you want! You have to get your hands dirty to make moves!

And you know what? You can do whatever you want because at the end of the day, you have your own best interest in mind and no one can do YOU better than YOU!

One thing we will always have is our uniqueness that makes us, us! No one can be you except you.

So, keep fighting and pushing forward for what YOU want because you're A FREAKING BADASS!

