

**Leaving A Legacy:  
Book of Inspirations**



**Dr. Whitney Gillespie**

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Book of Inspiration

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# Acknowledgments

From the time I wrote *Life Lessons* until now, a lot has happened and changed. This book contains inspirational topics that I have found helpful along my journey. I want to thank, as always, the amazing support system I have. No matter what role you played, I am truly grateful. Thank you!

# Dedication

I dedicate this book to anyone trying to achieve a goal. Life is not easy. However, when you believe in yourself doors will open for you. Stay strong! Brighter days always come after a storm!

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# Purpose Driven

Everyone in life has a purpose to fulfill. Whether you decide to walk out your purpose is completely up to you. In order to leave a legacy and accomplish anything in life, you must be purpose driven. This simply means no matter what obstacles you face you are determined to succeed. Life is not easy by any means. However, in order to be successful in this thing call life you must take chances.

What are you called to do? What is your purpose? What are you good at? What areas are you passionate about? There are three important keys that you must consider when fulfilling your purpose.

The first thing to consider is that you have to walk out your own purpose. So many times, people live unfulfilled lives. They then expect their children or others to carry out the life they never had. My purpose is not your purpose and vice versa. My destiny is not your destiny. The road I have to travel you may not even experience. Walk out your own purpose that was created for you not someone else.

The second thing to consider is that similar situations do not yield similar reactions. Some experience that may have knocked the wind out of someone else may be an easy obstacle for you. Just because you go through the same situation as someone doesn't mean you will have the same reaction or result. You have to live your life for you and no one else.

The final key I want to share is that life doesn't come with a manuscript. When you are living your purpose driven life you will have obstacles. Life will throw curve balls, detours and many heartaches.

However, the thing that separates you from the next person is your response. Keep your eye on the ultimate purpose and let whatever come your way roll off your back. Life was never promised to be easy. However, when you are determined to fulfill your purpose you can find the beauty and a lesson in any obstacle.

## Opinionated Spectators

Everyone has an opinion on how you should live your life! Everyone wants to give you advice on how to handle a specific situation. Opinionated spectators use to frustrate me and cause me to verbally express what I thought of them. However, in the past two years I have realized that you need opinionated spectators.

Think about it! You would have never left that job had it not been for an opinionated spectator telling you that you deserved better and was wasting your talent. You would have never gone back to school until you ran into an opinionated spectator telling you that you were too old for more education.

You would have never got back up if it had not been for that opinionated spectator who thought you were down for good. You would have never bettered yourself if it had not been for that opinionated spectator

who decided to place a limit on your life. You would have never come out of your shell if that opinionated spectator hadn't labeled you based on their limited viewpoint. I would not have the four degrees, nonprofit organization, one certificate, two books, one workbook and three books coming out before December 2016 if it had not been for the opinionated spectators telling me that I would never succeed because I came from a broken home.

I would not have shared my story with many and founded the Pregnant Teen, Women, and Child Learning Center (2017 grand opening) had it not been for the opinionated spectators telling me to move on from Angel's death and be quiet.

My point is that the opinionated spectators are needed and essential to your growth. If you don't have that push you will be comfortable where you are. The opinionated spectators are put there to not only see your growth but be a witness to the power of God and persistence of you. So the next time you run into an opinionated spectator don't run or get mad. Instead, smile because they may be the very one to help motivate you to write your next book. HELLO to all of my opinionated spectators. How do you like me now?!

## Lesson Behind the Detours

Honey! I took so many detours in life I started questioning my own purpose for living. I started off doing what I thought others knew was best for me. I went into Nursing only to realize that I don't want to be



an RN. Unfortunately, I didn't realize that until I got all the way to clinical rotation. I kept hearing nursing was the only way to make money and my Psychology education was a waste and dead end. I enrolled in school trying to please people. Then I realized these were the same people who complained about the nursing field and work long hours never to truly enjoy the money they made.

I went into the education field instead. I can barely deal with trifling parents dropping off their kids. I couldn't handle my pediatric patients dying on me or in the hospital with severe conditions. My goal was to go into Pediatrics and be a Pediatrician or Pediatric Registered Nurse dealing with trauma. What was I thinking?

When I lost Angel it took me forever to bounce back. I am still not one hundred percent and I wanted to do that for a living. I would definitely have had more issues than I have now. Then, I took a detour in romance. I got tired of being the good girl. I got tired of waiting for Mr. Right to find me. I finally had enough and decided to have a good time March 2015 spring break. Honey! I had a ball. I hung out with friends and enjoyed myself.

Angel's father and I had a good time. Let's be real! I had a ball! The very next day I realized I was pregnant. I had the big girl mentality and now I was going to experience big girl consequences. I had a car, place to stay, two jobs and money in the bank. However, I didn't feel good about how Angel was created. I didn't love his or her daddy. I wasn't going to marry him. Truth be told I didn't sleep with him

anymore after I conceived. I had made an adult decision and was about to see adult consequences.

I, to this day, truly believe I would have been an amazing mommy. I feel that if Angel had lived I would have done everything to provide for that child. However, five fibroid tumors and a large cyst had different plans. Ten weeks and five days would be all I shared with my child. Two days before my birthday, my beloved child passed. (5.21.15 1:45pm)

I had so many detours in my life that I stopped counting. I thought I would be married now with one kid at least. Ha! I think God thought it was funny every time He saw me trying to plan my life. I could go on and on about my many detours but I won't.

The lesson behind my detours was that I was not in control of my life. God had the final say. The lesson behind my detours was that you can plan for years and life can change everything. The lesson behind my detours was that life doesn't follow a specific guideline or manuscript. The lessons I learned along the way was to enjoy life and not be so serious. I thought I had time to accomplish everything. However, when I got pregnant and lost Angel I realized that life can change in a flash.

My take home message is that detours are not bad. Detours in the road help slow you down. Think about it! Had you been a few minutes earlier that accident would have been you. Had that detour not been there you would have ran into a pothole or whatever tragedy was ahead. The detours may feel like they are carrying you far away from the goal but they are needed. The

detour may be put into your life because you are not mature enough to handle what is ahead and need more time. That detour could be what you need to slow down and get your life together. Appreciate the detour because in the end it will all make sense.

## Starting Over

Starting over may seem like a scary adventure. However, starting over may be exactly what you need. A lot of times people don't appreciate what they have until it is gone. You could be living a fast life and not understand the consequences until you are forced to start over. Maybe life didn't turn out the way you planned and you are forced to start over.

I have to be honest. I have started over in many areas of my life. I had to first ignore the opinionated spectators. If you are not careful people will send you on an emotional rollercoaster. Who cares if you lost everything and have to start over. Thank God you have a second chance to start over. People can make you feel like you are a failure because you are starting over.

I often say thank God for the MC Hammer Effect in reverse. God allowed me to be broke and see people for who they really were. This way when I got a piece of change in my pocket I wasn't fooled by them. Starting over is a chance for you to see your strength. One thing I love about starting over is the adrenaline rush it gives you. When you have experienced something you have a

certain drive to get it again. It is like someone who had a place but lost it. The feeling of having your own and independence is enough to motivate you to get again.

Someone who had a car and then lost it will completely understand this chapter. When you are used to going where you need to go and not depending on other people' schedule you will find the motivation to get another car.

Starting over ain't always bad. Sometimes you need a fresh start. Sometimes you need to go to a new church where no one knows you and get a fresh start. Sometimes relocating to a new job or new location will bring on new and fresh opportunity.

If you find yourself having to start over, smile. Smile because you have the opportunity to experience a second chance. Smile because you are still alive to turn your life around. Smile because someone didn't get the chance to start over. Smile because you have the opportunity to do it all differently. Starting over is definitely not as bad a people make it sound.

## Filtering The Tongue

I won't even lie to you. This section may be the shortest in the entire book. I may give you just a paragraph and move on. HAHA! I am still working on this area. Honey! My tongue can be reckless and my face need deliverance sometimes. Opinionated

spectators aren't always strangers. They are the close relatives and friends who always have something to say. For me, I can ignore people I am not close with. What you say doesn't affect me.

However, those brilliant people who are close to you are a trip. These are the ones who know exactly what button to push and how to take you to the bridge and push you over. They can say some of the worst things and take the deepest secrets and throw it at you. Shady people!

Filtering your tongue is so essential and easier said than done. I feel like half of the stuff I endured could have been prevented if I just shut up. However, I got so fed up over the years with people and their opinions. You don't like my dreads. You don't like my occupation. You don't like my clothes. You don't like the way I talk. You don't like my hobbies. My response would have been, "I don't like you and never asked for your opinion."

However, I have changed along the way. I am not perfect and still perfecting my tongue. However, I have a few more holes in my tongue from me biting it. People will take you to your limit. However, the key is to ignore them and kill them with silence. Let your drive speak for you. Let your constant success speak for you. Let your determination to be the best regardless speak for you. If all else fails let your facial expressions speak for you.

Ultimately, there is life and death in the tongue. Instead of finding a quick response to ignorant people use your tongue to speak life over your situations. Use

your tongue to talk you into that next promotion or million-dollar contract. Overall, filter the tongue and let your actions do the talking.

## Networking is Essential

I know you and Pooky have been cool since preschool. However, if Pooky don't share the same drive and goals as you time to make changes. Networking is essential! You need to surround yourself with likeminded people. Surround yourself with mentors who will help you get to the next level.

Surround yourself with people who will not tell you what you want to hear. Network with people with connections. I had the amazing opportunity to network with a woman who taught me how to self-publish. I was able to pass it along to other likeminded individuals. I then was able to network with other local authors who had the same drive to be successful and have their voices heard. I was able to network with individuals who would help me create my Pregnant Teen, Women, and Child Learning Center (grand opening 2017).

I was able to network with educators who help me further my career in the school systems. The goal is to open your mouth only when it is essential to your growth. You can't share your dreams with everyone. Dream killers do exist.

You have to link up with people going where you want to go. Link up with people who are already where you want to be. Most importantly, link up with people who will stick by you and motivate through the journey to success. Networking is key. You must link up with people who won't steal your ideas but push you to greatness.

Networking gets your name out there and you before people you would have never expected. Always have a business card handy. That card can travel to places your foot may have never imagined or seen. Networking is essential to your growth and to the success of any plan you are trying to put into motion.

## Lots of Self Talk

When I went through my journey initially I didn't have many people to talk to. I smiled and attended my obligations. However, I didn't trust many people to completely open up. Could I trust you with my darkest secrets and not wonder if you would use them against me? Instead of me experiencing paranoia over people's loyalty I turned to self-talk. Lots of self-talk got me through my worst situations.

Sometimes, you need to talk yourself off the edge. Sometimes, you need to put your hands to your ears and drown out the negativity. Sometimes, it takes your voice to self-talk you out of any bad moods you may be feeling. Sometimes, you need to speak life into yourself and start believing in your own strength. Self-talk is essential. You need to be able to lift your spirits when

there isn't a good preacher and message around. You need to be able to sing you a melody when there is no radio in sight. You need to be able to tell yourself how amazing you are. If you can't be real with and love yourself, you can't be in a relationship with anyone else. If you can't love you, then you can't appreciate anyone or anything.

Self-talk will help you realize that you are not crazy and your discernment is real. I sit there sometime and say to myself, "They must think I'm crazy and don't see what they are up to." I also sit there and talk to myself when situations don't add up. "Whitney, don't let them people take you out of your character. Get up and walk away. You need to cool off because they trying you."

Honey! Self-talk is essential. People say that you can't talk to yourself. I say, you better talk to yourself. Sometimes, that is the safest and best conversation you can have. Hello my name is Whitney and I faithfully talk to myself. What about you?

## Forgiving Yourself

I had to do this and am still doing this right now! You have to forgive yourself for allowing people to waste your time and make you feel guilty for not fitting into their idea of what you should be or do. You have to forgive yourself for missed opportunities because you didn't think you were good enough or the timing was



right. You have to forgive yourself for wasting years trying to make people happy and be what they wanted you to be. You have to forgive yourself for bad decisions and constantly repeating crazy cycles.

You have to forgive yourself for allowing yourself to lose your temper in crazy situations. You have to forgive yourself for staying at that job all those years because it was comfortable and familiar only to miss out on better opportunities. You have to forgive yourself for being super critical and not forgiving to yourself and others.

Ultimately, take time and forgive yourself for what was and what could have been. Then, let it go. Once you forgive yourself and ask forgiveness of others move forward. Don't let people keep bringing up your past like crabs in a bucket. They will only pull you down and make you second guess yourself. Forgive and move forward. You can't change what didn't happen. You can only move forward and promise to grab every opportunity that comes your way in the future. Forgive and move forward so you can enjoy all that life has for you.

## Provision with the Vision

If God opened the door for you to come up with the idea, business or new adventure then provision will come. This simply means that with every great idea and opportunity comes the means to accomplish that idea and take on that opportunity. You can't let what things look like now stop you. You must take on the "It Will

Happen” mentality. You have to see yourself with whatever you are working towards. There is a process you must go through to achieve whatever goal you are working on. Step out on faith and take steps towards whatever goal you have in mind. The money and resources will come.

Keep in mind that this calls for you to be open minded. When taking on a new idea or adventure it is the people you least expect that will be the best help. The people who you expect to help may be the same ones telling you all the reasons why it won’t work.

With every idea comes the ability for the idea to come to pass. With an open mind and determination to see it to completion anything is possible. The take home message is don’t wait until everything lines up for you to take the chance. Provision comes with every vision.

## Start Somewhere

If you want to be a beautician start looking into schools. If you want to open your own daycare start researching and visiting local daycares. If you want to go back to school start brainstorming ideas on majors. The whole point of this section is that you have to start somewhere.

Anyone in society who ever became successful started somewhere. It may have been in their home or a little storefront downtown. The whole point is that you have to start somewhere. It starts with you believing that you can accomplish it. Then get someone in your

corner who will help push you to success. Get someone who wants to see you succeed. Get someone who won't tell you what you want to hear but will pull out the greatness in you. Get someone with resources who can connect you to the right people. Get the mentality that you will succeed. Overall, start somewhere. It starts with a dream and launches with your actions. Start somewhere!

Notes to Remember:

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A lot has changed since the book "Life Lessons." Dr. Whitney Gillespie wanted to share another inspirational book with her readers. Inside are little nuggets to help with life's journey.



Dr. Whitney Gillespie has earned her Bachelor of Science in Psychology with a PreNursing concentration, Bachelor of Marriage Therapy, Master of Youth Ministry, Doctor of Communication and Counseling, Career Studies Certificate in PreNursing. She has her own 501c3 called WNG Dream Again Project which is geared towards baby prep and family life services in the Richmond VA and surrounding areas. She is a youth advocate and special education preschool educator for Richmond Public Schools.

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