

Righteous Anger



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Dedication

I dedicate this book to my creative colleagues. Dare to be different and share your talent/gift with the world.

Injustice That Causes You to Change IT

Have you ever seen something that angered your soul so much you wanted to change it? Have you ever witnessed someone screwing up some project that you felt the need to interfere? Have you ever seen something in society that caused you to research ways to improve it? This, my friend, is righteous anger!

I feel that we are all put here for a divine purpose and plan. We are here to leave a legacy and spark a wildfire that burns for years to come. Let the injustice you see cause you to change it. Allow yourself to be empowered and fierce enough to act on what you feel. So many times, people get comfortable with doing “the norm.” They go to work and eat lunch only to go home at the end of the day. They cook dinner and socialize with family and friends. They take a shower and go to bed only to repeat the next day. They live in a cycle.

They may have a journal of all the creative ideas they never acted on. They may have a repeating “to-do-list” for “Before I turn 30”. They may have dreams that never came to fruition. They have seen so many opportunities where they could have acted. They have seen so many doors open and close. They have made every excuse in the book as to why timing was not perfect or resources were

not in place. They have let opportunities slip past them. Is that you?

I encourage you to seek out an injustice that causes you to change IT. Maybe, that injustice is working a dead-end job only to barely be able to afford retirement. Maybe, that injustice is working two jobs just to make ends meet when you could create new opportunities. Maybe, that injustice is not enough reasonable childcare services for low income families. Maybe, that injustice is not enough youth programs in the church and community. Maybe, that injustice is not enough rehabilitation programs for people transitioning from prison to the community.

Whatever the injustice may be, I encourage you to act on it. Stop waiting for someone else to solve the problem. Stop waiting for the perfect time or resources to fall in place. Stop waiting for an act of God before you respond. Stop making excuses! Stop waiting, PERIOD. Act on that injustice and change IT!

Living for the Weekend

We are all guilty of this at some point in our lives. Have you ever looked forward to the weekend and it was only Monday? Have you ever tried to rush the week by? Have you ever dreaded the obligations of the week and longed for Friday 4pm? The sad part to this is that sometimes we don't

even have plans for the weekend. Living for the weekend is only because we dread meeting the weekly obligations.

Do you wish that you could live everyday as if it was Saturday? Well, you can! Living for the weekend is only for those who are stuck in the daily society cycles of life. They dress up for work and repeat the same patterns. They don't enjoy what they do for a living. Their job is mainly just-over-broke. Instead of stepping out on faith, they live for the comfort of consistency.

In order to stop living for the weekends, you must focus on your passion. Find a career and not a job. A career is where you are doing something that becomes a lifestyle and has longevity. A job is what you do to pay the bills and may be considered a stepping stone. Living for the weekend is not living but survival.

Living for the weekend is where you are not happy but not at the point to do anything about it. You know that there is a life outside of where you are but have become comfortable in the consistency. You find yourself looking forward to clocking out at work. Living for the weekend is not living at all.

The goal is to get more out of your week so that the weekend is merely a continuation of the week. What are you spending your week doing? After you finish work, what are you spending the rest of your day doing? What are you prioritizing? What do you put

your focus on? What lists are you making to accomplish during the week?

Break the week up. So many times, we find ourselves repeating the same cycle. Maybe you need to pick one or two days where you are creating your empire. Maybe, these days you are working on doing something that brings in an extra stream of income. Maybe, these are the two days where you are giving back to the community. Maybe, these are the days where you are doing something for yourself. Whatever you do, don't let the week become a blur. Make each day of the week meaningful.

Slow down. So many times, we wear many hats. We are everything to everyone else but fail to take time to do for ourselves. A lot of times, the problem is that we only live for the weekend because that is the time with the least obligations. No one is depending on you to meet a deadline or attend a function. Majority of the time, the weekend is spent in the bed or doing nothing around the house. If that speaks volumes to you then change it. Learn to say "no"! Take a stand and shut everything down after a certain hour every day.

Get back to the basics. The common theme is that you must revamp and refocus yourself. Living for the weekend is a point where you have given up on life. You aren't looking to making things better but just maintaining. Get back to the basics. You need to figure out what you are doing during the week and if it is meaningful. Is what you are doing going to add value to your life and help reach the long-term goals you have established? If not, change it. Don't live for the weekend. Live to make a difference daily!

Rat Race and Snowball Effect

The “Rat Race” is where you are running on the wheel of life and going nowhere. You are doing what everyone else is doing to meet the same goal. You work to live and live to work. You work, retire and die. If you are blessed, you may have some great moments in between. Time out for the rat race. I encourage everyone to experience the snowball effect.

Picture a ball of snow falling down a hill. As it hits the ground and rolls faster and faster. As it picks up momentum, the snowball grows larger. The end result is a significantly larger snowball than you started off with.

The snowball effect take home message is to fall. You will never know the outcome, if you never take that leap of faith. Imagine that you are at the crossroads of life at the top of a hill. Falling means that you take a leap of faith to pursue an opportunity or your goals. If you fall the chances vary. Maybe, you fall and hit some hard times. Maybe, you fall into smooth success. Maybe, you fall and discover that you aren’t interested or passionate about that particular idea, career or situation anymore. The outcomes vary but the whole purpose behind this section is to tell you to jump.

I often say that when I die, I want to go empty having fulfilled my purpose. I want to go to the grave accomplishing everything with no regrets. You can't think about having timing and resources perfect. Successful people obtain their success by taking that leap. They don't wait for everything to line up.

Ok, so you have the opportunity to get hurt and run into hard times. However, I think you should consider a different perspective. You have the opportunity to experience life as you pursue your dreams. No, I am not promising that everything will work out instantly. However, you will never experience the many adventures that await you until you decide to fall.

There is another way to look at the snowball effect. Once you face your fears and fall you begin the process of enjoying life to the fullest. You start off by taking that leap of faith only for you to meet someone who helps you get your dream off the ground. That person not only introduces you to other partners but grows your idea into a multi-million-dollar profit.

Another perspective is that you use the pain to create a wonderful cause. The cause starts off in your living room. After a short time, the cause grows locally until it becomes nationwide. Eventually, this amazing worldwide cause is recognized all through you pushing past your pain.

No matter what analogy you use, take the fall. It will be an opportunity for you to eliminate the questions of what would happen if you took the leap. Fall with no regrets. It is better to say that you fell and experienced life than to live cautiously on the sidelines.

Crabs in a Barrel

Crabs in a Barrel is an example we hear too often to describe society and even our own communities. We hear this saying as it is compared to the lack of support in our own circles and community in general. Crabs in a Barrel is when you are pulled down by the other crabs in a barrel instead of working together to get out the barrel together. The mindset is that, "If I can't have it, neither will you."

I encourage you to find the righteous anger to break out the barrel. Once you break free from the barrel, reach back and grab others. However, this is three-part lesson. The goal is to get out the barrel. Then, reach back and grab others out the barrel. However, know when you should let go so you don't end up falling back in the barrel. Not everyone can be helped.

You must have a mentality that you want more to even begin the process to get out the barrel.

Once you decide you want out then you need to quietly work. Not everyone will be happy for you wanting to leave the barrel. With this in mind, you can't share your desire to escape with everyone. They may block you or even steal your escape plan for their own.

Next, once you have successfully escaped the barrel reach back and grab others. You need to always remember where you came from. You should be in the mood to give back and better the community from where you came. It doesn't have to be major but can be a simple gesture. Maybe, you decide to mentor some local teens to let them know that they too can go beyond the community limits. Whatever you do, give back.

The last point is the crucial one. Not everyone wants to leave the barrel. The fear of the unknown is real. Some people are comfortable in what they know to be consistency. They never dreamed of doing anything different and don't plan on starting anytime soon. The idea of leaving is one that no one in their family ever had.

Don't focus so much on trying to pull them out that you fall back in the barrel. The most important take home message is to get out the barrel. Dare to dream and be different. Dare to want more. Dare to put actions into place to have more. I dare you to see yourself past where you are and then act on it. Get out the barrel!

Overanalytical Multi-tasker

So many times, we can make our own self sick by being an overanalytical multi-tasker. We have the faith that things will pan out and to take that leap of faith. However, we overanalyze the whole process while multi-tasking different ways to see it through or “busy” tasks.

This section is so me and I am trying hard to improve. This is so me! So, here is the breakdown! Do you find yourself saying to yourself that you have the faith that everything will turn out ok? Then, you turn around and wonder how will it work out? Do you sit there and wonder if you need to do something to make that goal come to pass? Do you write out ideas on how you can come up with a Plan B just in case something doesn't go as planned? Do you quote positive quotes and scriptures but then counteract those with “realistic thoughts” about how it may pan out?

Do you find yourself so busy doing multiple tasks only to feel that maybe you aren't doing enough? I can literally be on Facebook, talking on the phone, typing a chapter for the next book while watching TV. Then, I self-reflect moments later on whether I have accomplished anything during that day. Not everyone experiences this section personally, but I am sure we all know or will come across a person like this.

If I had to give myself or anyone like this, it would be simple. I would tell myself and others like me to stop everything. Write down all your accomplishments from the beginning of time up to this point. Write down the realistic goals you have. When I say realistic, I mean write down goals that are measurable. Can you realistically see yourself accomplishing that goal or is it just a nice idea?

I would give the advice that things don't happen overnight. Slow down and appreciate the process. All of your hard work will eventually pay off. You are here for a purpose and in time it will all make sense. I would say that it is okay to not have it all figured out. Faith is trusting in the unknown and not having everything all lined up initially.

Just because it looks as though you are able to handle so many things at once doesn't mean you have to juggle them all. Know your limits and when to say enough is enough. Know how to shut the brain off and put the pencil down. The numbers don't always have to add up. Have the blind faith to leap and then trust the process. If you have the faith that it will all come together and work out, stop trying to figure out how. If God gave you the vision, then He will provide provision to see it through. Slow down and appreciate the journey.

Telling the Brain to Shut-UP

Telling the brain to shut up is key if you ever going to have peace of mind and succeed in life without meltdowns. We can come up with amazing ideas but our brains will go in overdrive trying to process every detail. We can become our worst critic. We can be doing very well and living a public and private success life, but will find a way to mentally jack it up by overanalyzing.

Here are the four steps to take in order to silence the brain. Stop the what-ifs. Be open to life-changing detours. Go to sleep at night!

Stop the “What-If’s”! Stop wondering what if scenarios. Dwelling on what could have been will only complicate everything. If you constantly focus on the past or what you should have done, you will never appreciate and get to enjoy the journey of what could be. It didn’t happen or you didn’t do it so let it go. Move forward.

Be open to life-changing detours. So many times, people have their whole life planned out only for life to throw detours and road blocks. Learn how to be open to change. Things don’t always have to fit the script. It is okay if you have modifications.

Be flexible and understand that things happen.
When life happens, don't trip. Either let it play out
or revamp the strategy.

Go to sleep at night! My problem is that I
sleep with a notepad beside me for ideas that may
pop up. I can waste precious sleeping time on ideas
that are truly insignificant and can wait until the
morning. My advice would be to go to sleep and
stop overthinking. At some point, you need to tell
the brain to shut up and rest.

Visual self-talk is important. Have