

# Michelle Griffith-Robinson

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- In order to do something that you've never done, you first have to believe in yourself
- Whatever you choose to do, you need to have that self-belief and that gut and determination not to give up
- Only a handful of people make it to the top in any profession and it is because of that tenacity and that self belief that has to come from an intrinsic deep-rooted belief
- Say positive affirmations out loud "I am good enough"
- And if someone does think you're cocky, whose problem is that? Not yours!
- As long as you know in your heart that you're just trying to do your best
- We have a very short time on earth to make a difference, so why not own that and try and make a difference
- Michelle often think that if I'm the first person to do something, or the second or the third, and someone looks up to me, then I'm making a difference to those around me
- What is your why and what is stopping you from moving forward
- FEAR = False Evidence Appearing Real
- Keeping physically active allows you to physically be on your A game
- Schedule in when you're trying to do your exercise because if we don't something else will pop up that we will prioritise over our own self-care
- Make yourself a priority and hold yourself accountable
- Michelle recognised that there are not enough black and ethnic minority women sharing their experience of perimenopause and menopause, and Michelle wanted women to know that we are all going to go on our menopause journey and feel equipped to tackle it
- Michelle's hopes are that every woman has access to the right information to make the best informed choices
- Make sure you find you
- Formulate your circle that will help champion you. Find that friend that can be honest and open with you, and that can elevate you
- Show that vulnerability and go and get what you duly deserve