



THE POWER OF YOU

Unlocking your power



BY
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Chapter 1: Stepping Into the Fire



I feel like I'm in my own version of *Eat, Pray, Love* — only my journey is unfolding right here in beautiful Sydney.

I just finished a divine brunch in Double Bay. Lately, I've developed a new appreciation for food, for flavour, for trying dishes outside my comfort zone. Maybe that's a metaphor for my life right now — learning to live outside my comfort zone.

It all began last December when I packed up my life and moved myself and my children to Sydney. A new life. A fresh start. A bold chapter. I grew up on the Central Coast, spent my whole life there. For a long time, it was all I knew — but deep down, I felt like a big fish in a little pond.

Like many things in life, you can only grow as much as your surroundings allow. And I knew I was meant for more.

As I sit here soaking in the sights, the sounds, and the sunshine, I feel nothing but gratitude — for the courage to make a change, for backing myself, and for believing in my vision when no one else did.

We often fear change. It paralyses us. But it's this fear that holds so many people back from living a life that's truly extraordinary.

Lately, people have said things like, "Wow, you inspire me," and "It must have taken guts to do what you did." Others weren't so kind:

“You’ll regret this.”

“You’ll hate Sydney.”

“You’ll move back.”

Here’s the thing: not everyone wants to see you win. Some people are so terrified of change that they project their fear onto you. That’s why it’s vital to be intentional about who you surround yourself with — and whose voices you let into your head.

When someone offers an opinion, ask yourself:

Are they living authentically?

Are they happy?

Are they growing?

Do they know what courage looks like — or are they scared of their own shadow?

And the big one: are they qualified to advise you on success, when they haven’t yet defined it for themselves?

For the first time in my life, I wake up in love with my days.

I love where I live.

I love the choices I’m making — because I’m making them *for me*.

They align with my goals, my energy, my personality, my future.

I used to read all the books on self-love and authenticity. They spoke about finding your true self — but my environment didn’t give me room to breathe, let alone be authentic.

And by “environment,” I don’t just mean the town I lived in. I mean the relationships, the workplace, the house, the furniture, the car — none of it reflected who I really was. It was a life made of limitations and expectations, not identity or joy.

Sometimes life needs a full-scale overhaul.

Before I moved to Sydney, I had to change everything.

First, my mindset — to believe that the life I wanted was possible.

Then, my environment — I put my house on the market. It was dark, old, miserable, and rundown... which is exactly how I felt living there.

I left a toxic relationship that had broken me physically and emotionally. I had spent years in the shadows, being abused, belittled, and silenced. And in many ways, I had become a reflection of that house — dim, depleted, and empty.

My self-worth was gone.

But something inside me — no matter how small — still held strength. And that tiny spark? It was enough to get me out. It was enough to help me move on.



In hindsight, every battle I fought prepared me for this chapter. Those wounds built my resilience. My scars shaped my strength. So, while I never deserved the pain, I'm grateful for what it taught me — it forged the warrior I am today.

I sold, donated, and gave away most of my belongings. I switched jobs. I let go of the old version of me — the one I never truly identified with — and made space for someone new to emerge.

This chapter, right now, isn't just a new beginning.

It's a **reclamation**.

And this is just the start.

Change Your Energy, Change Your Life: Step 1 — Invest in YOU

One of the most powerful things I've learned in life is this:

As soon as we shift our energy and vibration, everything around us begins to change.

Your energy is magnetic. It's not just about what you're drawn to — it's about what's drawn to *you*. If you want to attract better — better people, better opportunities, better outcomes — you have to **become better**. You must elevate your frequency.

And that shift doesn't happen overnight. It takes intention. It takes action. It takes practice. But it always starts with one thing: **YOU**.

Quantity vs. Quality: The Power of Refinement

One of the best decisions I ever made was replacing *quantity* with *quality*. Not just in friendships or clothing, but in every part of my life. What I consumed, who I spent time with, how I showed up — it all had to evolve.

But change has to start somewhere. And surprisingly, the easiest place to begin is on the **outside**.

That's right — we're talking **style**.

There's a funny meme that says, "Dress for the job you want," with a woman dressed as Catwoman. And while it's a joke, it holds truth: **show up as the version of you that aligns with your goals**.

Observe Success, Then Reverse Engineer It

When you're trying to elevate your life — especially on a budget — one of the smartest free tools available is **people-watching**.

I love sitting in places like Double Bay or Mosman, areas where success lives and breathes. I watch how people carry themselves. What they wear. Who they're with. What they drive. Their body language, their tone of voice, even their posture.

Then I reverse engineer their lifestyle:

- What do they do for work?
- Are they in a relationship? With who?
- Do they have kids? Where do they go to school?
- What's their routine like? Their hobbies? Their eating habits?
- What are their standards?

Here's what I can tell you for sure:

People who operate at that level have **very high standards** for their self-worth and non-negotiables. They don't shrink themselves to fit into someone else's expectations. They take calculated risks. They back themselves. They don't settle.

And guess what? Most of them weren't born into that.

Some of the most successful people came from **nothing** — broken homes, poverty, hardship. And they built something because they believed they were worth it.

Your Past Doesn't Define You

You are not your upbringing.

You are not your trauma.

You are not the story your past keeps telling you.

It took me nearly 40 years — and more than a few storms — to fully take a chance on myself. To back myself. To stop living life by default and instead live by **design**.

I hope you don't wait that long. I hope this post is your wake-up call.

Step 1: Invest in Yourself

You are your greatest asset. Here's how to start your transformation:

Style

- Build a wardrobe that reflects who you're becoming, not who you've been.
- Practice confident body language — shoulders back, head high.
- Speak with intention. Watch your words.
- Spend time in spaces that elevate you.
- Surround yourself with people who energise and challenge you.
- Start developing your **personal brand** — online and offline.

Image

- Cultivate a strong mindset.
- Rebuild your self-worth and practice positive self-talk.
- Visualise the life you want, daily.
- Reset your internal narrative. You are *not* broken.
- Set clear, authentic goals.
- Practice self-love without guilt.

Health

- Move your body. It shifts energy faster than anything.
- Prioritise self-care — not as luxury, but necessity.
- Fuel yourself with nourishing food.
- Rest. You cannot rise if you're depleted.
- Maintain a positive, resilient attitude.

Education

- Never stop learning. Grow on purpose.

- Research the life you want and the people who live it.
- Add to your skills, your value, your voice.
- Increase your employability and confidence with every step.



Final Thought:

You don't need permission to change your life.
You just need to believe you're worth the investment.

And trust me — you are.

From Struggle to Strength: My Journey as a Single Mum Who Refused to Give Up

People often look at me now — the clothes I wear, the bags I carry, the pride I take in my appearance when I leave the house — and assume I've had it easy. I've even been accused of having a "husband who buys it all for me." What most don't realize is just how hard I have worked, as a single woman and mother, to give myself and my children everything we have.

The Hardest Times

There was a time I couldn't even afford to feed myself. I was so skinny that people called me names like "Anna" — short for anorexia. Truth is, anything I had, I gave to my children

first. Being chubby now is literally a first-world problem, and I remind myself daily that the weight I carry today is a sign I eat — and eat well (maybe too well at times).

I look at my overflowing wardrobe and sometimes complain about not having enough space. But I'll never forget when I had an **empty wardrobe** — nothing to wear because I was so broke. I remember owning only one pair of pants that I wore every day, a couple of tops, and one warm coat. I used government vouchers and handouts to buy clothes and food from the Salvation Army.

There was a time when my car broke down, and I couldn't afford to fix it. My washing machine also broke, and since I didn't own a dryer, I had to ride my bike to my parents' house with a giant backpack full of wet clothes, then ride back home carrying them still wet to hang dry.

At night, I slept on a mattress on the floor and scraped together \$5 from couch cushions and drawers just to put petrol in my car.

Small Dreams, Big Wins

I remember my very first wish list — the little things I thought I needed to improve my life:

- CD holder
- Mop (so I wouldn't have to crawl on my hands and knees to clean my wooden floors)
- Ironing board

Back then, these seemed so big and so out of reach. But the beauty of goals is that they are *yours*, no matter how small. Each time I ticked something off that list, it inspired me to create a new one.

My lists grew — from owning a phone, getting internet at home, to finally being approved for a \$500 credit card — until one day, I put on that list my **dream car**. When I bought it, I thought, *What if I could buy my own house?*

Defying the Doubters

People told me I'd never earn certain amounts. I'd never own a house.

I'll never forget sitting in a job seeker interview at Centrelink when the staff member asked what I wanted to earn. I said \$60,000. She laughed, saying I'd never get that because she earned less — and I was “just a young single mum.”

From that moment on, my mission was clear: **I was going to earn more than her.** And I did — I doubled it.

I went from bank to bank asking what I needed to buy my first house. One banker told me I needed a husband or two incomes. I said, “I don’t have a husband — so tell me how much I need to earn.”

He said I’d need to make as much as two people combined. So that’s what I did.

As a single mum of two, with \$10,000 saved, I bought my first house for \$235,000 — one of only two houses I could afford. I chose the one I believed had potential and trusted my vision.

Building a Future

A few days before moving in, I found out I was pregnant with my third son. After five years of engagement, his father and I separated.

I sold that first house for \$329,000 — enough for a deposit on my next home.

As a single mum of three, I showed the naysayers that I could do it again.

That next house was the only one I could afford in one of the best suburbs — but also the worst house. It served me well for six years, during which I fell pregnant with my daughter — my fourth child.



Owning My Story

After separating from her father and raising four children alone, I finally gave myself permission to stop living out other people's dreams. I no longer felt the need to prove myself to anyone.

Now, nearly 40, I'm unapologetically living my life — full of successes and failures, lessons and growth.

This time, I'm coming back **bigger and stronger than ever**.

My Keys to Moving Forward

- Visualise what you want
- Meditate to centre yourself
- Surround yourself with positivity
- Educate yourself continuously
- Inspire and be inspired
- Be consistent
- Build strong routines

If you're reading this and feeling like the odds are against you, know this:

Your past doesn't define your future. Your current situation is not your final story.

You can rise. You *will* rise.

Chapter 2: Don't Wait for Others to See Your Worth

I have never understood people who stay stuck in jobs where they are undervalued and underappreciated, hoping that one day their hard work will finally be recognised or that long-awaited promotion will come through. The same goes for those who remain in relationships, waiting for their partner to finally see them.

Here's the truth: don't wait around for people to notice your value or acknowledge your worth. I have met complete strangers who saw more in me within five minutes than some people who have known me my whole life.

Seeing What I Couldn't See

On a trip to Mykonos, a man approached me and told me I was a powerful woman — that I had something special. But he also said that what was on the inside of me wasn't matching what was on the outside.

His words struck a chord.

On the outside, I looked vibrant and confident — like someone who had her life together. But on the inside, I was full of insecurity and self-doubt, ignoring my self-worth. At that time, I had just stepped into what would become the worst four years of my life, trapped in an abusive relationship.



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A Glimpse of Strength from a Stranger

Later, in Santorini, while trying on shoes in a boutique, another man—on holiday from the UK—came up to me. He said he saw me and felt compelled to say hello because I exuded strength, power, and a commanding presence.

He didn't try to flirt or make a move. He simply wanted to express what he saw: a strong, powerful woman.

Little did I know, this presence was about to be shattered by the toxic relationship I was entering.

A Life-Changing Trip

That trip changed everything for me.

Men stopped me on the streets asking for photos. It's not about bragging; it's about perspective.

This experience taught me there is a whole world out there — a world beyond the small bubble of people who may not see your worth.

Strangers, who don't even know you, can see your greatness clearly.

Why Expanding Your World Matters

This is why it's so important to:

- Travel
- Live in new places
- Expand your social circle
- Move to a new city
- Try new jobs
- Get out of your comfort zone and bubble

The Power of New Audiences

When I started my podcast, I learned another lesson: often, the people closest to you are the ones who criticize or try to tear you down.

But there is a wider audience out there — strangers who will hear your message exactly for what it is, who will value your words, admire your strength, and need to hear what you have to say.

Don't wait for recognition from those who don't see you. Create your own stage and share your truth with those who truly appreciate it.

Your message has the power to resonate with individuals you may never meet, creating connections that transcend physical boundaries. When you embrace the courage to authentically express yourself, you open doors to opportunities and relationships forged in mutual understanding and respect. It's in these moments, surrounded by those who truly value your efforts, that growth flourishes — both personally and professionally.

Chapter 3: When Regan Came Into My Life



I will never forget the time I met Regan.

I was in Terrigal, drinking coffee and wandering through boutiques like I usually did on my days off. I went into one shop I often visited, but that day something was different.

Regan appeared.

At first, it was just a warm, friendly smile welcoming me in. I tried on some clothes, chatting casually about the excess weight I couldn't seem to lose around my tummy. Regan offered advice — a green juice cleanse, some other ideas that might help. We kept talking, and then she said something unexpected: she felt my energy was low. Not just tired or run-down, but my *vibration*.

She began to do a reading on me — not with cards or crystals, but simply by connecting. She described the journey I'd been on, the one I was currently walking, and even the path she could see me heading toward in the future. Every detail was exact, like she was reading my life's story.

Then Regan told me how she spoke to God — and that God spoke back to her.

She asked if she could speak to God for me. I said yes.

In the middle of the boutique, with customers browsing nearby, Regan placed her hands on me and spoke what God communicated through her. I am not a religious person by

nature, but on that day, I believed. I prayed with her, right there in that little beachside shop.

Regan asked God to accept me as His child, to guide me to the life I was meant to live. She opened a gateway for me — one I had never walked through before.

I left the boutique completely changed, my mind blown.

Regan told me to come back in a few days — she would write the prayers God gave her for me. A week later, I collected two scrolls that still hang framed in my bedroom. I read them often.

I never saw Regan again. Nor had I before that day. I call her my guardian angel — sent to guide me through one of my darkest moments.

I tried telling people about this experience, but most looked at me like I was crazy. Unless you've had moments like this yourself, words can't do it justice.

In life, teachers appear everywhere — sometimes so obvious, sometimes unseen.

Just like those strangers who saw my power in Greece, Regan came into my life when I needed her most.

Now I call for more teachers, and I stay open to who or what might show up next.

Chapter 4: Surrendering Our Ego and Letting Go of Fear

My ego has been my wall — my fortress protecting me from vulnerability.

It's the power I cling to, the guarantee that no one can hurt me again.

But when you build that wall, you block out *everything*:

- Shame
- Guilt
- Fear
- Self-worth
- Connection

I have been ashamed — ashamed of failing, ashamed of being a single parent, ashamed of not giving my kids the life I dreamed for them.

Ashamed of my body, my sexuality, my financial situation.

Ashamed of who I am.

That shame birthed fear — fear of being truly seen, fear of being hurt, fear of letting anyone in.

My deepest fear was being alone, but that fear led to closing off others — which caused loneliness.

As Brené Brown says,

“Our connection to others is only as solid and as deep as our connection to ourselves.”



Surrender

How do we surrender when fear, shame, and guilt crush our hearts? When our ego guards our self-esteem and self-importance?

I numbed myself to avoid the pain of my past — but in doing so, I numbed myself from joy, love, laughter, and happiness.

I focused so hard on not feeling pain that I gave myself more pain.

Now, I give myself permission:

- To let go.
- To love and feel love.
- To laugh and experience joy.
- To be worthy of help, love, freedom, and happiness.

Investing in Yourself

Investing in yourself is one of the most important things you will ever do.

- Your mental health
- Your emotional wellbeing
- Your nutrition
- Your physical appearance
- Your education
- Building your self-worth:
 - Self-love
 - Money mindset
 - A supportive network
 - A growth mindset

Create a nurturing environment that allows you to be your best self:

- **A clean house:** Declutter, remove broken things, let go of bad memories. Create a space with good energy and flow.
- **A clean mind:** Don't pollute your thoughts with toxicity. Release past pain, thank it for the lesson, then move on. Journaling helps empty the mind.
- **A clean body:** Eat nourishing food, hydrate, move daily through exercise, stretching, or meditation.

Physical activity doesn't have to be complicated — even a daily walk and stretch make a difference.

Remember, the journey to your best self is continuous and ever-evolving.

Embrace each step with patience and self-compassion. Celebrate progress, no matter how small. Every effort shapes a more balanced, fulfilling life.

You have the power to create a life that nurtures your mind, body, and soul.

Until next time,
Lots of love,
BEX XOXO