



Paula Abdul's  
Secrets to  
Transformation

*Dead Girls Guide*

On April 6 & 7, I spent two days with Paula Abdul, Joe Polish, Brendon Burchard and 19 other people learning about reinvention. I didn't really know what to expect from the event. I didn't know [Joe Polish](#) (the event's host) and I certainly didn't know Paula. Brendon always gives out an astounding amount of information, so I felt confident that the content would be phenomenal and I wasn't disappointed.

Paula is a study in contrasts. A mighty heart and an intelligent spirit are packed into a pint-sized body. I'm serious when I say she's tiny - I tower over her at 5' 3", and my size 0 dress would have hung on her like a tent!

Reinvention and transformation seem to have followed her for most of her career. She started out as a Lakers Cheerleader and parlayed that skill into choreography, music, and acting.

Most people have forgotten all about the plane crash that occurred on her birthday which precipitated 14 surgeries, excruciating pain, nerve damage, and an almost decade long hiatus. And yet, she still dances...in 7 inch heels no less! I must say her impromptu number put to rest any rumors about either drugs or alcohol. Believe me; nobody could have done that number in those heels without being stone cold sober.

In this e-book, you'll learn what I learned from Paula about transformation and success. I think you'll be surprised at what you hear, especially since she's in one of the most notoriously cut-throat industries of all time!

If you haven't figured it out by now, the Dead Girls Guide brand is really all about reinvention and transformation. There is a calculated juxtaposition in the DGG brand. The use of "dead" anywhere seems to freak people out because it's one of our biggest fears, and yet to me, fear is our soul's greatest enemy. I figure since I died three times, I have the right to push a few buttons with a catchy brand name that piques our morbid curiosity so that in the end, I can help you lose the fear and transform your life.

*~Many blessings, Pam*



## A SHORT BIO ON PAULA

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### THINGS YOU MIGHT NOT KNOW ABOUT THE WOMAN BEHIND THE STAR:

*She has won two Emmy Awards.* Both are for choreography and were awarded in 1989 and 1990, respectively.

*She's successfully conquered bulimia.* Paula battled bulimia for 17 years and conquered it through the help of professional counseling.

*She choreographed both Michael and Janet Jackson.* She describes working with the Jacksons as “having been in the presence of greatness”.

*She's been divorced twice.* And she's not sorry she took chances on love. Her heart is her greatest asset and she's not shy about admitting it.

*Gene Kelly is her Idol.* The movie “Singing in the Rain” stirred her desire to be in show business, and after she created her Pepsi commercial where he was superimposed dancing next to her, she got to meet him and thank him in person.

*She was born premature.* She was brought into this world three months early with a broken windpipe and lungs that were so poorly developed she passed out each time she took a deep breath. Her sister taught her to laugh early because laughing required exhalation, which kept her conscious for longer periods of time.

*She was accepted at Julliard.* And she thought her life was over when she walked away from the school because she couldn't tolerate life in New York.

*One of her legs is 2 ½ inches shorter than the other.* And it never stopped her from fulfilling her dreams of dancing!



## HARD WORK

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### YOU HAVE TO ASK YOURSELF, HAVE I 'WORKED HARD' OR AM I WORKING 'JUST AS HARD'?

*We never stop paying our dues.* If you're in the position of having "worked hard" instead of working "just as hard" as you did when you started, you're coasting and you're going downhill.

Transformation is hard work and it means that we will be inconvenienced and uncomfortable frequently. It also means that we must be dedicated enough to our dreams to work even when we don't really want to. It's the price we pay for achievement.

In her *Crazy Cool* video, Paula danced 19 hours straight with a broken ankle. You can see the determination on her face in the video on YouTube. Her comment to me was, "You just get through it." If there was ever a time when Paula didn't want to dance, this would have been it, but she was dedicated enough to her dreams to make it happen.

How dedicated are you to your dreams? Are you working just as hard as you ever have to make them happen or are you coasting?

Your spirit is eternal but your body isn't. Once your soul leaves it, the time for physical action is O.V.E.R. What actions, even if they're baby steps can you take in this moment to bring you closer to achieving your dreams? Write them here, and then DO THEM!



## TEAMWORK

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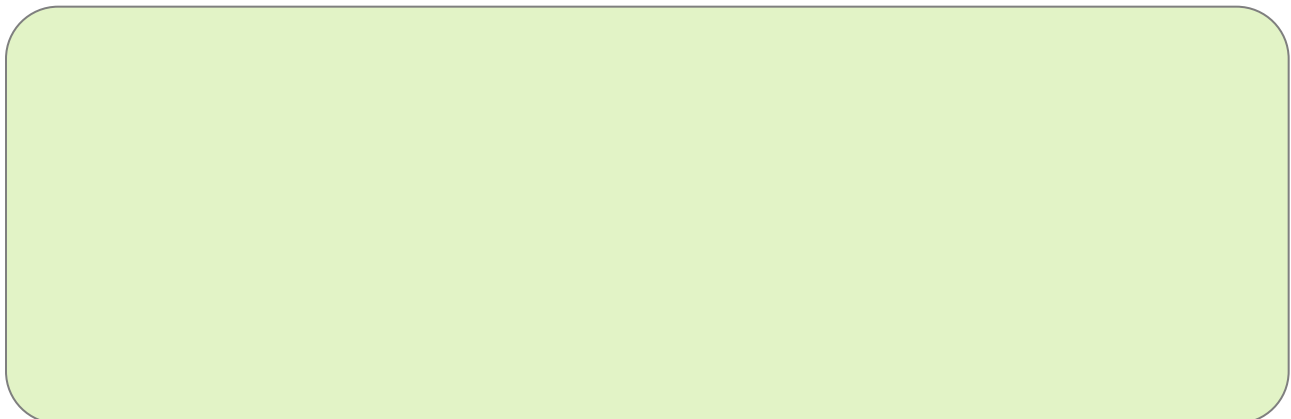
### YOU ARE ONLY AS STRONG AS THE WEAKEST PERSON ON YOUR TEAM.

*In order to become a Star, you must surround yourself with Stars.* Ouch. Don't we all have vampires in our lives that steal our time and energy?

If you want to be outrageously successful with your gifts, you have to be discriminating with the people you allow to be a part of your team.

Paula attributes her ability to build strong teams to cheerleading. As a Lakers Girl, her choreography had to be in synch with every person on the team. One misstep by anyone and the entire performance looked sloppy. The same goes for Team YOU. To maximize your gifts, you must find others to help who possess gifts that support yours, and those team members must know how to be in synch with your steps.

We all want star power, and the great thing about it is that “star power” means something different to each individual. Star power for those who don't like the spot light means that they are stars at *finishing* and *supporting*. Never discount your finishing/supporting stars if you're the person on the team who seeks the spot light, because their gifts are just as important as your ability to be in the public glare! What are your gifts? What gifts do you need to surround yourself with to compliment Team YOU?





## CELEBRATION

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**CELEBRATE THE WINS AND LAUGH AT THE MISSES.  
ALWAYS RECORD YOUR “FIRSTS” AND CELEBRATE THEM.**

*You never get time to honor your own accomplishments.* When you're in the middle of transformation, you can easily miss all the “firsts” you have accomplished in the process. Record them, celebrate them, and use them to keep you focused.

Failure can never be taken too seriously because to do so crushes the soul. So it didn't work out exactly the way you expected. So what! What did you learn from it? What will you take with you as a best practice?

Celebration can also be one of life's greatest coping mechanisms. Transformation is scary and life-long. Celebrating the small wins along the way rejuvenates the soul and helps you re-focus on the target.

What are some of your “Firsts”? Record them here and then create a celebration plan! (Hint: Going into debt for celebration will only make you more stressed, so celebrate strategically!)



## FEELING LIKE A FRAUD

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### FEELING LIKE A FRAUD WHEN YOU'RE DOING SOMETHING NEW IS A NORMAL PART OF GROWTH.

*Find a way to let all the fear and stress out.* Paula's opportunities always came at a moment when she felt she was least ready for them. As a result, she battled through feeling like a fraud each time she was asked to step into a new role. She would accept the challenge, and right before meeting with her new clients, she would sit in her car and let all that fear out through crying and screaming. At a point, she realized that those "fraudulent feelings" were a normal part of growth.

It's okay to be afraid, but it's not okay to let fear define you or the opportunities you are going to go for in your life. Feeling like a fraud when you're trying new things is normal. Honestly, how else are you supposed to feel when you're being trusted with a new opportunity to strut your gifts - you're being trusted to be the expert - and you haven't performed in that exact capacity yet?

When you're in the moment of fear, find a way to let all the stress out, and then go and give it your best!

When have you ever felt like a fraud in your life? What can you use as stress relief for a future new opportunity?



## FINAL THOUGHTS

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### **NEVER LET ANYONE COUNT YOU OUT.**

Paula had every reason to dismiss her dreams of stardom. So many people told her that she was too small, too short, couldn't sing, or wouldn't succeed. Her belief in herself got her through those times. Yours will do the same for you. Give no one else the ability to define your destiny!

### **DON'T BE AFRAID TO BREAK THE MOLD.**

You won't always fit the expected norm. In fact, it may well be necessary for you to break the mold in order to break out of the pack! Paula says "knowing who you are creates the most charisma". Your charisma is a part of your star power, and how can you let that shine if you're trying to fit the mold?

### **HONORING OTHERS WITH PROFOUND GRATITUDE SETS THE UNIVERSE UP TO HONOR YOU.**

Kindness and gratitude are not signs of weakness, and quiet confidence is intriguing. Gratitude actually helps you become successful faster. It's like a huge success magnet! Use it often to pull opportunities to you.

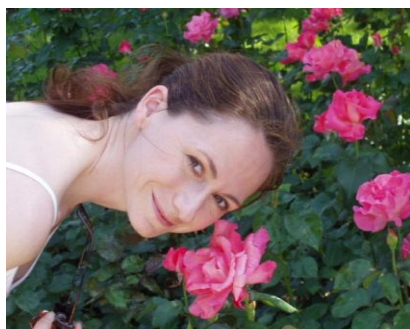
### **HARD, DARING STEPS ARE NECESSARY FOR SUCCESS.**

You have to do what you have to do to get what you want. Seize the moment with boldness! Barter deals, believe in yourself, and don't be afraid to try!



## ABOUT YOUR MENTOR

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**Pamela Bowen** is President of Bowenventure, LLC, a privately held organization on a mission to help people achieve their highest potential.

Pamela grew up poor in Great Falls, Montana, in a family of ten brothers and sisters. Life circumstances eliminated any possibility of a formal education and yet, without a college degree, she learned skills that helped her earn a half a million dollars a year by the time she was 26.

Pamela has over 20 years experience in Corporate America, having climbed the ladder in information technology to the top executive role of Chief Information Officer.

While attending a business meeting on her 42<sup>nd</sup> birthday, she experienced a massive brain hemorrhage in her left temporal lobe. She was clinically dead three times. The Doctors estimated that she had a 5% chance of survival and a 2% chance that she would survive as anything other than a “vegetable”. The Doctors told her family to make funeral arrangements and long-term care arrangements as a backup, but the Doctors didn’t count on Divine Intervention.

During the three times that Pamela died she was met by Archangels Gabriel and Raphael who accompanied her to the other side and revealed knowledge and understanding that she promised to share when she was raised from the dead.

Pamela created the Dead Girls Guide brand to fulfill her promise of teaching, inspiring, empowering, and transforming the lives of those willing to reclaim their Divine DNA.

Pamela can be reached at [www.deadgirlsguide.com](http://www.deadgirlsguide.com).