

# PURE SOAPBOX

*...a cleansing jolt of perspective, motivation, and humor*

by

Kimberlie Dykeman



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Mom – No one understands me like you! You've given me the heart, spirit and breath to bring my dreams to life, and you inspire me more than you can ever imagine with your own life story. I love you and am forever jazzed to tell people that you're my very best friend!

Dad – Your strength and loving discipline have given me the wherewithal to do anything I put my mind to. Our bumpy past has taught us to cherish our future as truly great pals. I love you and I'll always be your "Scooter."

Natalie – We may still be polar opposites, but we've finally built a friendship I have prayed for my whole life. Your generosity is humbling and you have yet to realize just how special you are to the world. I love you! (Mom made me say it!)

## Introduction

Welcome, to the little corner of my mind. A brilliant man named John Naisbitt once said, “The most exciting breakthrough of the 21st century will occur not because of technology, but because of an expanding concept of what it means to be human.”

Folks, this concept has resonated in my noggin for years and eventually crescendoed into the driving force behind this book. To define this free-flowing discourse, I’ve coined the term “soapbox™” – an aerobic effort in and of itself – for it goes above and beyond the traditional connotation of an improvised platform from which folks eject opinions and prose.

*Pure Soapbox...a cleansing jolt of perspective, motivation, and humor, an assemblage of virtual transmissions I have shared with clients, friends, and complete strangers across the country for years, serves as a forward-thinking showcase of candid wit and inspiration. Originally coined *The Monday Soapbox Edition*, each concoction has proven a readily devoured truffle of quotable common sense, oozing a Mary Poppins positive energy, yet delivered with a dash of New York, sarcastic flair, and a swift kick in the pants.*

Serving as an ignition sequence to your back-burnered dynamic characteristics of human nature, *Pure Soapbox's*

entertaining and stimulating observations will affect you with a rich under-conversation of life's profundity, irony, and sentiment.

Go ahead and dive in, folks, but prepare yourself for a good metaphorical cleansing. For I discreetly absolve myself of liability for the obscured truths you shall indeed face. Conversely, though, with acceptance speech in hand, I will shamelessly take credit for the glorious buried treasures you'll discover and confettied aha! moments you'll also joyfully experience. That said, I invite you to cleanse your palate, peer outside the proverbial box, and entertain the wondrous idea that *Pure Soapbox* will tattoo your memory and enhance your very state of being.

And, hey, worst case scenario, you've got one more for the magazine stack in the bathroom.

Yours in great spirit,

Kimberlie

“ENTHUSIASM IS ONE OF THE MOST POWERFUL ENGINES OF SUCCESS. WHEN YOU DO A THING, DO IT WITH YOUR MIGHT. PUT YOUR WHOLE SOUL INTO IT. STAMP IT WITH YOUR OWN PERSONALITY. BE ACTIVE, BE ENERGETIC, BE ENTHUSIASTIC AND FAITHFUL, AND YOU WILL ACCOMPLISH YOUR OBJECT. NOTHING GREAT WAS EVER ACHIEVED WITHOUT ENTHUSIASM.”

1

~RALPH WALDO EMERSON

With a twinkle in your eye, no doubt you could regale your friends with a handful of fantastical life events that have unequivocally excited you; things that have forever captured your imagination and memory; things that you absolutely had to do or see or you would just die! (Honest!) You timed to iron out each particular detail, so, hopefully, everything would turn out just perfect, like your wedding, a long awaited vacation, a first date, an interview for your dream job, an Aerosmith concert. You know the feeling, the smile you wore from ear to ear, the memories you knew you'd have to share. Examine the painstaking preparation for each event, even if it only lasted two hours, and page through the spectacular stories that stemmed from it. Oh, the things we do for love...

Now, entertain applying that same enthusiasm toward an event called *your life*, purposefully and lovingly ironing out the critical details to ensure that you experience every

day to its fullest. Then strive diligently to create memories that transform this journey into the ultimate event. Just a matter of changing perspective, right? Well, hang on a sec, because simply sporting a smile ain't gonna make life one big carnival.

In truth, those critical details really comprise the collective health of your body, mind, family, relationships, and career. When they tilt out of balance, everything else is compromised, tarnishing your overall experience and quality of life. So, why wouldn't you be passionate about taking care of yourself, working on your relationships, driving towards your business goals, and ensuring a fantastic, long-lasting event?

Exude enthusiasm in creating your life. Don't just hang on for the ride. Be your own catalyst! Get fired up and make a difference in your own journey. Or, as my dear Dad so eloquently put it, "Don't drag your ass. The light ain't gonna get any greener."

KD

“LIFE IS WHAT HAPPENS WHILE YOU’RE  
MAKING OTHER PLANS.

~JOHN LENNON

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...hang on, I’ll be right back.

KD

“ACT WITHOUT DOING; WORK WITHOUT EFFORT.”

~TAO TE CHING

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Did you ever push too hard only to have the metaphorical swing come back and hit you dead-on in the chin? Liken this to the self-inflicted searches for insight and inspiration from a bag of stale fortune cookies. Sometimes you’ve just got to let the meaning find you. Forcing profundity or comedy is like putting spoiled cream in your long awaited morning cup of coffee. It tastes like crap and wastes a perfectly good setup. Be you. Be open. And sip slowly.

KD

“IN A RELATIONSHIP, TWO HALVES  
DON’T MAKE A WHOLE. TWO WHOLE  
MAKE A WHOLE.”

~JO COUDERT

24

Attached at the hip. Funny little phrase, isn't it? Perhaps you reading this book creates a linking of sorts, an attachment or connection that makes us need the other to infuse and illuminate our own Big Picture, whether of the day, an idea, a dream, a lifestyle, or a lifetime.

Moreover, I metaphorically propose that each of us embodies a full 24-pack of Crayola crayons. Plenty of variety there to play with, right? Boasting all the colors of the rainbow, and then some, and uniformly brimming with gorgeous pigment that defines our every thread and thought. *Ooooooh*, but remember what the full set of 48 looks like? Not to mention 64 or 128! Fluorescents, metallics, unpronounceable shades of blue, green, and brown, and every color word combo imaginable. Not that more is better, nor is the littlest pack incomplete, less than half, or even limited. But the end result, the picture creatively born from the bigger, more varied palette, climbs to a colorfully dramatic new dimension: A Crayola masterpiece of Manet or Klimt proportion.

Truth be told, folks, even if your collection is peeled down to the labels and worn down to nubs, 24 is, was, and always will be complete and unlimited by design and definition. Make this simple yet crucial connection and you just might begin to see both yourself and those in and around your life as complete creations, absolute sets. Playfully and boldly blend with family and friends, sweethearts, co-workers and strangers, and discover the magical cornucopia of shades you can add to this work of art called life.

KD

WE INTERRUPT YOUR LIFE TO BRING YOU  
THE FOLLOWING:

“SIGNIFICANT CONVERSATIONS BUILD  
RELATIONSHIPS.”

~ANONYMOUS

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We are having a conversation right now. Each email you have received from your co-workers, your friends, that pain-in-the-ass Real Estate guy who keeps spamming you has been a conversation. Each seminar, piece of mail, memo, gossip session, dinner-date, meeting, and “Hi, honey, I’m home,” equals a conversation. And in each case, the messages delivered, inferred, interpreted, or perhaps, lost, held some degree of importance, for they hit their target—*you*.

That said, I have a simple message: Pay attention. Pay attention to the impact of the barrage of messages that flurry around you day-in and day-out. The ones you choose to toss literally or figuratively out the window were probably either low-price items in the first place or shamefully under-delivered. Bottom line: No further thought elicited, let alone follow-up or parting gift for the bearer.

Aaahhh, but then you may savor the celebrated golden nuggets of conversations that present themselves in fabulous packaging. They shine on your current reality, perhaps leave residual warmth, and spark your curiosity

with an intangible under-conversation. These exchanges leave you wanting more and change your very being. Again, pay attention to these conversations because they build and sustain the relationships that keep you alive. Follow the ornate trail leading to the person or people responsible, and you'll learn that they invariably feel and think the very same way. Nurture and grow these relationships with appreciation, respect, and love. They are significant and deserve nothing less, and neither do you.

KD

“THE WORLD CARES VERY LITTLE ABOUT WHAT A MAN OR WOMAN KNOWS; IT IS WHAT A MAN OR WOMAN IS ABLE TO DO THAT COUNTS.”

~BOOKER T. WASHINGTON

# 43

I’ve got a question for you: What’s the value of that Real Estate between your ears? No doubt, it sits at prime rate, a prominent investment for any capitalist these days. Yet what a shame if you never hold an open house to showcase the lavish landscape, intricate architecture, and fabulous collectibles on which you have stamped your name and appreciated its value.

And so, my fellow walking books of knowledge, what is on your agenda of action today? What’s been brewing, stewing, and spewing from mind to mouth that you need to act upon? *Is today the day* you dig into the neglected nest of nimbleness and grease your elbows? Will you march forward with workmanship, manuscript, or sacrifice? Perhaps, walk the talk and jump off the fixed fence of fluctuation?

I say, *make today the day*. Take flight. Move and shake with the best of ‘em, and don’t worry about explanations, manifestations, or configurations. With brain brimmed and blueprints inked, exercise a path of exposition, exploration,

and execution. Make, move, groove, do, wave, riddle, and beat. Today.

KD

“COURAGE IS NOT THE ABSENCE OF FEAR, BUT RATHER THE JUDGMENT THAT SOMETHING ELSE IS MORE IMPORTANT THAN FEAR.”

~AMBROSE REDMOON

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The operative notion here is a four-letter word named *Fear*—that universal imp that can wheedle its way into the hearts of tycoon and street urchin alike. Undoubtedly, it has devilishly danced on shoulders and nestled pillows and furtively frolicked in boardroom and bedroom without fatigue. It sits at attention with laptop at arms, tapping abundance to the list of terrors and trepidations.

Certainly the immeasurable frights of worldly plight are mere blips on our collective radar screens. We halt for a moment in an attempt to comprehend the awesome dilemmas, yet our noggins have little space for the woes of the world. Instead we find ourselves mesmerized and manipulated by the effervescent horrors that chase us.

What do you fear? What invariably tattoos the deer-in-the-headlights look upon your brow? What scares the bejeezus out of you day or night? Death? Age? Marriage? Divorce? Love? Taxes? Unemployment? Uncle Sam? Silence? God? The Boogie Man? Solitude? Public speaking? Kids? No money? Failure? War? Not being happy? Not

making a difference? Never becoming famous? Never finding true love?

Born out of ignorance or avoidance, maybe even genetic disposition, it breathes and breeds. And try as you diligently may to avoid its arrival in your filing-system's frontal lobe, fear still creeps in like funk.

It clenches you when you know there are great things at stake, great memories being made, great people sharing the fruits of your life. Oh, but circumstance offers but one determinant of how inflated any imminence of danger will grow. Luckily the size of the battle within you has the power to belittle these assumed omnipotent challenges. Trust in the idea that you have the intrinsic ability to diminish the battalion of dreads and demons, equipping you to see the forest *and* the trees, and protect that which makes your life what you desire. You need only feed and fuel that morsel of bravery to bore through and stand triumphant with love and loyalty, faith and fervor. So go forth with courage in heart, mind, and spirit and light a cigar in celebration.

KD

“LIFE BEGINS AT THE END OF YOUR  
COMFORT ZONE.”

~N.D.WALSCH

# 58

I don't know about you, but if this premise rings true, then many of you can identify a year, let alone an era, in which you have *truly* lived. Proudly acknowledge that you have also strived and survived the confounded labyrinth of potholes and prop doors. And with mosaic-ed prayer and possibility in hand, you have deciphered the hieroglyphics to unfold an irrefutably timeless and timely fact: *Training wheels are meant to be taken off.*

So, as I take my place at the helm of this little soapbox, I say, “Comfort, shmomfort.” Roll up your sleeves, toss on a helmet, kick up the stand, and pop a wheelie down the open road of adventure. Start each blessed year with the wind in your face and your hair on fire and see where the journey takes you!

KD

“REMEMBER, THE LIGHT AT THE END OF  
THE TUNNEL MAY BE YOU.”

~STEVEN TYLER, *AEROSMITH*

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Ahhh, there's nothing quite like a full helping of delicious profundity and irony to fill your belly. Today's lesson emerges to lead you through a colorful picture show to an extreme close-up with reality. And I'll cut right to the chase. Picture a bull's eye, ringed with the boldness of luring aim, hovering smack dab over the center of your chest. See it. Feel it. Trust that it's there because it points to your soul.

Now, regardless of your beliefs in who or what created you, and how or why you appeared on the big screen, you are here. Period. Whether through your very own Big Bang theory of Jane and John Doe, the renowned stork, or a god of your naming and omnipotent standing, you've been duly delivered. And undeniably planted deep within your body revs a little generator, hard-wired with a zestful yearning to live and learn and love. Amidst the blessings and curses of an unpredictable storyline, though, this unflickering energy faces but one formidable challenge: Your wavering belief in its undying power.

When high times flourish, your reliance on people, places, and things for sustenance is ostensibly overshadowed. Fueled by and following your glowing golden spark, it might even appear that good fortune were simply part of the sketch, written as such with or without your character taking the reins. The needs of your body and mind met by a delivering spirit.

Conversely, loom the myriad situations when the lesser of two evils shows up at your front door, when a worst case scenario unfolds before your very eyes, or when the tides of hell *and* high water flood your path. Oftentimes, you inadvertently discount your own power and look outside yourself for a lifeline of salvation. As you gravitate to the center of yourself in weary deliberation, you now see the tribulations overshadow your light, and you believe any eventual reemergence will not be born of your own power.

Perhaps *today* is the day, then, that you examine yourself through another lens.

Perhaps in tough times your saving grace has been merely a pulse and a prayer, but still you pulled yourself through the muck and mire. No doubt, standing in soliloquy and without script in hand nor knight in shining armor, *you* put the brakes on worrying, whining, and wishing, and made things happen with *you*, for *you*, because of

*you*, and only when *you* were ready. Meaning, folks, that the entrenched engine within your chest never did let you down—you simply forgot its infinitely redeeming power. In essence, *you* were the very light at the end of the tunnel.

And so I charge you to reexamine your target and awaken your own sleeping giant. When you elect to aim for the light, the abyss of questions and doubt, fear and flight, seem to fall from periphery, and clarity and clairvoyance emerge to radiate. Purposefully recharge your batteries. Refocus your energies. Rekindle your spirit for both elation and submission. And rediscover your given gifts of grace, glory, and glee. For, regardless of your rite of passage, be it science, stork, or Savior, you have a scintillating soul and a story for survival.

KD

## **About the Author**

Kimberlie Dykeman is one of those people you don't soon forget. If her smile and laugh don't get you first, her energy will. She is a woman on a mission. And her passion is overflowing, if not contagious. She has dedicated her life to being a motivator, entertainer, and educator; and whether on-camera, on-air, on the field, or on paper, Kimberlie exudes a charismatic, vivacious presence that has fueled a loyal following and countless success stories. Her industry expertise, business savvy, and professional etiquette command attention and respect as a renowned TV and Multimedia Personality and Producer, Motivational Lifestyle Coach and Wellness Expert, International Spokesperson, and Author. Yet it's her unique blend of natural curiosity, engaging charm, and entertaining wit that allows her to interactively connect with and captivate any audience.

Kimberlie grew up on the beautiful rural outskirts of Rhinebeck, New York, and earned a degree in Literature & Rhetoric from Binghamton University. Though she cherished the comforts of a small-town community, Kimberlie had her sights set on making it big and exploring the rest of the world. Determined to build her own career

path from the simple concept of helping people live life to its fullest, fittest, and finest, she traveled throughout the United States and logged a gamut of entrepreneurial experiences, from elite personal trainer and lifestyle expert columnist to model and stand-up comic. Capitalizing on this diverse palate, Kimberlie emerged as self-proclaimed Lifestyle Coach and, in 1999, set up shop in Austin, Texas, to pioneer a groundbreaking system of executive coaching. Through her private practice, InnerStrength Connection, Kimberlie evolved into a motivational speaker, multimedia wellness expert, and health news correspondent, earning her recognition as one of Austin's "Thought Leaders." And, her unyielding commitment to the written word transformed her nationally broadcasted inspirational email, The Monday Soapbox Edition, into the book you are holding today.

Oh, but Kimberlie's vision just kept on growing, prompting her to tap the power of mass media and the Internet. Pairing her rugged street smarts with the support of a talented advisory team, she took on the City of Angels in 2005 to officially launch what has become conglomerate multimedia entity. As an on-camera personality and producer, she has blazed a bold path through the world of global entertainment and promotion, seizing every opportunity to entertain, enlighten, and uplift millions of viewers.

In her young life, Kimberlie has indeed built a loyal following and worn many hats. Television and multimedia maven, coach, author, athlete, community leader.

In the end, though, they all look the same on her. She is a motivator, entertainer, and educator for our times. A woman on a mission.

To learn more about *Pure Soapbox* and subscribe to SOAPBOX™ visit [www.puresoapbox.com](http://www.puresoapbox.com)

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