

Submitted by:  
NAHB Professional Women in Building Members

"It takes the same amount of energy to worry as it does to believe." I don't know who said this originally, but it is my personal mantra. I am a natural worrier, and this quote helps me to refocus and reframe my worries into beliefs. Imagine all that we could accomplish with less worry and more belief!"

-

"Knocking out a hundred tasks for whatever the reason is a poor substitute for doing even one task that's meaningful." Gary Keller, co-author, *The ONE Thing: The Surprisingly Simple Truth behind Extraordinary Results*. My struggle isn't finding something to do, it's deciding which of the hundreds of things that demand

-

“When I think about the PWB, the first thing that comes to mind is empowerment. Depending on which generation you were raised in – boomer, millennial, gen x – all women have faced a mirror that asks questions like “am I good enough?”, “how can I make a difference?”, “does my voice matter?” When you become a member of the PWB, the answer to these questions become a resounding YES and from that powerful little word, a world opens up to you.

To empower someone is to give them authority, permission to lead, to enable and permit an individual to do something great. Everything about the word evokes forward movement, positive energy, creating opportunity and believing in oneself. I have seen changes in PWB ~~2~~ETBT 10 12.9 10

“Be engaged. Take that step beyond attendance. Being active on a committee or spearheading a project is an opportunity to learn and develop leadership and people skills in a nurturing environment. It will enhance your business performance! Be generous. Share your experiences and your struggles. Many women in our industry have faced or are facing similar challenges and their support and counsel are priceless. Make friends! For over 20 years, my friendships developed through PWB have proven to be my most significant, professionally and even more so personally.