



I AM A Queen

A Weekly Mediation Guide

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I AM A QUEEN

I declare it because I am indeed a queen. In my case, there are tinges of royalty from my heritage as one of the members of the Mphahlele royalty, however many times removed. Before you go around tracing your lineage to find your millionth line to the throne of some or other royalty, this kind of royalty is self-conferred. You stand in the middle of your tile, draw a circle around you and declare your ‘queendom’, no certification or blue blood required.

All too often, we talk about being a queen or prefer to be called a queen, but never really step up to the role. I believe that being a queen is a state of mind and not a position. It is how you feel, think and behave that gets the world to accord you that position and treat you in accordance with the protocols fit for the queen that you are. While it is easy to shout from the roof tops to claim that you are a queen, what does it take to become a queen and to live the rest of your life as the queen of your universe?

They say you have to ‘fake it until you make it’ and I believe it is better to take deliberate steps every day until you truly reach the best version fit for your crown.

With life always taking over, I hope this 7-day guide will get you to spend at least five minutes of your day meditating like the queen that you are and should be.



SUNDAY: A QUEEN IN REFLECTION



Today is a day of reflection and connecting to your Source of life, your Source of strength. In every 'queendom', this day is used to listen to the inner queen and evaluate the week ahead.

Simply stated, if you are a queen, today is the day when you reflect on the type of queen that you are, the length and breadth of your sphere of influence, your 'subjects', and most importantly, your impact. The role of the queen is not that of ordinary folk – it requires living with intention.

As you declare yourself a queen in reflection, please meditate on the following:

- ❁ Am I a queen? Why?
- ❁ Does being a queen help me to plug into the Higher Power?
- ❁ Is my body able to support me?
- ❁ Does my role allow me to enjoy my life?
- ❁ Do I impact positively on myself and others?

These questions are critical because some of us spend our lives declaring to be queens and yet living like maid servants. We subject ourselves to situations that do not elevate us to a level worthy of our crowns.

You may have misplaced your crown or struggling to manage your royal duties, please use Sunday to regroup and settle back into your throne because every queen spends time in reflection in preparation of the week ahead.



MONDAY: A QUEEN IN ACTION

Today is a day of action, not just any action because as a queen it is important to understand the scope of your role and prioritise.

Instead of jumping into the race of life, use this day to plan everything else and act only in your personal space.

As you declare yourself a queen in action, please meditate on the following:

- Do my loved ones experience the love fit for the king, princesses or princes that they are?
- Do they get the time fit for royalty?
- Do they live in an emotional and spiritual castle?
- In my approach, am I grooming a royal household?
- Do I allow my loved ones to treat me less than my position?

This day sets the tone for the rest of your week and therefore, you have to take an inside-out approach. First things first or in royal speak, royalty comes first and then everything else will fall into place.

Settling your inner circle allows you to interact with the world from a position of strength knowing that wherever you are, your home base is secured. Jill Scott neats it up by saying 'to be a queen of a household is a powerful thing'. The reality is that you will never be able to sustainably and meaningfully annex other territories when yours is not stable. Hence, behaving as a queen in your own space sets you up to being a queen in all your other spheres of influence and no better day than Monday, to set the tone for the rest of the week.



TUESDAY: A QUEEN AT WORK

Today is a day of work – work befitting a queen. It does not matter what type of work, your position, your perks, a queen is a queen irrespective of the size of their scope, level or pay check.

Queens respect their terrain. Wherever they are planted, they behave in the comportment fit for a queen. Every space they occupy is a castle draped in pure gold, diamonds and pearls and their interactions reflect the luxury that is seen in their output and felt in the quality of their interactions.

As you declare yourself a queen at work, please meditate on the following:

- Do I think, talk and behave like a queen in my workplace?
- Do I work in the interest of my ‘subjects’ knowing that the role of the queen is about others?
- Am I what I do?
- Do I love what I do and know when to stop?
- Am I growing the ‘queendom’ and improving the quality of my reign?

It is not always easy to believe that one can become a queen in the workplace. Like a king picks their queen, the workplace you are in, had a choice and decided to pick you – their queen, so that they can serve you while benefiting from your experience and skills. Therefore, as a rule of thumb, never plan meetings or do deals on Monday because Tuesday is essentially your day of real work action.



WEDNESDAY: A LEARNING QUEEN

Today is a day of learning. It is midweek and as a queen, you have a lot to reflect on as you gather the strength to face the rest of the week.

Your energy may be running low, your ideas stagnant, but don't despair, everyone's plate is full on Wednesday or at least should be. Instead of throwing yourself into the field, remember you are a queen...step back and retrace your steps. Learn from others, teach yourself something because Wednesday is a day when, in the words of my former boss, you have to "swim the ocean in one breath".

As you declare yourself a learning queen, please meditate on the following:

- ⑥ Do I know everything? If yes, I must check myself into some or other intervention because I am in deep trouble.
- ⑥ Do I have the mindset of a life-long student, which is the trademark of all queens?
- ⑥ Have I learnt something new this week? this month? this year?

Learning is hard especially when you have reached your point of enough. But remember, as a queen, your charm is in your intellect, not your appearance. Learning is the responsibility of every member of the royal family, but a requirement for the queen.



THURSDAY: A DILIGENT QUEEN

Today is a day of delivery – pots must shine, reports must be completed and projects wrapped up. No talk, all action with sleeves up and knees on the floor, scrubbing every bit of your existence into excellence.

As you declare yourself a diligent queen, please meditate on the following:

- ⌘ Do I strive for excellence?
- ⌘ Do I deliver on my commitments?
- ⌘ Do I value input or output?
- ⌘ Am I adding value?

Every ‘queendom’ requires an industrious and diligent queen. Strive for that because a queen is judged not by her being, but by her output and impact.

FRIDAY: A FUN QUEEN



So what if it is a working day, let your hair down and become the fun queen. Let you and your tribe have fun. The weekend beckons and as you oblige, remember fun is not a substitute for happiness.

As you declare yourself a fun queen, please meditate on the following:

- Do I know the difference between fun and happiness?
- Can I have fun without company?
- Does my fear of being judged according to societal norms take away my courage to have fun?

No matter what you decide to do, being reckless is not having fun. It is not about going out partying, but about declaring that one day in a week whether at work or at home as your happy day with deliberate choices and actions focused on PHD level kind of fun.

SATURDAY: A QUEEN IN SOCIETY



We declare Saturday a day of giving back and playing a meaningful role in society. Whether you attend funerals or weddings or school sports, this day is about others. Every queen must make time to give love and attention to all causes except her own, because a life of royalty is one that considers the whole 'queendom'. Is it about sacrifice? No. It is the acknowledgement that you have a role in society that is bigger than you and you must change your mindset about your time being only yours. Look at serving others from a point of gratitude so you don't feel like a martyr with an obligation that has yoked you to emotional and spiritual slavery under the guise of family or Ubuntu.

As you declare yourself a queen in society, please meditate on the following:

- Can I put myself first, while serving others?
- Why do I serve others?
- Whose recognition of my service is important? (self-applause or being applauded by others)
- Am I a physical, spiritual or an emotional doormat that confuses serving and modern day slavery in a quest to please friends and relatives?

Every queen knows that she has to lay down her life for others, because that is the ultimate cost leadership. But, boundaries are important; draw them, communicate them clearly with specific emphasis on your beliefs and philosophy, what you can and are willing to do for others. A real queen however, does it with grace and gratitude because she doesn't take her responsibility for granted and knows that service is a mark of royalty.

“Monday to Sunday, a queen walks with a crown on her head, grace on her shoulders, warmth in her hands and kindness underneath her feet.”

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