

KIMBERLIE DYKEMAN

A photograph of Kimberlie Dykeman, a woman with short, wavy blonde hair, wearing a pink blazer over a white tank top and blue jeans. She is laughing heartily, with her mouth wide open and eyes squinted. The background is plain white.

PURE  
SOAPBOX

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

# PURE SOAPBOX

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

by

Kimberlie Dykeman



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## 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

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"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."

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~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

"THE DEFINITION OF UNHAPPINESS  
IS THE PERSON WHO DOESN'T KNOW  
WHERE HE'S GOING...AND IS WORKING  
HIMSELF TO DEATH TO GET THERE."

~ANONYMOUS



Know anyone who fits the bill here? Even one person is one victim too many. It's a damn shame what some people put themselves through, day in and day out, doing without true purpose or conviction. This gray area is just that, gray. Dull. Lifeless. Bogged down with a tremendous burden of uncertainty, emptiness, and lack of confidence. I suggest you steer clear of it.

Alas, not all circumstances lie within our collective control. So without judgment or agenda, I'll keep my insight simple: *Know why you do what you do.*

That's it, folks. That's my big tirade. My secret weapon for you. The hidden treasure. Have a *why* for your actions, from choosing what movie to rent, to what kind of business you intend to run, to which values you will uphold. Make a concerted effort to establish in your heart, mind, and spirit the unyielding reasons for the choices you make. Then witness the constructive clarity and relish the karmic relief that abounds from such a powerful action.

Find your *why*, my friends. Memorize it. Sleep on it.

Stick it on your fridge. Pour it in your coffee. Pump it into your car. Kvetch it on everyone around you. Tattoo it onto your forehead. Just find it. Oh, but take care. You might find yourself a bit happier. Then what'll you do?

KD

"YOU ARE YOU, AND YOU ARE UNIQUE. ANYBODY WHO GETS TO BE WITH YOU, WORK WITH YOU OR SHARE YOUR LIFE WITH YOU IS GODDAMN LUCKY."

~ MARIA SHRIVER

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Talk about a woman after my own heart! Pair this mantra with a power suit and a map of the world and there's nothing on that *List of Things to Conquer* that you can't bulldoze. Better yet, serve it up with your choice of whiskey or wheat grass, and you've got the perfect fix-a-flat for stress, cynicism, and self-pity.

I'll admit, perhaps this statement comes off a bit intense, some might even say a tad cocky. You certainly won't find it in a self-esteem starter kit. But whether you simply read it, mumble it with your morning java, or proclaim it daily with lungs filled and nostrils flaring en route to the office, you have the seed of its philosophy firmly planted in your psyche.

There is only one YOU. Period. End of sentence. You enter this world alone, must fend for yourself, and must make wise, calculative decisions to prove that Darwin was indeed right. And one element over which you possess inherent jurisdiction is who you permit into your personal society. Mind you, you may not gainfully orchestrate what

role they'll play, but in the end, you are the omnipotent casting director.

Believe that *you* are unique, and the people surrounding you have a fabulous opportunity to observe, learn from, and experience you. In essence, you've invited them into the movie for free. When you set aside your second-guessing and allow this concept to fully permeate your humble heart and head, you'll see how truly powerful it is. *They* are the lucky ones, folks. *They* get to hang with the star!

I'll admit these rich truffles of idealism do indeed ooze a Mary Poppins kind of positive energy albeit delivered with a dash of New York attitude. So, I offer a bite-sized duo in which to indulge: Belief and Integrity. Give due diligence to these words and let their flavors consume your hungry palate. Put belief and integrity behind Maria's little mantra and allow the growth to begin organically. Soon you'll see yourself as the chanteuse, uniquely divine and wonderful, and center stage of your own little movie.

KD

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Oy vey! Ever had one of those days, weeks, months, or dare I say, years when you'd like to throw in the towel, slap the Murphy's Law label across your forehead, and wash it all down with a cold beer and a box of Hot Tamales? You know what I'm talking about. When your gloomy *Groundhog Day* world lines your days with an incessant stream of obstacles, seemingly presenting themselves in a choreographed, *Catch-22* pattern.

You humbly take up arms and fight for your cause, yet you barely catch a break to relish the joy in overcoming one challenge when another slips right in to assume its position and throw you for another loop. Person, place, thing, you name it, it fronts a mile-long deli line of things you must initiate and duplicate; battle and coddle; learn, teach, fix, change, add and delete—just to get you one measly inch closer to your goal. Alas, the “poor me” cloak weighs you down to a crawl, right? Well, try this one on for size:

“THE RUNG OF A LADDER WAS NEVER MEANT TO REST

UPON, BUT ONLY TO SUPPORT YOU LONG ENOUGH TO  
ENABLE YOU TO REACH FOR SOMETHING HIGHER.”

~THOMAS HENRY HUXLEY

Try tilting your game board about 90 degrees. Now instead of seeing such challenges on a linear plane, one following in line after the other, you create a clear view of these curve balls and lessons learned for their true fundamental, albeit unforgiving, purpose: Cumulative steps leading to a lifesaving summit. None are ever the same, nor do they carry the same weight, affect the same response, or bring about the same resolution or growth. That said, the recovery time following each may then be as short as a flip commercial or as long as a politician's term. Either way, you must giddy-up, shake it off, psyche yourself up for the next wave, and move on and up. That's right...on and up. To the next rung. You are all brilliant contenders in your own right, gaining power and strength at each new level. Commit yourself to the climb and you'll never be overcome.

KD

"IN A RELATIONSHIP, TWO HALVES  
DON'T MAKE A WHOLE. TWO WHOLE  
MAKE A WHOLE."

~JO GOUBERT

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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

"HAVING A DREAM THAT YOU DON'T  
PURSUE IS LIKE BUYING AN ICE CREAM  
GONE AND WATCHING IT MELT ALL OVER  
YOUR HAND!"

~ANONYMOUS

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So, what'll it be, folks? Chocolate or vanilla? Or a stack  
of napkins?

KD

"A BIRD DOESN'T SING BECAUSE IT HAS  
AN ANSWER, IT SINGS BECAUSE IT HAS  
A SONG."

~MAYA ANGELOU

# 36

And so it begins with beauty of submission. It is with refreshed energy and emancipation that I deliver this compilation, praying it prevails over the litany of taxing and trite amalgamations that litter your desktop. With great anticipation, yet transient restraint, I have listened and honored the lingering under-conversation in my pea-pod brain. And the results rouse a recurring mission to depict and entertain with humor, to prompt and effect with profundity and sentiment. Yet, the deliberate transmission of text is not the music, my friends. Instead, the jazz and groove eclipse the rind and resonate an essence that invigorates me. Effectively, the words write me.

And so I must ask, where lies equal enjoyment in your existence? What fills your belly with glee and moves your lips to hummmm your very own anthem? Does your spirit-soaked, sense of purpose take shape in the flesh? Have you clipped it to your lapel, a beaming brass brooch for the curious world to see and admire? If so, then keep that baby shining! However, if your jewel be hidden, perhaps you'll reconsider the consequences of hindsight.

I say, become an ambassador to your song, folks. Dispense of the knee-jerk deflection of feelings and release your music. Course osmotically through the labyrinth of the tangible and take to galumphing outside the proverbial box of society's expectations. Dig up a sidelined story, tap your historical humble beginnings, or soapbox your own fellowship of family, friends, and colleagues. Move to be moved. Name that tune in 50,000 notes and then some. Confetti deaf ears with the tones of *who you are*, of *who you will be*, of *who you will to be*. And, for God's sake, dance, dance, dance.

KD

"LIFE BEGINS AT THE END OF YOUR  
COMFORT ZONE."

~N. D. WALECH

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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

## **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)

For more information about Kimberlie Dykeman visit [www.kimberliedykeman.com](http://www.kimberliedykeman.com)

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