

Pivot

**When Life Changes, Should Too
(Ideally with Style)**

DR CHANITA FOSTER

When life changes, should too (ideally with Style)

Pivot When Life Changes, Should Too (Ideally with Style)

I have witnessed Dr. Chanita Foster rise with grace in moments that would have crushed many. She has pivoted through pain, purpose, and pressure—and emerged as a global changemaker with an unshakable heart for humanity. Her journey is not just personal; it's prophetic. Pivot is more than a book—it's a movement. It will ignite women and stir nations, proving that even when life turns without warning, we can pivot with power, poise, and purpose. From Africa to Chanita I " _troway_ " salute!

—Dr. Adedayo Benjamins-Laniyi

Pioneer Mandate Secretary for Women Affairs, FCT

I am thrilled to witness Dr. Chanita Foster continue to turn negatives into positives in her life. As a resilient woman of God, she has proven time and time again that there is power in the pivot. Her unwavering faith and willingness to help change the lives of people all around the globe is heartwarming and inspiring. It is a blessing to be in her presence and have the opportunity to witness her anointing.

Dr. Melody Shari Rodgers

Executive Producer, Author & Serial Entrepreneur

Chanita is proof that a pivot doesn't mean you're lost. It means you've outgrown the last version of you. She not only survive the shift, but she owned it, flipped it, and made it pay her in purpose. The real shift happens when your mindset catches up with your calling. This book is a reminder that reinvention isn't weakness, it's wisdom. It's not just about change, it's about what happens when a woman decides to change with it and not lose herself in the process.

—Antonina L. Griffin

Mindset & Manifestation Coach | Deja Vu Wealth Society

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8735 Dunwoody PL
STE N
Atlanta, Ga 30350

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Dedication

This book is dedication to the ones that have sat in the car
and cried in car with the same song on repeat. For those
that felt hopeless, lost, confused, hurt, lonely, and
sometimes crazy! I am you and you are me! You aren't
crazy!

This book is your sign they you are still in control of your
life and it is filled with PURPOSE! Its time to Pivot and
do it with style!

Epigraph

“If Life is going to spin me around, I
might as well twirl while dancing in
the rain.”

Dr Chanita Foster

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Acknowledgements

My God! There are no words to describe how many tears I have cried in gratitude for you saving my life. There is no doubt in my mind that I am one of the chosen ones. I don't say that with ego, but the constant proof in every aspect of my life. I'm so thankful that I get to walk in Purpose each and every single day. I'm thankful that I am the voice of the voiceless. A fighter for those too afraid to fight. I know that my life has not been in vain. I'm grateful and I'm Thankful.

Team Foster. Amber (JaNae), Majabane (Jax), Della, Kai, Jordan, Jada, and Jersey (Boss).

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My love for you is like no other. Everything I do, I do it for you and Legacy. It's US forever.

Angel Rae (I really wanted to use your government name but I know you would fight me and stop all sales of this book! Lol) Best Friend. I Love you more than any words I can type. Over 2 decades. Ten toes down! You have never crossed me, lied to me, or made me feel less than. If I paid

you as my therapist I would owe you a million plus dollars. Thank you for being my plus one and my passport sister. Last. Thank you for listening to me tell you the same stories over and over never complaining. Allowing me cry without judgement. But most of all learning the rhythm that works in our friendship. They don't make them like you no more. One of One.

Princess Sikhanyiso. My sister. My twin flame. My rider. My prayer warrior. My history teacher. My Best Friend. Gods timing is the best timing. He knew that I would need you in this season of my life. I now know that you were not only birth to lead and grow a nation, but to be apart of my destiny in the Kingdom. What we share could only be of God. I'm so thankful for your love and trust. Can't wait for us to be neighbors for life. Eswatini is home and you are my family. The world is not ready for the story you are about to tell. You will go down in history as the biggest Cultural Diva on the continent of Africa.

Antonina Griffin

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Love you!

His Imperial Highness Prince

Estifanos Matewos aka Prince aka BROTHER

You are extra proof that God loves me Different! You don't play about me. You have no ideal how you and your prayers have saved my life in my darkest moments. Your love is felt across the globe and you have made sure that I never miss the continent of Africa because you constantly make sure I have a place to call home. I have watched you excuse yourself from Global Leaders or invite me into a meeting with a PRESIDENT to make sure I am ok. There is none like you. I love you my dear brother and I'm thankful I get to do life with you. You are the Best.

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about me. If I got it, you got it. I can't wait to be in the wedding! Imagine I got to witness a Love story from the first day. You know I'm a lover of Love. God did his big one with yall.

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Dr. Adedayo Benjamins-Laniyi

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time I called on you and you didn't make it happen. A global change maker. The master of team building! I'm thankful for you in my life and how you celebrate me. You taught me Celebrated not Tolerated! No one celebrates me like you. Nobody! I'm blessed that some of my best memories have been with you and your team. Thank you for always honoring me.

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Elijah Mukarram

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Through life I have been taught that you can't leave people out of your story.

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My Beyond The Game staff

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God is going to bless us Big! I believe it with my entire soul.

To my Personal Village:

My Mom, Pam Endsley, Alicia Colman, Deanna Hamilton, Monique Williams, Myia Butler, Janetta Butch, Fred Hammond, Charley Ugbaja Val Polish Faces, Karon Riley, Latosha Bonhart, Osa aka Best Friend, Keoki Allen, Tokela Brown, Diane Wilder, Carla Hines, Mary Watson, George Foster, Angel Guyton, Mariah Forrest, and Cherisa Saunders. Each one of you show up in the exact way I need you to. I'm thankful to you all and I love you. Keep praying for me.

Last my Earth Angel

I still can't believe I get to walk with you in life. I will never, ever forget a statement you said about me. You stated "She may not be the prettiest in the world, may not be the smartest, not the richest, but NO ONE WILL OUT HEART HER! She has the most beautiful heart ever!" It changed me. You saw me deeper than surface. Although we don't talk everyday you have NEVER failed me if I need you. You taught me that love is not superficial but actions. You remind me of Gods Goodness and Love for me. I Love you more than words. You are a walking Angel not only in my life but many others. May God Protect you and Bless you abundantly.

If I forgot anyone I LOVE YOU!!!!

It was a lot to get this book done in the midst of my own Pivot and Storm. Charge it to my head not my heart. Abeg

Preface

Yep! I'm like most middle-aged Americans right now. I mean most around the world for that matter. Wait. Am I middle age? Because technically what are we calling middle age these days since the rules are always changing! For the sake of my sanity and getting to the good stuff in this book we will stick with a middle age, divorced, mentally tired, unsure of my career path, social media is a gift and a curse, dating pool is messing with my soul, my kids keep calling me Bro, not happy with my weight woman. That pretty much sums it up. So, yea. I'm like many people I know in this world, in this very moment. But here is the good part because I know you are thinking, "Damn that sounds bad!" Guess what? I'm happy, moving and we can say thriving.

How do we know? For starters I'm writing this book! I'm not that messed up that I can't lead and teach. Human but not totally off my rocker. And here is the reason why.....

PIVOT!

I have learned to Pivot. Some call it turn on a dime. Others call it shift. Some say plot twist. I call it Pivot! And I have mastered it and I want to share and teach you how to do so also.

As a Coach and Consultant, my clients proved time and time again that CHANGE may be the hardest thing to do. I mean even the most well off, powerful, and yes, the wealthy

all have this same issue. It's actually part of the reason I stay employed truth be told. But I have part of the secrete sauce in life..... PIVOT!

Through this journey with me, I pray you are open and honest with yourself because lying doesn't help. Yes, I called you a liar. Liar liar pants on fire! We all lie to ourselves at some point. And if you don't want to call yourself a liar then say it like one of my Best Friends Jevon Sims says, "You like comfortable lies". Basically, you know it's a lie, but you still accept the lie because you want to be comfortable. So, no lying you little liar! Lol

Get a notebook also, so you can take notes along the way. The businesswoman in me wants to sell you a notebook and a pen but I have learned keep the main thing the main thing and the main thing is this book! But definitely don't hold it against me if you are reading this one day I'm selling a notebook and pen! I'm a hustler baby like JayZ said. Plus, I have learned to never say never!

Are you ready?!? It's time you learn how to Pivot and when you do, I want you to do it with style.

Because here's the thing—pivoting isn't just survival. It's strategy. Studies have shown that people who embrace change, especially mid-life, tend to experience more personal growth, improved mental health, and even longer life expectancy. Wild, right? Pivoting builds resilience. It boosts creativity. It opens doors you didn't even know existed. Some of the most successful people you admire.

Yep. They got there by pivoting—over and over again. Pivoting allows you to realign with purpose, step out of burnout, and step into fulfillment. It's not weakness. It's wisdom. It's not starting over. It's leveling up. So don't just pivot out of panic—pivot with power. With vision. With intention. And with me, right here in this book, guiding you every step of the way.

Let's go!

PS Shout out to the group Trin-i-tee 5:7 (featuring PJ Morton) song Over & Over. I wrote this book with the song on repeat. This song is my Pivot anthem!

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Chapter 1

“Main Character Energy”

You're not just surviving—you're rewriting the script. Life threw plot twists, and you didn't even get a warning. Time to reclaim the lead role, rewrite the arc, and stop handing the pen to chaos.

Whew Chile! Get use to statement because I'm going to say that a lot! It's definitely my go to phrase when I feel like I am lost for words. Or when you take a deep breath like “DAMN”! So yes, I say Whew Chile a lot!

I'm saying it now because I wasn't quite sure how I was going to start this first chapter. And to be very transparent I'm like many of you in the sense I procrastinate often. When it's not procrastination it's distractions because Baby the news in this world has kept us entertained to the point no country is exempt. Side note: Because my heart lives on 2 continents imagine my distraction level from news to celebrity gossip. Yes, I'm human so I indulge a bit in keeping my ear to the street. I'm sure you can understand why I was back and forth on where to start.

The easiest way we can get into this is by going back to our younger years. Do you remember when you use to sit and imagine what your life would be? Where you would live. Who you would marry. How many kids you wanted. You had the perfect plan. That plan began to shape many of your life decisions. So much so that anytime you felt you were off track from the vision you would quickly adjust a bit to get back to your dream plan.

But here is what I realized. It was easy to get back to the dream or plan because it hadn't happened yet. So, since it hadn't happened yet, getting back on track was easy. Example. If you never tasted candy before and you are working towards getting it, you don't know how it smells, taste, feeling of enjoyment eating it. Once you get the candy, you have now had a personal experience with it. You know exactly how it taste. You know what you like or dislike about it. Now follow me. The candy you no worked to get is no longer available. You have fallen in love with it and you want that specific one. You are offered others, but you don't want it. Many won't even try it. We want what we know. We want what we have experienced. We want our candy, and we want it now!

I could continue with the candy story but I'm sure you mentally and emotionally get what I am saying. Once you have experienced something and you like it, even stronger love it, then it's hard to get you to move on or change. That's where I found my life recently. Everything seems to crumble

in my world in so many ways. And what made me mad was I feel like I did everything right.

I'm not sure how many can relate but I really did try to be a good person. Not a perfect person but a good person. I followed that thing that most of us were raised on. Be good, go to school and get good grades, go to church, graduate, get married, have some kids and in that order. And I mean it with my entire soul in that order! I did just that. I was a stellar student and to add some Razzle dazzle I was a star Athlete. Stayed away from boys and kept my legs closed a long time. Longer than what society predicts. Some of that may do to trauma that we won't dive into in this book, but I will say it shaped how I deal with boys/men (catch it if you can until I put it in a book).

I graduated and went to college as a full scholarship athlete. Was a Presidential Scholar and All-American Athlete. Graduated again. Got married and had those kids in my dreams. FYI, I had a plan for 3 boys and God had me birth 3 girls! Imagine! And just so we are clear. Praise God we didn't have those public gender reveals because the internet would have talked bad about me for a decade because of my reaction. When those people said "It's a Girl" the room went dark, and I went red! I completely lost it. Acted a fool. And then didn't talk to anyone for 2 weeks. A mess. A hot mess. But the Moral of the of the story is I followed the plan, did what they said, so why do I feel like someone snatched the pen out of my hand and started writing a Tyler Perry movie or a best seller horror novel. Why?

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Do you feel that way also? Like someone has snatched the pen out of your hand of the story you wrote for your life. Sucks, right? Hurts right? Tears, right? But let's get into how to snatch the pen back and start to right our story again.

Because baby, if life is going to be a dramatic series, then I'm damn sure going to be the one calling "Cut!" and "Action!" from now on. Let's be clear: just because the scenes aren't going as planned doesn't mean the whole production is canceled. Sometimes, you just need a new director. And guess who that is? You.

Main character energy is not just a TikTok trend—it's a mindset. It's a full-on declaration that you are the author, producer, stylist, therapist, and sometimes even the stunt double in this thing called life. And let me tell you, if I have to do my own stunts, I'm gonna at least make sure the lighting is good.

But first, let's talk about what it feels like to lose the pen. Because whew—Chile (see, I told you), it's not just about being sad. It's the quiet numbness. The staring at the ceiling wondering how the hell we got here. It's the fake smiling at brunch while you're secretly wondering if you're about to unravel in public like a cardigan with a loose thread. It's not giving main character. It's giving "best friend who needs a spin-off." And honestly, you deserve the whole damn show.

And don't let social media fool you—everybody out here is pretending they didn't have a whole emotional breakdown in the shower last Tuesday. Yes, AngelRae aka my best friend

in Bali doing goat yoga and drinking champagne at the infinity pool, but you don't know how many therapy sessions it took for her to even buy the plane ticket. Let's normalize not pretending. Let's normalize telling the truth: sometimes the dream derails, the plan falls apart, and you find yourself staring at your own life like, "Who cast me in this?!"

But here's the secret—and you're not gonna like this at first—it's often in those exact moments of chaos where you're invited to pivot.

I know. "Pivot" sounds like one of those corporate buzzwords that HR throws around in a Zoom meeting while everyone's mic is on mute and no one's listening. But in real life, a pivot isn't soft. It's not cute. It's clumsy, gritty, uncomfortable. It means your mid-stride, mid-scene, in full costume, and someone yells, "New script!" And guess what? You've got to roll with it. Not because it's easy, but because staying stuck in the last scene is no longer an option.

And let me be very clear: a pivot isn't a failure. It's an act of audacity. It's you refusing to settle. Refusing to play the same role when the script no longer fits the version of you that's emerging.

Let me tell you what I've learned—pivoting doesn't always come with applause. Sometimes it comes with judgment. Sometimes silence. Sometimes you'll lose people. And yes, sometimes you'll lose parts of yourself that you were clinging to because they felt familiar. You'll have folks looking at you sideways, whispering, "Who does she think

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she is?” And your answer has to be: Exactly who I said I am. Period. No ellipsis. No footnotes.

You know what main character energy really is? It’s walking away from the version of your life that looked good on paper but felt like a prison. It’s knowing that survival was cute, but now you want peace. You want joy. You want soul-level satisfaction, not just surface-level accomplishments.

And since we’re being honest with each other, let me tell you something that nobody warned me about: when you take the pen back, the page doesn’t magically fill itself. You have to sit with the blank. You have to sit with the silence. You have to sit with the fear. But you also get to sit with the power. The power to write again. The power to imagine again. The power to choose again.

So, here's a little exercise. I want you to pause, close your eyes (well, after you finish reading this sentence), and ask yourself: “If no one was watching, if no one had an opinion, what would I write next?” Who would I be if I didn’t owe anyone an explanation? That, right there, is where we begin.

Because the truth is, we’re all in some version of the rewrite. For some, it’s a career shift. For others, it’s leaving a relationship, redefining family, unlearning old beliefs, or finally saying “yes” to something you’ve wanted to do for years. Whatever your pivot looks like, it doesn’t need to be validated. It just needs to be yours.

This chapter isn’t about pretending the chaos didn’t happen. It did. And you survived it. Give yourself a standing

ovation for that. This chapter is about asking what comes next. What does the next scene look like when you stop asking for permission to live it out loud?

So go ahead and take that pen back, love. Write like your life depends on it—because honestly, it does. Not the life they told you to live. The one you were born to create.

And just in case no one told you today: you are not too late, too broken, too far gone, or too tired to begin again.

You just have to be bold enough to say, “Whew, Chile—okay. Scene one, take two. Let’s go.”

Let’s get down to business and discuss how to take control of the situation.

"I'm not here to motivate you. I'm here to assign you a task." (Relax! It's a fun assignment that you can complete in your pajamas with a glass of wine or ALIVE Cappuccino by your side. (Shameless plug you can get Alive Cappuccino at AliveCoffee.com/DrChanitaFoster)

Here are five steps you can take to regain control of your life starting immediately.

Name your Current Chapter

1. What's the title of the chapter you're currently working on?

Please take a moment to think about the season you are experiencing rather than the one you might prefer to be, in right now.

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"Did the plot twist, in the story catch me by surprise?"

"How about calling it 'The Year I Decided to Be Myself' instead?"

Give this season a name. Accept it as your own before making any changes to it.

Time to let go of the script and move on.

Break up with the old script

1. Please jot down three beliefs or guidelines that are holding you back and let them go in a symbolic way by burning them (safely) tearing them up into pieces or throwing them into a sparkly trash can.

Example:

"I have to be flawless to be worthy of love." Goodbye.

"If I make changes to myself and my life choices people will leave me." Lies, Goodbye

"I'm too old to start over." The devil play to much! Delete

Take time to be intentional and write it all out and BURN IT. Once it's burned, it's symbolic that's it's gone, and it's gone for good!

Write the "Next Scene" Move

1. Select one thing. One. That resonates as daring and authentic for you It might be;
- Engaging in that project you've been passionate, about.

- Declining a request, without providing a reason. Basically saying NO. With a big N and make it loud for some Razzle dazzle.
- Sending a message to the therapist.
- Submitting an application for something you believe you may not be fully prepared for.

Put whatever you need to say or do on paper and take action this week without holding back—no matter if you feel uncertain or your appearance isn't flawless.

Silence the Noise

1. Ignore the distractions. Focus, on what matters.

This one is petty but Powerful.

May seem insignificant but it holds power; Consider unfollowing or muting individuals on platforms if their posts make you perceive your life as lacking excitement or distressing in any way; you deserve to focus on your personal growth without the interference of their curated online personas. Basically, remove their controlled content that you think is real while we focus on you and Real life!

Start a Journal

1. Go buy a brand-new journal for this journey. Begin keeping a journal for the character of your story.

Every day or, at least a couple of times, per week write as if you are sharing your journey to a more confident self rather than focusing on the downtrodden narrative.

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- "I decided to prioritize my well-being even though it wasn't easy."
- "I've come to understand that I no longer have to wait for closure because I'm the one who creates it."

Remember: Taking the pen back isn't about perfection. It's about presence. It's about choosing yourself every single day—even in the messy scenes.

Now go on, main character. There's a story waiting for you to tell it. And trust me, it's gonna be a page-turner.

“You can’t be the main character in a story you didn’t write. Pick up the pen. Be bold enough to plot twist on purpose.” — YOU, starting today.

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Chapter 2

“Out of Office, Out of Alignment”

When your career feels like a slow-loading Zoom call. Modern work isn't just broken—it's in burnout rehab. Let's talk quitting, quiet quitting, and crafting a career that actually lights you up.

Years back I feel like we might have been having this conversation. Men and women around the world found a job or started a career and stuck with it. If it paid the bills, 9 times out of 10 a person wouldn't quit! Ever! Like literally. I remember my grandmother who could barely read and write stayed at her job her entire life. She was a sign maker. She used that machine for over four decades. She retired at the job. Trust me. Those people probably didn't give her much of a raise either. And the story that's in my head is that she wasn't happy or fulfilled. She was just going through the motion's day after day. She was doing what needed to be done to pay or bills and feed her family. Sound like anyone you know?

Career choice in this day and age is different. Many of us had options on what we studied in school and what we

wanted to do for a living. Many of us made that decision not because of how much income we could make but because we were passionate about waking up every day and do what made us happy. But there is also a group of us still studying and working to get to that career. But now it's time to put a banana in the tailpipe. Plot twist. Knuck if you buck kinda of moment because life is lifeing for all of us. Basically the universe is playing in our face. We are all trying to figure out in our career do we chase our career, or do we chase the check?

Somewhere along the line, the whole “do what you love” narrative got hijacked. First, they told us to chase our passion. Then they told us to monetize it. Then they told us to scale it, brand it, post it, pitch it, and make it look good on LinkedIn. And now we're sitting here like, Do I even love this anymore or is this capitalism in a lace front wig pretending to be purpose?

Let's be honest—many of us are not burnt out because we're lazy. We're burnt out because we're trying to make burnout look productive. We're logging into meetings while emotionally logged out of our lives. We're updating resumes we secretly hope never get noticed. We're leading teams while barely leading ourselves out of bed. It's giving “over it” in every language.

And then there's the guilt. Oh, the guilt! Because, yes, you might have prayed for this job, begged for this opportunity, manifested this position with sage and a

Beyoncé playlist. But now that you're in it, something just ain't clicking. The passion is gone, the joy is dried up, and every Monday feels like a funeral for your soul.

Now here comes the plot twist:

You're not crazy. You're just out of alignment.

Alignment isn't just about loving what you do. It's about who you become while doing it. Do you feel proud of how you show up? Are you able to rest? Does your work reflect your values or just your student loan balance? If you're constantly reshaping yourself to fit into a role, a title, or a toxic team culture, baby—that's not alignment. That's contortion. And Cirque du Soleil ain't cutting checks for your emotional gymnastics.

We've glamorized “making it” so much that we forget to ask if it even makes sense anymore. That corner office? Might come with a cornered spirit. That big paycheck? Might be hush money for your intuition. And don't get me started on the titles—“Director of This,” “VP of That.” Meanwhile, your joy is in witness protection.

So what do we do? We pivot—strategically, messily, sometimes while ugly crying in the car between Zoom calls. We stop performing productivity and start designing lives that feel like ours.

Because here's the gag: staying in a misaligned career will cost you more than quitting ever will. It'll cost you peace. It'll cost you time. It'll cost you the version of

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yourself you haven't even met yet because you're too busy being what the job description said instead of who your soul is trying to become.

Let me be clear: I am not saying quit your job today. (Unless that's your word—then carry on, saint.) What I am saying is you deserve more than survival in a pantsuit. You deserve more than “just enough to get by” dressed up as loyalty. You deserve work that doesn't require you to abandon yourself to succeed.

We are in a season where people are no longer chasing the American Dream if it means sleeping through their own. And that? That's revolutionary.

Let's talk about what to do when you know you're out of alignment but still need to keep the lights on.

Action Steps to Realign Your Career With Your Soul

1. Check Your Career Compass

Ask yourself: Is this job moving me toward who I want to be, or just keeping me financially afloat? Write down your career non-negotiables. If your current gig violates at least two, it's time to draft your exit strategy—even if it's six months out.

2. Audit Your Energy

Keep a “work feelings journal” for one week. Yes, feelings. Every day, jot down when you feel energized, when you feel

drained, and who or what is causing each. Patterns will pop up fast. Don't ignore them.

3. Schedule “Alignment Appointments”

You book meetings for everyone else—why not for your future? Every month, block out 90 minutes to review your goals, update your resume, network, or explore side gigs. You're not trapped, you're just unplanned.

4. Speak Up or Peace Out

If it's a culture issue or management problem, speak up professionally. If change doesn't follow, give yourself permission to peace out. Not dramatically—just decisively. Loyalty without reciprocity is self-betrayal.

5. Create a Two-Column Pivot Plan

Column A: What I do now. Column B: What I want to do. Under each, list your current skills, gaps, contacts, and next moves. It makes the fog lift and the plan get real real. Trust me—clarity loves a chart.

6. Stop Tying Your Worth to Your Work

You are not your title. You are not your productivity. You are not your email signature. Say it with me: I am worthy even when I'm still figuring it out. Especially then.

You may have to stay for a season, but don't you dare die there. Let this chapter be the gentle, sassy nudge you needed. You don't need another performance review. You need a soul review.

**“Don’t wait for a resignation
letter to reclaim your life.
Sometimes the first thing you
have to quit is pretending
you’re okay with being
misaligned.”**

Chapter 3

“Soft Life, Hard Lessons”

Why choosing peace doesn't mean avoiding growth.

“Soft life” is trending, but it's not just about candles and face masks. It's about boundaries, emotional intelligence, and opting out of chaos like it's a group chat you didn't ask to be in.

Soft life is trending, but it's not just about candles and face masks or sugar daddies paying for a life. I need to also throw in finding a Rich African. For some reason, find a Rich African man seems to be the theme this last couple years especially for the American culture. This is definitely where I throw in a Whew Chile! That in itself is another topic for another day. Maybe even a book for that matter. Back to this Soft Life.

When I speak of Soft Life and Pivot it has a different meaning. It's about boundaries, emotional intelligence, and opting out of chaos like it's a group chat you didn't ask to be in. Side note. I haven't met a group chat that I like yet. So, I mastered this long ago without even knowing it. Even my kids know DONT add me to any group chats with parents, sports, activities, etc. Why? Because I never seen a group

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chat yet that at some point didn't turn into a Bravo reality show of drama. I opt out of the Chaos.

I opt out of the chaos.

Why? Because peace is expensive, and baby, I pay in advance. Chaos will always send you a friend request—and if you're not careful, you'll accept it, start posting pics with it, and suddenly your trauma-bonded with a mess you never even ordered.

Let's get this straight: living a "Soft Life" doesn't mean you're weak, lazy, or avoiding adulting. In fact, it's one of the most gangsta things you can do. You are consciously choosing emotional regulation over retaliation, boundaries over burnout, and growth over gossip. That's not soft—that's strategy. And strategy is sexy.

Setting Boundaries: The First Ingredient in Your Soft Life Smoothie

Here's the thing about boundaries: if you don't set them, someone else will—and they usually won't have your peace in mind. Boundaries aren't walls, they're fences with gates. They say, "This is where I end, and you begin. You may approach, but you may not trespass."

Let me give you an example:

You ever have that one friend (or family member... let's be real) who calls you every time something goes wrong? Like clockwork. But somehow, they never have time to

check in on you. You've become their unpaid therapist, energy bank, and crisis hotline.

Now, in your Soft Life Era, you say:

“Hey love, I don't have the emotional space for this right now. Can we circle back another time?”

Boom. Boundary.

Or in work mode: You get that email at 9:07 p.m. on a Sunday from your boss that says “Quick question” (which is always a lie—it's never quick). The old you would've replied by 9:10. The new you? You left that thing sitting there like an unread DM from 2013. Because your boundary is: If it's not bleeding or on fire, it can wait 'til Monday. Period.

Boundaries don't make you mean. They make you wise. You're not abandoning people—you're honoring yourself.

Opting Out of Chaos: Because Peace is the New Flex

Opting out isn't quitting. It's curating. It's realizing that not every text deserves a reply, not every invitation deserves an RSVP, and not every argument is a battle worth fighting. When you grow emotionally, you learn the art of not attending every argument you're invited to.

Examples?

You're in a group chat (ugh) and someone throws shade so slick they could moonlight as a meteorologist. The old you would've screenshotted it, rallied backup, and turned it into a whole sub-tweet moment. The Soft Life you? You hit

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mute on the chat and go pour yourself an Alive Macha tea. (Shameless plug: Alive Macha Tea is the Best. Nvisonu.com/DrChanitaFoster to purchase.) You're booked and busy healing, not rehearsing comebacks.

Or maybe you're co-parenting. (Whew Chile, we'll pray together.) The other parent starts acting up, trying to bait you into an emotional tennis match. You reply with the maturity of Michelle Obama in heels:

"I'm happy to continue this discussion when we can both focus on what's best for our child."

You didn't take the bait. You're swimming in peace.

Emotional Intelligence: The Real Currency of the Soft Life

Let's go deeper. You cannot Pivot if your emotions are still driving the bus with no license and a blindfold on. Emotional intelligence is about understanding your triggers, managing your reactions, and creating space between what happens to you and how you respond.

Here's how emotional intelligence plays out:

- You get rejected from a job or opportunity.
- Old You: "I'm not good enough. Why do I even try?"
Soft Life You: "That wasn't rejection—it was redirection. Cool. What's next?"
- Your partner says something shady. Old You: Immediately responds with shade, sarcasm, and maybe a dash of petty. Soft Life You: "What you just

said didn't sit well with me. Can we unpack that without escalating?"

- Your boss praises someone else in the meeting. Old You: Internally spirals and plans a resignation fantasy involving a viral TikTok. Soft Life You: "Wow, that was dope of her. Let me ask for feedback so I can grow too."

Emotional intelligence allows you to pivot with dignity. It's not about suppressing emotions—it's about owning them without being owned by them.

And that, my friend, is freedom.

Why All This Matters to Your Pivot

You cannot step into a new season using survival skills from the last. Pivoting isn't just about leaving—it's about leading yourself differently. You don't need another title, bag, or vacation to feel better. You need to create an environment where you're emotionally safe, mentally clear, and spiritually grounded.

Because the truth is: when you really commit to the Soft Life, people will start saying you've changed.

And guess what?

They're right. You did.

You stopped living on autopilot.

You stopped abandoning yourself.

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You stopped playing emotional janitor for people who break glass for fun.

You stopped being addicted to chaos dressed up as “keeping it real.”

You changed because you finally remembered who you are. And baby, you’re the plot twist.

Soft Life Starter Kit: Action Steps to Practice Daily Peace

1. Create a “Peace Playlist”

Music can regulate your nervous system. Have a playlist that brings you calm—even if it’s Beyoncé singing about “Plastic Off the Sofa” or Kirk Franklin getting your soul together. Use it when chaos comes knocking.

2. Morning Boundary Ritual

Before checking your phone, ask: What do I need today to feel grounded? Then set one boundary before noon—say no, delegate something, or simply don’t respond to drama bait.

3. The 3-Second Rule for Triggers

Before reacting emotionally, pause for three seconds. Breathe. Ask: Is this worth my energy or is it a trap door into chaos? That gap is where emotional intelligence lives.

4. Make a Soft Life List

Write out what “soft” means for you. Maybe it’s not working weekends. Maybe it’s peace in your friendships. Maybe it’s

solitude without guilt. Make it specific. Then start building it in, one brave choice at a time.

5. Schedule Your Emotional Check-Ins

Set a recurring calendar event every Friday: “How am I really doing?” Journal for 10 minutes or voice note yourself like you’re your own best friend. Talk it out. Don’t carry it silently.

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**“Softness is not weakness—it’s
wisdom with a gentle delivery.
And once you taste peace,
chaos starts tasting like
poverty.”**

Chapter 4

“Dear Diary, WTF”

*The glow-up that starts with a breakdown.
Mental health isn't a luxury. It's foundational. This
chapter dives into the messiness of healing, therapy
without the stigma, and finding clarity in the fog.*

Ok I really have been trying to stop cussing. Like seriously. Like I don't cuss in public or on social media. But truth be told I have a potty mouth. Cuss like a sailor. Like a proper proper Italian. Seriously. So, when I say wtf. I don't mean it in the lower-case form. I need it to be with capital letters and I need for you to literally hear me in your head when I say WTF!

Throughout my journey, life I began to ponder on WHY (yes, I mean WHY with capital letters) does the glow-up that starts with a breakdown? Why God? Allah? Jehovah? Ancestors? Budda? Whomever you call on, if you are anything like me you will ask and often out loud, Why?

What I came to realize is mental health isn't a luxury. It's foundational. This chapter dives into the messiness of

healing, therapy without the stigma, and finding clarity in the fog.

Healing is messy. And not the cute kind of messy. Not the “I cried a little and now I’m glowing” messy. No, healing is “I’m crying in the car again and all I did was go to Target or Woolies in South Africa” kind of messy. It’s sobbing on the floor at 3 AM, re-reading your own text messages like they’re crime scene evidence. It’s waking up with a puffed-up face and a puffed-out heart.

People post “healing looks good on me,” but they don’t post the part where you’re pacing the living room wondering if you’re actually healing or just silently spiraling with better boundaries. Let’s be clear. If you go to my Instagram @chanitafoster it’s controlled content. Can you point out when I was literally cashing out?

Let’s be real: this thing is not a straight line. It’s giving chaotic scribble on a napkin. One day you’re journaling affirmations with your candles lit, the next day you’re avoiding everyone’s calls, wearing the same hoodie, and whispering “WTF is my life” between sips of your favorite beverage. That would be Bailey’s for me and a lot of it. Don’t judge me. Just because I have a few drinks I’m not an alcoholic! Did you read that and hear the sound from the movie. Lol If not no worries. Just know it’s funny and I’m not an alcoholic.

But here's the deal—those “WTF” moments? They're not just breakdowns. They're breakthroughs in disguise. The fog always feels thickest right before the sun shows up.

Healing Is a Full-Time Job with No PTO

When I was deep in it—like deep—I kept asking God for clarity. I wanted the clouds to part and a divine PowerPoint presentation to explain the assignment. Instead, all I got was silence...and a mirror. A big ol' mirror to look at myself. That was worse.

But here's what I learned: you don't always get answers. Sometimes, you get insight. Sometimes, you don't get peace—you get a pause. And that pause? That's sacred. That's the moment where the PIVOT is born.

And let's keep it a hundred—I didn't come to this understanding on my own. This is the part where I have to say something important: I wrote a bestselling book called *Girl I'm Not Tripping, I'm Depressed*. It wasn't just a book—it was a life raft. A survival manual for the strong ones who were silently sinking. It was my truth wrapped in pages. But it wasn't the finish line. It was the beginning of real, soul-deep work.

Because even as a coach—I still needed a coach. Yes, the coach needs a coach too. I needed someone to help me process the pain I couldn't talk myself through. Not just someone to cheer me on, but someone to challenge me.

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Someone who didn't care about the image I built, but the soul underneath it. Whew. That part.

Healing showed me I wasn't broken—I was buried. Beneath expectations. Under shame. Under “strong Black woman” conditioning. And I had to dig myself out one honest conversation, one ugly cry, and one therapy session at a time.

Therapy Ain't Taboo—It's Necessary

Now listen, therapy ain't for the weak—it's for the ready. Ready to stop performing. Ready to stop blaming. Ready to unpack the generational luggage we didn't even pack but have been carrying for decades.

I used to think journaling and venting to friends was enough. (Just ask my best friend Angel Rae. (Baby she is tired of me!)) And sometimes it is helpful. But then I met a therapist who looked at me and said, “You intellectualize your feelings so you don't have to feel them.” Whew. I almost walked out. But I stayed. Because she was right.

Therapy gave me:

- Language for my inner chaos.
- Understanding of my trauma responses.
- A safe space where I didn't have to be “on.”
- Tools—not just vibes.

We light candles. We pray. We manifest. But let's normalize logging into a session and saying, “Sis, I don't know what's going on with me, but I need help.”

Because hiding our wounds doesn't make them heal. It just makes them harder to reach.

Finding Clarity in the Fog

Clarity doesn't always look like a grand revelation. Sometimes it's more like breadcrumbs. Tiny pieces of peace that tell you, "You're not crazy. You're not lazy. You're just healing."

I remember once writing in my journal, "I feel like I'm failing at healing." That was the fog talking. But what I didn't realize at the time was that confusion is part of clarity. It's the shedding of what you used to believe so you can make space for truth.

Clarity often comes when you stop trying to force it. When you stop chasing closure and start creating boundaries. When you stop asking why they did what they did and start asking why you tolerated it.

Healing allowed me to pivot from survival mode into soul mode. To stop living out of reaction and start living from intention.

Real Talk: This Is Why Healing Helps You Pivot

If you try to pivot before you heal, you'll just recreate the same patterns in a new space. New job, same burnout. New partner, same triggers. New city, same sadness.

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But when you heal? Whew. You walk different.

- You say no without guilt.
- You leave relationships without chaos.
- You quit jobs without falling apart.
- You set boundaries without writing an apology paragraph.

That's what healing does. It gives you emotional intelligence, the ability to pause instead of popping off. The strength to walk away instead of spiraling. The discernment to recognize when something is familiar but still unhealthy.

ACTION ITEMS: Your Healing Homework

Listen! Don't start trippin! I told yall it would be some homework in the book!

Let's make this practical. Here's your pivot toolkit for the messy middle:

1. Journal Like You're Not Being Watched

No filters. No edits. Write the truth. Not the caption. The truth. You'll meet yourself there.

2. Book a Therapy Consultation

Just the consultation. One step. You don't have to commit forever—just start the convo. (Look into affordable resources like Open Path or local mental health clinics.)

3. Name Your Fog

Is it grief? Shame? Burnout? Naming it gives it boundaries. Vague pain can't be healed. Specific pain can.

4. Identify Your Survival Patterns

Do you ghost people when you're overwhelmed? Do you self-sabotage when things go well? Write them down. Awareness is step one

5. Find Your Support System

This can be a therapist, coach, friend, or support group. You weren't meant to heal alone.

6. Forgive Yourself

For what you didn't know. For what you tolerated. For the times you stayed too long. Forgive yourself—and free yourself.

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**“Healing isn’t about who hurt
you—it’s about who you’re
becoming. Don’t rush the fog.
That’s where you find your
fire.”**

Chapter 5

“Ghosted by God, Still Here”

*Faith, doubt, and holding on when the signals weak.
Whether it's spiritual uncertainty or a full-blown identity
crisis, this is your invitation to wrestle with belief and still
show up for your becoming.*

I know that sounds as complicated as my daughter Jordan math classes as a freshman at LSU, but it is possible. It's possible to Pivot in your spirituality and faith. It's extremely important to have faith and be spiritual when you are at a change season or going through something.

I want to be extremely transparent with hopes that it helps and heals someone. As it stands right now, I am a Christian. I believe Jesus Christ died for our sins. I believe in the holy spirit. This is not a religious book, but I need you to follow for a second. I promise I'm going to land this plane.

Even as a Christian I have studied, and I love Islam. I love that they pray 5 times a day. I fasted during Ramadan. I love Jehovah Witness. I don't believe in celebrating holidays

in the marketing sense where they connect marketing dollars with religious beliefs. I'm saying that to say I RESPECT every single person reading this book and this chapter and whatever you believe in. I don't ever want a person to miss the message because they are caught up in what the messenger's personal beliefs are. Whatever you believe, then it's right for you and I respect it. Because to Pivot, I want you to know that you have to pivot in your spiritual life also.

Back to it. God did you just ghost me? Allah? Did you stop talking to me when I need you most. I believe we have all been there. We are trying to figure it out and God, Allah, Buddha, is nowhere to be found! It's lonely and it's hard. But this is what I can tell you. You didn't get ghosted!

You're just in the spiritual waiting room.

You know that weird purgatory space between your last prayer and your next breakthrough? That place where you're not sure if you're being tested or just straight up ignored? That's the waiting room. And here's the thing about it: it's sacred. It's uncomfortable. It's divine. And yes—it's painfully quiet.

But something is always happening in that silence.

Let's be real. Most of us only get spiritual when we're in trouble. We treat God like Wi-Fi. We expect a strong connection at all times, but we didn't pay the bill in months. We haven't meditated. We haven't prayed. We haven't even acknowledged something bigger than ourselves—but we

want a crystal-clear signal when our life starts buffering. Faith doesn't work like that.

And no, I'm not saying you have to become a monk or start burning incense while humming in Sanskrit (unless that's your thing, in which case—namaste, beloved). I'm saying that in order to Pivot, you have to be spiritually grounded. Because when the ground around you is shifting, the only thing that'll keep you from falling apart is whatever anchors your soul.

Now, let's talk about that anchor. It looks different for everyone.

For some people, it's Jesus and the cross. For others, it's a prayer rug pointed toward Mecca and the rhythm of five daily calls to prayer. For others, it's the stillness of a meditation cushion and a chant passed down through generations. It might be crystals and moon water. It might be lighting candles on a Friday night and keeping kosher. It might be kneeling, it might be dancing, it might be silence. But the point is—it's something.

One of my friends is Buddhist. When her mother passed away, she didn't run from her beliefs, she leaned into them. Every morning, she would do a metta meditation—sending loving-kindness out into the world, starting with herself, then her family, then the entire planet. It gave her peace. Not because it erased the pain, but because it gave her a place to put it.

Another friend, a Muslim entrepreneur, told me he recites the dua for guidance every time he's about to make a major business decision. He told me, "If I'm truly submitting to God, then I have to trust that even the 'no's' are for my benefit." Whew! That part right there will preach in any language.

And don't get it twisted—being spiritual doesn't mean you always feel connected. Oh no, baby. There are days when you'll light a candle, close your eyes, and hear absolutely nothing but the sound of your own skepticism. That's normal. In fact, some of the most spiritually grounded people I know have had seasons where they questioned everything they believed in.

Mother Teresa once wrote in her private letters that she felt abandoned by God for nearly fifty years. Fifty. Five-zero. But she still served. She still showed up. That's the kind of stubborn faith I aspire to. Not perfect. Not always loud. But consistent. It's the kind of faith that shows up with chipped nail polish and puffy eyes and says, "I'm here anyway."

So how does this help you pivot? Because when the world starts shaking—when your marriage ends, your job lets you go, your mental health takes a hit, or you're sitting in the parking lot crying for the third time this week—your beliefs are the ground you stand on. And if that ground is solid, you may bend, but you won't break.

Being spiritually grounded doesn't mean you never feel lost. It means you have a compass when you are.

When I was going through my own pivot—therapy, divorce, healing, crying in the dark, whatever chapter that was—I started journaling my prayers. I wasn't even sure if God was reading them. But I wrote anyway. One day I looked back and realized that the things I had once begged for had become my reality. It wasn't loud. It wasn't dramatic. But it was divine. God had been moving in silence. (And let's be honest, God moves more like Beyoncé than a street preacher—quiet until it's time for the big reveal.)

And listen, if you've been burned by religion before—me too. This is not about forcing yourself back into a pew or temple or mosque if you've experienced harm. This is about reconnecting to truth. Your truth. The kind that centers you, humbles you, and lifts you all at the same time. And guess what? You can take what works for you and leave the rest. That's the beauty of a pivot—it doesn't require perfection, just willingness.

Some ways to explore spiritual grounding while pivoting:

- Breathwork or meditation (Try it even if you think it's woo-woo. It's just focused breathing, not Hogwarts.)
- Journaling your thoughts or prayers

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- Reading sacred or inspirational texts (The Bible, the Quran, the Torah, or even a Maya Angelou poem—whatever speaks to your soul.)
- Walking in nature like it's a conversation with the Divine
- Service to others (Sometimes showing up for someone else is the fastest way to find God again.)

Let me say this loud for the folks in the spiritual balcony seats: You are not broken just because you feel spiritually dry. Sometimes the desert is part of the route. Sometimes the silence is.

Listen to me! Sometimes the teacher is quiet during the test. Sometimes the signal is weak because you're in a valley—not a dead zone. There's a difference. One is temporary. The other is a trap if you let it define you. When we're in transition—between the breakdown and the breakthrough—we often assume we've been abandoned. But what if what you're calling silence is really space? Space for you to grow. Space for you to shed. Space for you to trust that you are held, even when it doesn't feel like it.

Being spiritually grounded doesn't mean you have all the answers. It means you know where to look when things fall apart. It means you have a place to sit your questions, your grief, your doubt, and your dreams. Whether you're chanting in Sanskrit, reciting scripture, meditating in silence, or screaming into your steering wheel with gospel blasting—

spirituality gives you a place to anchor when life tries to knock you over.

Let me tell you something else: pivoting without spiritual grounding is like trying to fly a kite with no string. You might look cute in the wind for a minute, but eventually, you'll drift. Or crash. Or get caught up in somebody's tree who didn't ask for your mess.

So what does being spiritually grounded actually look like?

Let's break it down across belief systems—because Pivoting is universal, and so is the need for spiritual stability.

- In Christianity, being spiritually grounded might look like prayer and devotion, yes, but it also looks like community. It's showing up at Bible study even when you're mad at God. It's reading the Psalms and feeling like David wrote them just for your petty, panicked, pivoting self. It's knowing that grace is not performance-based, and you don't have to hustle for healing.
- In Islam, it's the discipline of Salah—praying five times a day, re-centering no matter what life throws at you. It's fasting not just from food, but from negativity and distraction. It's the peace in prostration, the humility in surrender. It's the reminder that you are never alone—even in your lowest moment, Allah is closer than your jugular vein.

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- In Buddhism, being grounded may look like sitting in silence long enough to hear your truth rise above the noise. It's mindfulness in the middle of madness. It's compassion—for others and for yourself. It's knowing that suffering is real, but so is freedom. And freedom starts with awareness.
- In Judaism, it might be found in Shabbat—pressing pause on the chaos and finding sacred rest. It's community, questioning, wrestling with God like Jacob did. It's storytelling, heritage, and hope passed down through generations that survived everything from slavery to exile and still lit candles.
- If you're spiritual but not religious, it could be journaling, walking in nature, pulling Tarot cards or reading your birth chart not to predict the future but to understand the present. It's lighting candles, charging crystals, or just turning off your phone and tuning in to your intuition. Your soul is talking, boo. Listen.
- If you're agnostic or atheist, don't think you're left out of this pivot party. Being grounded might not involve a deity, but it can still involve depth. Maybe your practice is kindness. Maybe it's finding meaning in connection, in service, in stillness. Maybe your belief system is rooted in humanity and healing. That's still sacred. That still counts.

Here's the truth: belief doesn't need to be loud to be powerful. Some of the strongest spiritual pivots happen in whispers. In car rides. In showers. In notebooks filled with "Dear God, I don't know what I'm doing but I'm trying."

You don't have to be certain to be committed. You don't have to feel spiritual every day to be spiritual every day. And you don't have to fake peace to be pursuing peace.

One of the wildest pivots I ever had was realizing that faith and doubt are not opposites. They're dance partners. Faith says, "I believe." Doubt says, "Are you sure?" And together, they keep you moving instead of settling. Pivoting instead of parking.

Spiritual pivots often come with grief. Grieving who you used to be. Grieving what you used to believe. Grieving the loss of certainty. But on the other side of that grief? Freedom. The kind that doesn't come with fine print. The kind that makes space for curiosity, for questioning, for evolving.

Don't get stuck in the idea that you have to perform your spirituality to prove it. This is not Instagram. You don't need a filter on your faith. If your prayers sound like "God, seriously?!" and "You playing with me now," congratulations—you're still in relationship. You haven't been ghosted. You're growing.

Let's get practical, because this isn't just about belief—it's about building a life that holds you.

Here are five tools to spiritually ground yourself while you pivot:

1. Create a daily ritual. Doesn't have to be deep. Light a candle. Say a prayer. Write one thing you're grateful for. Watch how that one thing becomes five.
2. Phone a spiritual friend. Someone you can text when you feel like you're about to fall apart and they send you a voice note saying, "You got this—and God's still got you."
3. Study outside your tradition. Learn something new. Read Rumi. Explore Zen. Go to a mosque or a temple with a friend. Not to convert—just to connect.
4. Protect your peace. Your spirit can't thrive in chaos. Set boundaries. Say no. Rest.
5. Talk to yourself the way you think God would. With love. With patience. With power. Because whether you call it God, the Universe, Source, Energy, or just Inner Knowing—something greater is rooting for your rise.

So no, you haven't been ghosted. You've been invited. Invited to grow. To grieve. To get quiet. To get curious. And above all, to get grounded. Because pivoting isn't just about what you change—it's about what keeps you from falling apart while you change.

Whether you call it faith, spirit, or just the strength to keep going—hold onto it. Even when the signal's weak.

Pivot

Especially when the signal's weak. Because the Pivot you're making? It's not just physical. It's not just emotional. It's spiritual.

And you're still here.

**"Sometimes silence is sacred.
Just because you can't hear
God doesn't mean you've been
abandoned—it might mean
you're being trusted to walk by
faith, not by feedback."**

— PIVOT

Chapter 6

“Parents, But Make It Generational Trauma”

Unpacking the baggage without checking it in for your kids. Modern parenting means doing better—while healing from what was done to you. This one’s for cycle-breakers, re-parenters, and those learning love without conditions.

This is work and a lot of it. Side note. If you don’t have kids don’t skip this chapter! Many of us are living with generational trauma and are in need us healing. So, rock this chapter out with me!

Parenting in 2025 is just different! I swear! I’m not sure if it’s social media, covid shots, lesser rules in schools, or whatever! It’s different and it is different from how I was raised. Without throwing my parents under the bus, I’m going to speak in general. Because I know a lot of our parent just did what their parents did, and I’m convinced a lot of it was wrong but enough of it was right because it made us who we are.

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I don't know how we went from Mommy, Mom, Mama, Ma, Lady, to Bro! But here we are! My kids call me Bro and I feel lost and helpless often. Ole school me wants to beat them with a shoe. New school me wants to sit in therapy with them. Either way I feel like I'm lost and I'm failing! Do you feel like that also?

Guess what? We are good! We are better than good! They are Alive right? Still breathing? Then you are good. We all just need a little Ivana fix your life type of vibe to get back on track. We need to Pivot from generational curses and rituals and do what works for us.

Let's talk about that word: generational.

It's heavy, isn't it? It carries all the things we never asked for: unspoken rules, inherited silence, side-eyes instead of apologies, love that came with a belt, and discipline that sometimes looked a lot like fear. But hear me: just because something is generational doesn't mean it has to be forever. You can inherit the pattern and choose not to pass it on.

Pivoting from generational trauma means asking hard questions like:

- Why do I yell when I'm scared?
- Why do I shut down when people get close?
- Why do I call love "tough" when it actually just hurt?

This isn't about blaming our parents or our culture. This is about recognizing that healing is not betrayal. Healing is

sacred rebellion. It's you standing in the mirror and saying, "I'm going to love myself and my children differently—not perfectly, just differently."

Let's keep it real for a second. If you grew up with silence instead of explanations... with food instead of feelings... with spankings instead of support... then you're already doing revolutionary work by simply asking, "Why?"

And if you were raised in a house where mental health was "for white people," therapy was "for crazy people," and emotions were "for weak people," then honey, the fact that you're even reading this chapter means you're breaking curses your ancestors didn't even know had names.

Cultural rituals can be both sacred and suffocating.

In many cultures—Black, Brown, Indigenous, Asian, Latinx—obedience was safety. Respect meant silence. Pride meant pretending. And the church, temple, or mosque had more say in your business than your own intuition. So, when you start to pivot—when you start to question the rules, set boundaries with Aunt Whoever, or tell your mama you're not forcing your kids to hug strangers at the cookout—you're not just being "disrespectful." You're being disruptive.

And sometimes healing feels like betrayal.

You stop showing up to family events where no one sees you.

You stop laughing at jokes that are actually trauma in disguise.

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You stop participating in cycles just because “that’s how it’s always been.”

That’s not betrayal. That’s boundaries.

One of the greatest pivots you will ever make is choosing your peace over your programming.

Let me give you a few real-life examples of how this plays out:

- Michael, a 43-year-old dad of two, told me he grew up never hearing “I love you.” His parents were there, provided, cared—but quiet. Now he’s raising kids who hear “I love you” daily. He said it felt awkward at first, like wearing shoes on the wrong feet. But he kept saying it. Now his kids say it first. That’s a pivot.
- Dawn, a single woman with no kids, realized she was parenting her inner child while still trying to please a mother who never approved of her choices. She stopped explaining herself. She started therapy. She created a ritual: journaling every morning and telling her younger self, “You’re safe with me now.” No babies involved. Still generational healing. Still a pivot.
- Simphiwe and Mpho, married with three kids, grew up in a religious culture that taught them sex was shameful. Now they’re intentionally teaching their teens about consent, respect, pleasure, and responsibility—not with fear, but with facts and

compassion. That's not "being too modern." That's breaking cycles.

This is what pivoting generationally looks like:

- Taking your child to therapy before they break.
- Going to therapy with your child, even if it means hearing you got it wrong sometimes.
- Saying "I'm sorry" even if you were just "doing your best."
- Letting your kid feel safe enough to say, "I didn't like that" without catching a side-eye.
- Refusing to use fear as a parenting tool.
- Keeping the culture and dumping the trauma.

And I know, I know, this is hard. Because trauma isn't just in your memories—it's in your body. It's in how you flinch when someone raises their voice. It's in how you keep the house spotless not because you like it clean, but because chaos scared you as a kid. It's in the way you overachieve, over-give, and over-apologize just to avoid being seen as a "problem."

But you can't heal what you're pretending doesn't exist. And you can't pivot while still dragging bags you never packed.

Let's get practical again, because healing ain't just theory—it's daily decisions.

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Here are five tools to help you pivot from generational trauma with grace:

1. Start with compassion, not blame. You can honor your roots without watering weeds. Ask yourself: What do I want to keep? What do I want to release?
2. Develop emotional language. If “mad, sad, happy” are the only emotions you know, grab a feelings wheel. Expand your vocabulary, expand your self-awareness.
3. Ritualize your healing. Create a Sunday night journal ritual. Light incense before bed. Walk after tough conversations. Small, consistent actions are sacred.
4. Include the kids. If you have children, let them into your process in age-appropriate ways. Let them see you apologize. Let them hear you say, “I’m still learning.”
5. Celebrate the small pivots. Saying no when you usually say yes? That’s a win. Asking for help without shame? That’s a win. Crying and not apologizing for it? Big win.

Here’s the bottom line:

You don’t need to burn the whole family tree down. But baby, you are allowed to prune it.

You are allowed to water it with truth.

You are allowed to sit under it with your children—or just your healed self—and feel safe.

Pivoting through generational trauma is hard. But you're doing it. And every time you choose awareness over autopilot, softness over survival, love over legacy—you're changing the story for everyone who comes after you.

Keep going. You are the pivot. You are the prayer. You are the proof.

**“You are not your parents’
pain. You are their answered
prayer—learning to heal in
ways they never had the
language for.”
— PIVOT**

Chapter 7

“The Great Unfollow”

Letting go of people, places, and versions of you that no longer fit. From breakups to friendship fades to identity shifts, this chapter teaches the graceful (or messy) art of walking away—and walking toward yourself.

Whew Chile! (Told you I’m going to keep saying it) When I say letting go is hard to do that’s an understatement. Especially for a person like me. I’m so Loyal. Loyal to a flaw. But I have realized over time that I can’t be a slave to my loyalty, especially when it’s hurting me.

There were people, places, and things that I knew I had outgrown or no longer served me, yet I just couldn’t let go. Like it was going to take an act of congress to get me to stop communicating with people and family member that were toxic. Especially family members. When you are raised that blood is thicker than water, and there is nothing like family, it’s embedded in your heart and mind.

And let’s not talk about hitting the unfollow button on social media. I felt like I was dispensing the chemical for the execution chair and that if I hit unfollow, the person would

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die in a literal sense. Why my mind thought I was going to kill someone by hitting the unfollow button is bananas to me. But guess what? It had to be done. Here's Why....

Because loyalty without boundaries is bondage.

Because the version of you who needed those people, those places, and those patterns—is not the same version of you who's reading this chapter.

Letting go is not an act of cruelty. It's an act of clarity. It's you saying, "I may love you, but I refuse to shrink for you. I refuse to stay where I'm not growing."

Let's talk about people first.

You know the ones.

The friend who only calls when they need a favor.

The ex who texts "I miss you" every Mercury retrograde.

The cousin who drains your energy at every family function.

The "supporter" who never claps unless it's for themselves.

We hold on to these folks out of guilt, obligation, history—and let's be honest, fear. Fear of being alone. Fear of confrontation. Fear of what they'll say about us once we finally choose ourselves.

But here's the truth: you are not a villain for outgrowing a connection. You are human. And growth requires pruning. Dead weight will always fight to stay on the tree. But it's not your job to be a lifeline for what refuses to grow.

Then there are places—physical and emotional—that we need to let go of too.

Sometimes it's a city that held your dreams but also your trauma.

Sometimes it's a job title that stroked your ego but starved your soul.

Sometimes it's a church, a barbershop, a friend circle, or a neighborhood WhatsApp group that once felt like home and now feels like suffocation.

We stay in places because they're familiar, even when they're not fulfilling. Because we know the street names. We know the rules. We know who we are in those rooms—even if we had to play small to fit in them.

But your pivot will require relocation. Not just physically, but mentally and emotionally. You may need to leave some conversations. Some group chats. Some dynamics where you're always the therapist but never the one held. Always the motivator but never the one motivated.

And let's not forget the hardest goodbye of all:

Old versions of YOU.

Whew. This one stings. Because even when the relationship ends...

Even when the job is done...

Even when the zip code changes...

We're still left with us.

And often, we're clinging to outdated versions of ourselves out of comfort. We're wearing shoes that no longer fit but scared to go barefoot for even a second.

- The version of you who kept quiet to keep the peace.
- The version of you who said yes to avoid conflict.
- The version of you who thought success had to look one way.
- The version of you who hustled for validation.
- The version of you who only felt lovable when you were needed.

You don't have to hate her to outgrow her.

You can love her and still say: "Thank you for getting me here. But I've got it from here."

That's what pivoting is. Not abandoning your past—but graduating from it.

Let me give you a few examples of real "unfollows" that helped change lives:

- Brandy, a teacher-turned-entrepreneur, had to let go of her "I'm just a small-town girl" identity. It felt safe. It also kept her undercharging and undervaluing herself. When she stepped into her CEO self, she lost a few "humble yourself" friends—but gained a seven-figure vision.

- Kwesi , a man raised in a family that believed men shouldn't cry or show weakness, pivoted by unfollowing toxic masculinity. He started going to therapy, journaling, and giving his son permission to feel. He lost the approval of some uncles—but found peace.
- Anika, a woman in her 50s, unfollowed the belief that it was “too late” to start over. She walked away from a marriage that looked perfect on Facebook but was draining her dry. Now? She's dating herself, learning pottery, and waking up without anxiety. Winning.

Let's pause here for some truth:

You cannot become who you're meant to be and still cater to who you used to be.

The two are not roommates.

One will always outgrow the other.

The Pivot doesn't ask for your perfection.

It asks for your permission.

To evolve. To expand. To exit what's expired.

And for the ones still struggling to hit “unfollow”... here's some perspective:

- Unfollowing someone doesn't mean you hate them. It means you're curating your peace.

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- Unfollowing a version of yourself doesn't mean you failed. It means you've learned.
- Unfollowing places doesn't mean you're ungrateful. It means you know your time is up.

Closure doesn't always come with an apology.

Sometimes closure comes when you close the app.

Or the door.

Or the chapter.

Try this exercise:

Draw a line down the middle of a page. Label one side "Still Feeds Me" and the other "Starving Me."

Now list every relationship, routine, role, or ritual in your life.

If it no longer nourishes you—it's time to unfollow.

Politely. Spiritually. Even silently, if necessary. Because silence is a boundary too.

So here's your permission slip:

To pivot means to release.

To pivot means to grieve.

To pivot means to reintroduce yourself to yourself.

Because the most powerful unfollow is not just about people and pages.

It's about energy.

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It's about alignment.

It's about finally getting honest about what you deserve.

And baby—you deserve peace without apology.

Freedom without guilt.

And a life that fits the current you, not the former version you were just surviving as.

**“Letting go is not losing. It’s
making space—for who you
are, who you’re becoming, and
the peace that’s been waiting
on you to stop pretending.”**

— PIVOT

Chapter 8

“Your Nervous System Needs a Hug”

Why you're not lazy, unmotivated, or broken—you're overloaded. We live in a hyper-stimulated world. Here's how to regulate, recalibrate, and stop confusing survival mode with your personality.

I definitely need a hug. Like seriously! And asking my kids to hug me is like asking a farmer to go look for a needle in a haystack. Impossible. So yes, I need a hug, some good cuddles and if we are being real, a vacation where you don't post who you are with. Lol I'm just saying.

Why do we get to this point? Because of being overly stimulated. From social media to simply the world around us, it's a lot! It's scary, depressing, and often confusing. Everyday it's like a new episode of Survival. Or that show where the people are naked in the wild trying to survive and use every skill they have trying to make it.

We're in a state of constant overstimulation—but here's the plot twist: your nervous system wasn't built for all this.

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It wasn't built for 47 notifications before breakfast, back-to-back Zooms, trauma reels, family drama, friendship breakups, gas prices, AND still having to pretend like everything's okay at the PTA meeting. Nope. That ain't it.

So what happens?

We adapt.

We hustle.

We push through.

We perform.

We numb out.

And over time... we forget who we are without the pressure.

Let's talk regulation.

It's the hug your nervous system never got. And no, I don't mean lighting candles and listening to lo-fi beats (although, shoutout to lo-fi). I'm talking about the process of helping your body, your breath, your heart rate, and your energy slow the hell down enough to realize you're not actually in danger.

Because that's what survival mode is. It's your brain and body responding to perceived threat. And sometimes that threat isn't a bear chasing you—it's an email. Or a memory. Or your mama's voice telling you you'll never be enough.

So how do you know you're in survival mode?

Let me hit you with some examples:

- You feel guilty when you rest.

Pivot

- You apologize even when you're not wrong.
- You can't sit in silence without scrolling.
- You say "yes" but your soul is screaming "girl, no!"
- You're tired but wired.
- You wake up with anxiety like it's your alarm clock.
- You thrive in chaos and don't know what to do when things are calm.
- You call it a personality, but it's actually a coping mechanism.

Whew.

If any of those

hit, don't panic. You're not broken. You're conditioned.

You adapted in ways that helped you survive—and now it's time to help you live.

Let's get into why regulating your nervous system is step one in the pivot process.

You cannot shift into your next season if your body thinks you're still in a war zone. You can't hear your intuition over the sound of your survival patterns.

You can't build the life you want on a foundation of fear.

Imagine trying to decorate a house while it's flooding. That's what pivoting feels like when you haven't regulated. You're trying to level up while still drowning.

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So, what does regulating actually look like in real life?

- It's grounding your feet to the floor before a hard conversation.
- It's putting your phone on Do Not Disturb and breathing deep before checking emails.
- It's recognizing, "Oh, this isn't my truth—it's my trigger."
- It's giving yourself permission to rest even when the to-do list is screaming.
- It's stopping the guilt loop and whispering to yourself, "I'm safe. I'm enough. I'm okay."

Let's talk recalibration. Because after you regulate, you've got to relearn who you are outside of the pressure.

And baby, recalibrating will feel like an identity crisis at first. You'll look around and say:

- "Wait, do I even like this job?"
- "Have I just been tolerating this friendship out of habit?"
- "Is this version of me really me or just the palatable version I curated to survive?"
- "Why does peace feel boring? Why does chaos feel like home?"

It's wild. But it's necessary.

Recalibrating is your pivot point. It's when you stop living as the avatar you created to survive, and you start becoming the you that was buried underneath it all.

Let me tell you about Danielle. Danielle spent 15 years as a corporate executive—always on, always polished, always productive. She was celebrated for her work ethic. But one day, her body said “no more.” Panic attacks. Burnout. Depression. When she came to me, she thought she needed a new strategy. What she really needed was a new nervous system blueprint.

We worked on regulation. She started taking walks without her phone. Paused when triggered instead of reacting. She slept. She cried. She started asking “What do I want?” for the first time in years.

And then... recalibration happened. She realized she didn't want the ladder anymore. She wanted freedom. Flexibility. Flow. She left her job, became a consultant, and built a brand from her truth, not her trauma.

Now, she helps other women stop performing and start living. That's a pivot. That's a nervous system hug in action.

So how does all this tie into your pivot?

Because real pivoting is not just changing jobs, moving cities, or starting a business. It's becoming a new version of you who doesn't need to perform, chase, over-function, or overthink in order to feel worthy.

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Pivoting means letting go of the identity that trauma built and building one that safety supports. It's the difference between "I have to hustle to be seen" and "I get to rest because I am already enough."

It's the difference between "I don't have time to feel" and "My feelings are data, not danger."

It's the difference between "No one ever shows up for me" and "I now choose people who match my healing, not my history."

Let's keep it real:

This kind of pivot isn't flashy. It won't get a thousand likes on social media.

But it will change everything. Because when your nervous system is hugged, held, and honored—you start making decisions from alignment, not anxiety.

You become grounded in your yes. Clear in your no. Confident in your worth.

And that is when the real pivot begins.

Try this:

1. Pause and name what you're feeling. "Right now, I feel overwhelmed." Boom. That's data.
2. Ask yourself if you're reacting from the past or responding to the present. Big difference.

3. Breathe. Not the shallow top-of-your-chest kind. Belly breathe, slow and deep.
4. Move. Dance. Walk. Stretch. Release it. Energy has to go somewhere.
5. Rest. Without guilt. Without earning it. Just because you're worthy.

Your nervous system doesn't need another productivity hack. It needs gentleness. It needs rhythm. It needs to know it's safe now.

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**“You’re not too much. You’re
just too often in survival.
Regulate, recalibrate, and
return to the soft, powerful
version of you that never
needed to hustle to be loved.”
— PIVOT**

Chapter 9

“Your Vibe Called. It Wants a Rebrand.”

The aesthetics of alignment: from vision boards to real life. It's not about faking it till you make it—it's about embodying who you're becoming, even when the mirror hasn't caught up yet.

I remember I got invited to a speaking event and they were doing Vision Boards. I was mad, annoyed, and aggravated. Why? Because I'm not a true fan of Vision Boards by themselves. Meaning just cutting out some pictures and putting them on paper. It's more to it than that. Trust me. Manifesting works! One of my Best Friends Antonina Griffin wrote an entire book on it and has coaching. So yes, it CAN work when it's done correctly. But to be clear, most of the time, people are just cutting pictures and gluing them on a board.

Fake it to you make it is worst. I promise. Getting caught up in the social media rat race will fast track you to depression. Remember I wrote the book and have the t shirt for depression. Faking anything never leads to anything

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good ever! I learned early that I didn't have to keep up with the Jones like my grandmother use to say.

“Become Her Before You See Her”

Let's get something straight right now: I'm not asking you to fake anything. This ain't that.

We are done with fake smiling through pain, fake friendships, fake lashes (well maybe not lashes because I love a good lash) that feel like ceiling fans, and fake affirmations that sound cute but never touch your soul.

What I am asking is this: Can you believe in the version of you that you haven't seen yet? Can you trust her before she shows up in the mirror?

Because when it comes to Pivoting, you've got to embody her—before she even arrives.

Let's start with the vision board.

Oh yes, we're going there. You already know the vibes—magazines cut up, scissors on the floor, sipping wine with your girls, gluing pictures of passports, penthouses, Pilates, and peace on cardboard from Target. I know, I know. I just said I'm not a fan without the work, so keep reading!

Here's where we mess up:

We treat the vision board like a wish list. Like it's Santa. Trust I'm not a fan of Santa either. Why does Santa get the credit for the people that had to work hard to get the gifts?

We put it on the wall, pray over it, and then go right back to acting like our old self. Still saying yes to what we don't want. Still doubting if we're worthy of more. Still showing up like the version of us that's trying to survive, not thrive.

That board is not a shrine, baby—it's a blueprint.

And if you want to pivot, you can't just see the vision—you have to become the person who lives it.

Let me give you a real-life example.

I had a client, let's call her Shay. Shay had "Booked & Busy" on her board. She wanted to be a paid speaker, write her book, and work three days a week from anywhere in the world. Cute, right? The energy was strong.

But Shay was still waking up at 5am to go to a job she hated, saying yes to every committee, overdelivering for people who didn't value her, and calling it "grind mode."

I had to look her in the eye (on Zoom, let's not be dramatic) and say,

"Do you really think the woman living that dream version of your life would be tolerating this chaos?"

Mic drop.

And she got it. She started showing up differently. She started embodying the woman who already had boundaries, rest, and revenue. And guess what? The bookings came. Not because she faked it, but because she became it.

So how do you embody a version of yourself that doesn't exist yet?

Let's break this down with some spicy, soul-centered truth:

1. You change your decisions. The future version of you doesn't say yes to everything out of fear. She says yes out of alignment. So the next time someone asks for your time, ask yourself, "Would the me I'm becoming say yes to this?" If the answer is no—pivot.
2. You change your self-talk. The woman on your board isn't out here calling herself stupid, lazy, or not enough.
She speaks life. She affirms herself. She leaves voice notes like "You killed that!" Start speaking to yourself the way you would speak to your future daughter or the kids you have.
3. You upgrade your habits—not just your hashtags. A vision board with Bali on it won't manifest if you're too burnt out to fill out your passport paperwork.
You can't become her if your schedule is still built for the version of you who settles. Pivoting means looking at your calendar and asking: "Does this reflect who I want to be or who I used to be?"
4. You dress, walk, and rest like her. I know this sounds surface, but hear me out. You can't sell a dream looking like a nightmare! Clothes, posture, energy—

they all send messages to your nervous system. You don't have to wait until the TED Talk to buy the blazer. You don't have to wait until the brand deal to show up like a CEO. You don't have to wait until you lose the weight to love how you look today. Embodiment is about presence, not perfection.

Let me make this plain: You're not pretending—you're practicing.

There's a big difference between faking it and faithing it.

Faking it is slapping on a smile while your soul screams. Faithing it is choosing the next best action that aligns with the future you believe is already yours.

I remember being in the middle of a season where I felt broke, broken, and borderline burnt out. And yet—I started waking up and making my bed like I was in a penthouse. I made my Alive Cappuccino coffee at home like I was sipping it in Paris ([AliveCoffee.com/DrChanitaFoster](https://www.alivecoffee.com/drchanitafoster)). I wrote down “bestselling author” before I even finished a chapter. I embodied her. And now, you're reading the book. You tell me.

But here's what no one tells you about becoming her: it's lonely sometimes.

People around you will still see the old version of you. They'll call you “extra,” “bougie,” “fake deep,” “too much,” or say “you've changed.” And your response? “I didn't

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change—I remembered who I was before the world told me to shrink.”

Some folks will fall off when you start walking in your embodiment. And that’s okay. Everyone isn’t meant to go with you to your next season. You’re not abandoning them. You’re just no longer abandoning yourself.

Let’s flip this now and get super practical.

Here’s how to take your vision from cardboard to concrete:

- Create a future-self playlist. Music shifts energy. What does the “You 2.0” vibe to on the way to her next move?
- Start a “proof list.” Every time something happens that matches your future vision, write it down. The free coffee. The aligned conversation. The unexpected opportunity. It’s your evidence.
- Make micro-decisions that match the macro-vision. Want to be a speaker? Start introducing yourself that way. Want to own a business? Start reading like one. Want to be at peace? Stop scrolling chaos.
- Show up every day like you’re already her. Not perfectly, but consistently.

Remember, it’s not magic—it’s muscle memory. Every aligned action is a rep toward becoming her.

Pivot

You don't become your future self all at once. You become her in a thousand small pivots.

In the way you answer emails.

In the way you protect your peace.

In the way you stop explaining your “no.”

In the way you stop hiding your joy.

**“She didn’t fake it. She faith-
ed it. And eventually, the world
caught up with what she
already knew: she was always
becoming.”
— PIVOT**

Chapter 10

“Recalculating...”

*Pivoting without panic when the plan derails.
You had a vision. Then life laughed. This chapter
is your guide to shifting course with style,
purpose, and maybe even some joy.*

Remember in the beginning of this book I said that you had the plan. You knew exactly what you wanted and how you were going to get there. But then time and time again you got sidetracked and derailed. Life and people kept laughing at you. And I mean like my kids say, “Playing in your Face!”

Whew—not playing in your face!

But for real. You ever have a plan so tight, so well-thought-out, so perfectly Pinterest-board-worthy... only for the universe to give it the middle finger?

Yeah. That.

And let me tell you something they don’t say enough: derailment doesn’t mean disqualified. It doesn’t mean you were wrong, it doesn’t mean you weren’t ready, and it definitely doesn’t mean it’s over.

It just means... it’s time to recalculate.

When the GPS Goes Silent

You ever be driving, miss a turn, and your GPS gets real quiet? Like it's silently judging you before whispering, "Recalculating..."

That's life. That's God. That's the pivot.

Because sometimes life will sit you down, take your timeline, crumple it up like junk mail, and whisper: Let's try another route.

Here's the trick though—you gotta keep driving. You don't just sit on the side of the road and cry forever because you missed one exit. (Okay maybe cry a little. But then fix your lashes and keep going.)

Panic is a Performance—Peace is a Practice

When the plan derails, our first instinct is to freak out. Why? Because we think the plan was everything. We tie our identity, our worth, and sometimes our entire self-esteem to the blueprint we made in a season we've already outgrown. But what if the pivot isn't punishment—it's positioning?

Let me give you a few real-life examples:

Example 1: The Business That Flopped—Then Bloomed

One of my clients launched a boutique brand in 2019. Everything was cute. The brand, the rollout, the launch party. But then 2020 said, "Sit down." COVID shut it all down. At first, she panicked. Full-blown spiral. But in that pause, she pivoted. She launched an online consulting arm, and now makes more money helping others build brands than she ever

did selling product. What she thought was failure was actually redirection.

Example 2: The Relationship That Ended Right on Time

A close friend had her wedding venue booked, invites sent, and hashtag picked out (#FinallyTheFletchers). Three months before the big day, it unraveled. She thought she was dying. Fast forward: she healed, grew, moved to a new city, and is now with a partner who matches her soul—not just her checklist. And when I say glow up? Babyyyy. The pivot gave her the life she prayed for but didn't have the language to ask for yet

Pivoting is a Spiritual Flex

Let me be clear: pivoting is not just about goals. It's about trust. When you're forced to recalculate, you're being invited into a higher version of yourself that maybe—just maybe—you wouldn't have chosen voluntarily.

This is when you activate your “spiritual GPS.” Whatever that means for you—prayer, meditation, stillness, therapy, journaling, dancing to SZA at 2am—it's about reconnecting to what's bigger than the plan.

Because when the “how” fails, your why has to anchor you. Purpose will keep you from panicking.

Style, Purpose... and a Little Petty

Let's not act like pivoting doesn't come with a little petty sometimes. Especially when people doubted you,

When life changes, should too (ideally with Style)

underestimated you, or counted you out. But we don't pivot to prove. We pivot to evolve.

Still, it's okay to have your "Look at me now" moment. Screenshot that before-and-after. Post the soft launch. Wear the revenge outfit to the brunch you weren't invited to last year. But let the joy be the loudest flex—not the bitterness.

How to Pivot Without Losing Yourself

1. Reframe failure as feedback. Every "no," every delay, every unexpected curve is information. Not indictment. Ask yourself: What is this trying to teach me?
2. Stop mourning expired plans. Grieve it, yes. But don't build a shrine to what no longer fits. If you outgrew it, it wasn't your forever—it was your foundation.
3. Allow the new vision to unfold gradually. Clarity doesn't always come all at once. Sometimes it's breadcrumb by breadcrumb. Trust that what you need next will find you when you take the step, not before.
4. Regulate your nervous system. Don't make life decisions from a place of panic. Take a walk. Cry it out. Phone a friend. Then decide. The pivot needs a calm driver, not a panicked passenger.

Joy is Your Superpower

You want to know what really throws people off? When you pivot with joy. Not fake joy. Not toxic positivity. But that “I trust this plot twist will still lead me somewhere good” type of joy.

Joy while jobless.

Joy while single again.

Joy while the money funny.

Joy while the vision is still blurry.

You start to see that peace isn't found in the plan. It's found in the person you become when the plan changes.

So What Do You Do When the Plan Falls Apart?

You pivot anyway. You put on your hoops, sip your iced coffee ([AliveCoffee.com/DrChanitaFoster](https://www.alivecoffee.com/drchanitafoster)), and whisper:

“This ain't how I thought it would go, but it's still gonna go.”

You let go of the life you planned so you can live the one that's meant.

Because you're not here to live on autopilot.

You're here to live in alignment.

Final Words

You are not lost.

You are rerouted.

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And if you let it, this chapter—this messy, imperfect, off-script chapter—might just be the most beautiful one yet.

**“When the plan collapses,
don’t crumble with it. Stand
up, fix your crown, and pivot
like the GPS just said—
Recalculating.”
— PIVOT**

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Chapter 11

“Peace Isn’t Passive”

Creating calm in a culture that worships the grind. We explore the power of intentional slowness, choosing stillness in chaos, and finding a version of success that doesn’t cost your soul.

I remember the first time I saw Sleep Is for Suckers. I wanted one! Wearing that shirt would be like a cape. A walking billboard that I sacrificed sleep in order to build on my hopes, goals and dreams. No shade to the company, but what I realized is Sleep is for the healthy! It’s needed. It’s a necessity!

Oh no. We live in a culture that celebrates pain with success.

But God! It changed for me, and it should change for you!

Now don’t get me wrong, I love ambition. I’m the queen of highlighters, start a new company, sticky notes on mirrors, and buy the domain and build the site later. I love seeing people chase their dreams. But there comes a point where we have to ask: At what cost?

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Because somewhere along the way, “hustle” became holy. “Busy” became a badge of honor. We confused burnout with being blessed. We’re out here dying on the hill of productivity with a planner in one hand and an iced coffee in the other, wondering why we’re exhausted, short-tempered, and low-key resenting the very life we prayed for.

But peace? Whew. Peace is the new flex. Not chaos. Not clout. Not waking up at 4 AM just to cry in your car before a Zoom call.

The Power of Intentional Slowness

Let’s be real, slowness is not weakness. It’s wisdom. It’s what happens when you’ve finally figured out that urgency is not your identity.

Intentional slowness means you move deliberately, not reactively. You say, “Let me think on that,” instead of giving a knee-jerk yes and regretting it immediately. It means you take the longer route if it gives you clarity. It means you understand that your nervous system is not built to be in survival mode 24/7, and you’re not a machine—you’re a whole human.

Example:

I once delayed a business decision that could’ve made me quick money. Everybody around me said, “Why wait? This is the opportunity!” But my spirit? My peace? Screamed “Not yet.” I gave it a few weeks. And guess what?

The whole situation went left. I dodged a mess because I slowed down long enough to listen to my life.

Stillness in the Storm

Choosing stillness doesn't mean you stop caring. It means you stop spiraling. It means that when the group chat is on fire, the internet is losing its mind, and life is showing you flames—you don't jump into the pit just to prove you're paying attention.

Stillness is power. It's presence. It's the decision to not allow urgency to become your spiritual practice.

Example:

One time my phone was buzzing off the hook. Emails, DMs, texts, all demanding a response. I was two seconds from losing it. So instead, I did something wild. I turned my phone off. Sat in silence. Took a bath. Journalled. The world didn't end. The problem didn't explode. But I was able to approach it with peace instead of panic. That's stillness. That's how you pivot without chaos.

You don't have to match the madness of the moment to be effective. You can be soft and strategic. You can be calm and in control.

Redefining Success Before It Redefines You

Now let's talk about this idea of success. Because what we don't talk about enough is how many people are

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succeeding by society's standards but failing their soul. And baby, that's not success—that's silent suffering.

If your success costs your peace, your health, your relationships, your joy—it's too expensive.

We're out here glorifying grind culture while our bodies are shutting down. We've traded in our intuition for inboxes, and we can't figure out why we're anxious all the time. Because nobody taught us that it's okay to opt out of that version of success.

Example:

I once had a client who got her dream job. High six-figures. Corner office. Title that made her mama cry with pride. And she was miserable. She cried in her car every day. She wasn't eating. Her hair was falling out. And one day she asked, "Is this what success is supposed to feel like?"

It shook her. But it also freed her.

She pivoted. She redefined what success meant for her. Peace became part of the equation—not just money, not just metrics. She chose a life she didn't need to recover from every weekend. That's the real glow-up.

Pivoting Through Peace, Not Panic

This is the part where I remind you that peace is not passive. It's an active choice. It's a daily resistance to chaos. It's a commitment to be well—not just wealthy. To be aligned—not just applauded.

When you start pivoting from peace, your decisions hit different.

- You no longer chase validation—you choose values.
- You stop competing and start creating.
- You don't have to perform for rooms you don't even want to be in.

Peace helps you pivot with clarity. With strength. With softness that doesn't make you small but makes you strategic.

You stop pivoting out of fear and start pivoting out of purpose.

Action Steps to Protect Your Peace and Pivot Powerfully.
Let's get into it:

1. Audit Your Success Definition

Write down what success looks like to you. Not your mama. Not Instagram. You. How does it feel? What does it cost?

2. Create a Morning Peace Ritual

Start your day slow. No emails. No social media. Ten minutes of breathwork, journaling, tea, prayer—something that centers you before the world comes knocking.

3. Say “Let Me Get Back to You”

Train yourself not to respond immediately. Buy yourself time. Honor your bandwidth. Peace lives in the pause.

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4. Choose Stillness Moments Daily

Take 5-10 minute peace breaks. Sit in silence. Take a walk. Breathe deeply. These are not luxuries—they are life-saving rituals.

5. Sleep. On Purpose.

Your body isn't betraying you when it's tired. It's begging you to rest. Make sleep sacred again. Hustle does not heal burnout.

6. Protect Your Calendar Like Your Sanity Depends On It (Because It Does)

If it's not aligned, it's declined. You don't owe everyone your time just because they asked. Every "yes" to them is a "no" to your peace.

“Success without peace is a performance. Choose a life that doesn’t just look good—but feels good. Peace isn’t passive. It’s power in slow motion.”

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Chapter 12: “The Audacity to Begin Again”

Because endings are just dramatic beginnings in disguise. No matter how far off-track you feel, you're one bold move from a better timeline. This chapter is your pep talk, permission slip, and playbook.

As a former Athlete this is my chapter! All the right words. Pep talk, playbook, theme music are all things I can personally relate to and relate to well.

My family is called TeamFoster for crying out loud. I live by the team concept and how it flows. So, allow me to Coach!

As you start this chapter think of your theme song. Your fight song! Every chapter and every pivot has a theme song. It's reflective to what I feel. What I need. Please don't pick a song that will have you rolling on your face crying. Matter of fact a no tears song.

The song needs to make you feel like you can win the champions. The talk that talk song. The one that you will learn the words and sing really LOUD! Crazy loud. Think

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on it for a moment and when you get it, play it for this last chapter.

Back to your pep talk, permission slip, and playbook to Pivot.

Let's start with the pep talk—the locker room moment where your Coach (hi, that's me) is pacing, intense, sweaty (in a motivational way), yelling out metaphors and life lessons while Destiny's Child's "Survivor" is playing somewhere in the background. Because before we pivot, before we even stretch, we need to believe again. That belief, my dear reader, is the secret sauce. The hot honey on the biscuit. The thing that will separate a good recovery from a great reinvention.

Part 1: The Pep Talk

Here's what no one tells you about starting over: it's not glamorous. It rarely comes with confetti or a crowd of fans.

Sometimes it looks like sitting in your car, hyping yourself up to walk into a meeting you're terrified of.

Sometimes it's finally logging into your bank account after weeks of pretending overdraft fees don't exist.

Sometimes it's returning the texts you ghosted while healing.

But the real MVP move? Talking to yourself like you're worth it anyway.

Self-pep talks aren't delusion—they're direction. They realign your mind to the mission.

Example:

A client of mine lost her six-figure job unexpectedly. She was spiraling, understandably. One day, she decided to wake up, get dressed like she was going somewhere—even though she had nowhere to go—and sat at her kitchen counter with a notebook. She wrote herself a pep talk that said: "I am not unemployed. I'm in between dreams. And I'm in strategy mode." Within three months, she'd launched her own consulting firm.

The pep talk didn't get her the business, but belief got her back in the game. That's what we need. The bounce-back energy. The what if I'm actually built for this swagger.

So, pause here if you need to. Go to the mirror. Use your real voice. Say something loud. Let the neighbors wonder if you're running a cult. Whatever it takes to remind yourself: this version of me is still in the fight.

Part 2: The Permission Slip

Now let's talk about permission—which sounds soft but is actually gangsta.

You are allowed to:

- Start over.
- Not explain yourself.
- Pivot without panic.

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- Rest before your next rise.
- Dream differently.
- Change your mind, your clothes, your boundaries, or your career without guilt.

Too many of us are waiting for someone else to grant us access to the next phase of our lives. Waiting for approval, for closure, for signs with blinking lights that say: “Yes, you may.”

Stop that.

Here’s your permission slip, straight from Coach Chanita Foster:

You may begin again.

You may leave the room, the relationship, the reputation. You may stop shrinking. You may outgrow the version of you that survived and step into the version that thrives.

Example:

I know a woman who was a corporate exec for 15 years, and every single person in her life said, “You’d be crazy to leave that job. People would kill for that salary.” But she was dying inside—quietly, behind the promotion announcements and LinkedIn headshots. The day she gave herself permission to choose peace over prestige, everything changed. She’s now a coach, speaker, and living softer and louder than ever.

Permission is powerful. It doesn't come with balloons or a gold certificate, but it clears the path for the pivot. Don't underestimate the impact of simply saying: "I'm allowed to change."

Part 3: The Playbook

Now. It's game time. Cue the playbook.

No athlete walks into the arena without a game plan. No champion shows up thinking, "I'll just vibe and see what happens." Nah. We train! We prepare. And when it's time to execute, we don't flinch.

The playbook is not about being rigid. It's about giving your pivot a framework. You're not winging it. You're building it—on purpose, with a strategy, even if it's messy at first.

Here's what your Pivot Playbook might include:

1. Non-negotiables

What can't you compromise on this time around? Peace? Flexibility? Meaningful work? A healthier schedule? Write these down. When life tries to offer you a discount version of your new life, these are your receipts

2. Daily Huddles

Just like sports teams do a huddle before the play, do a quick huddle with yourself every morning. Ask:

- What's the mission today?

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- What do I need emotionally/mentally/physically to show up?
- What's one bold move I can make?

3. Your Starting Five

Every team has star players. Who are the five people you can count on to hold you accountable, hype you up, and keep you grounded? If you don't have five yet, that's okay. Draft wisely. Quality over quantity. Make sure at least one of them can tell you the truth, even when it stings.

4. Time-Outs

You are not a robot. You will need to pause. To recalibrate. To cry, or nap, or both. Make time-outs part of the strategy. Otherwise, burnout will do it for you.

5. Highlight Reels

Every Friday (or whatever day works for you), write down three wins from the week—even if the win was just “I didn't quit.” Celebrate yourself like you're the top draft pick. Because you are.

Bonus: Keep Your Theme Music Close

Remember the song you chose at the start of the chapter? Make it your ringtone. Your alarm. Your morning playlist. Your “get your butt out of bed even if your dreams are still on layaway” anthem. Neuroscience backs this up: music helps regulate mood, builds confidence, and literally trains

your brain to associate that sound with movement, resilience, and energy.

So when you're tempted to crawl back to comfort, let that song remind you—you've got the audacity to begin again.

There will be people who don't understand your pivot. That's okay. It's not their assignment. They weren't given your calling. They didn't cry your tears, and they won't reap your harvest. You're allowed to start fresh, flip the page, and write the next chapter louder, bolder, freer.

This isn't just a comeback story. It's a whole rewrite.

So, grab your lashes. Get your LV bag. The world is waiting on what you're about to do next.

And in case no one told you lately? You're it.

**"The courage to begin again
isn't found in having it all
figured out—it's in deciding
that even unfinished, you're
still worthy of the next
chapter." —**

Conclusion: “And Scene...”

But really, it’s just intermission. You’ve got more magic to make. Look at you. No seriously—look at you.

You made it to the end of this book, and I’m over here clapping like a proud coach who just watched her star player pull off a championship comeback. If I could dump a Gatorade cooler over your head without ruining your hair, I would. (Orange flavor. Obviously.)

But let’s set one thing straight before we cue the credits: this is not the end. This is just the part in the movie where the screen fades to black, and the words “To Be Continued...” roll up in bold, dramatic font.

Because if you’ve learned anything throughout these chapters, it’s that endings aren’t really endings. They’re pivot points. Milestones. Launchpads. T

The comma in your sentence, not the period.

So let’s take one last victory lap through this story you just wrote with me—because yes, you helped write it. You showed up. You turned the page, and then turned inward. And that? That’s powerful.

Chapter 1:

Main Character Energy

You stepped into this book low-key tired of being the extra in your own story. Life had you playing the supporting role to chaos, people-pleasing, and maybe even perfectionism. But not anymore. You picked up the pen, took center stage, and said, “This plot twist is mine.” You didn’t just read this chapter—you became the chapter. Leading role, unlocked.

Chapter 2:

Out of Office, Out of Alignment

Whew. This was the “I hate my job but I love groceries” chapter. You got honest about what career fulfillment actually means—and what burnout sounds like in your body. You realized that burnout isn’t a badge of honor. It’s a smoke alarm. And now? You’re building work that feels like a vibe, not a prison.

Chapter 3:

Soft Life, Hard Lessons

You flirted with peace and then put a ring on it. But not the fluffy Instagram version. You learned that choosing peace requires boundaries, big girl decisions, and walking away from chaos like it’s a group text you never asked to be

added to. You didn't go soft—you went strategic. And now softness feels like a superpower.

Chapter 4:

Dear Diary, WTF

This chapter was the full-blown identity molting. The therapy session in book form. You didn't bypass the breakdown—you sat in it, scribbled in your journal, and realized that the mess is often the map. You embraced the fog. You didn't need to “figure it all out” to move forward—you just had to feel.

Chapter 5:

Ghosted by God, Still Here

This was for those “where the hell is God?” seasons. Where faith felt like a voicemail you weren't sure anyone was checking. And yet, here you are. Still becoming. Still showing up. You learned that spiritual doubt doesn't disqualify you. Sometimes, it deepens you. Because real faith isn't loud. It's loyal.

Chapter 6:

Parents, But Make It Generational Trauma

You unpacked family patterns like baggage on a hotel bed. You didn't blame—you examined. You didn't just identify the pain—you asked what it taught you. You started

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re-parenting your inner child while breaking cycles for your future lineage. That's legacy work. That's the real pivot.

Chapter 7:

The Great Unfollow

Letting go? Whew. Not for the weak. But you did it. You learned to release expired friendships, relationships, identities—and most of all, expectations. You stopped chasing connection that costs your peace. You stopped begging people to choose you. You chose yourself—and that was the beginning of everything.

Chapter 8:

Your Nervous System Needs a Hug

You stopped calling yourself lazy. You started recognizing your body's stress language. You traded guilt for grace, hustle for healing. This chapter gave you permission to pause—and the tools to regulate, recalibrate, and reclaim your rhythm. You realized you're not a machine. You're a whole human being. And now you treat yourself like one.

Chapter 9:

Your Vibe Called. It Wants a Rebrand.

Glow-up alert! But not the fake-it kind. You stopped performing and started embodying. You realized that branding isn't just about aesthetics—it's about alignment.

You walked into the room like the future you. You didn't just rebrand. You returned to yourself.

Chapter 10:

Recalculating...

Plans derailed. Life laughed. And instead of spiraling? You pivoted. You learned that disappointment is not the death of the dream—it's a divine reroute. You stopped white-knuckling the "perfect plan" and started dancing with detours. And it turns out? You've got moves.

Chapter 11:

Peace Isn't Passive

You chose peace. Not the kind you post. The kind you protect. You realized that rest is resistance. That slowness is strategy. That calm is a flex in a world that keeps screaming. You're not waiting for peace to happen—you're building it, brick by intentional brick.

Chapter 12:

The Audacity to Begin Again

And then, the mic drop. You gave yourself the permission slip to start over. To rebuild. Reinvent. Rewrite. You realized that the scariest part of beginning again isn't failure—it's believing you're worthy of the new story. But now? You believe it. You know it. And you're moving boldly

When life changes, should too (ideally with Style) into your next chapter like the audacious, aligned, gloriously evolving human that you are.

So... What Now?

Listen, this book might be finished—but you're not. This was the warm-up. The locker room pep talk. The blueprint before the breakthrough.

You've done the reading. Now it's time for the real pivot—and spoiler alert? You don't have to do it alone.

This is your invitation to keep going—with me. Because my coaching, consulting, and strategy work is where this book becomes real-life transformation. We take your story, your skills, your ideas—and turn them into your next chapter with clarity, confidence, and cash flow (yes, we talk money too).

Whether you're:

- Pivoting careers and want a personal strategy playbook...
- Launching your personal brand and need marketing that matches your magic...
- Starting over in life and need a coach who actually gets it...
- Or just trying to not lose your mind while finding your purpose...

I got you.

Through Peace, Purpose, Paid Coaching, I help people just like you step into their next chapter with precision, purpose, and a little razzle dazzle. No fluff. Just real results and heart-led strategy that honors your story and your vision.

At Rockstar Global Investments, we strive with our consulting and transformations of brands and businesses.

So, are you ready to move from reader to reclaimer? From surviving your pivots to owning them? From saying “someday” to saying “Let’s start now”?

Good. Because I’ve saved you a seat. Clipboard in hand. Headphones on. Game face ready.

Let’s make magic. Let’s build the next version of you—on purpose, with style, and backed by strategy.

**“The Pivot is never the end. It’s
the exact place where your
power reintroduces itself—and
dares you to rise.” — Coach
Foster**

Pivot Stay Connected

Stay Connected with Dr. Chanita Foster

So, you've made it through the pivot. You've laughed, cried (just a little—we said no tears, remember?), journaled, reflected, and maybe even danced in the mirror. But don't let the journey stop here. There's more life, more purpose, and more power waiting on the other side—and I'd love to walk with you as you step into it.

Here's how to stay in my world and keep the magic going:

Need a coach in your corner?

Ready to get strategic, unstuck, and aligned in real life—not just on the page?

Go to ChanitaFoster.com to book 1:1 coaching, intensives, or mentorship.

Got vision but need the vibe?

For consulting, marketing, and brand strategy (especially if you're pivoting from corporate to personal brand), visit my powerhouse firm: RockstarGlobalInvestments.com

Got a servant heart and a passport?

For those who believe in giving back and want to make real impact in Africa—come serve, love, and grow with us at BeyondTheGame.org

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Coffee, community, and coins? Say less.

For my girls who love a bold brew and bold business moves, grab your cup (and your purpose) at AliveCoffee.com/DrChanitaFoster

Want to wear your roots with pride?

For a literal piece of Africa you can rock, own, and carry with you—explore the beauty at OfficialPiecesOfAfrica.com

Need me on your stage or in your space?

For speaking engagements, panels, workshops, or all things “bring Dr. Chanita to the room,” email: BookDrChanitaFoster@gmail.com

You don’t have to pivot alone. I’m here—for the breakthroughs, the brand glow-ups, the healing, the building, the boldness, and the next version of YOU.

Let’s stay connected, stay audacious, and keep rewriting the story. One powerful pivot at a time.

With Purpose and Power,

Dr. Chanita Foster

About the Author

Dr. Chanita Foster is a powerhouse of purpose. A best-selling author, global philanthropist, serial entrepreneur, and mental health advocate, she is known for turning pain into platforms and vision into impact. Her career spans over two decades of service, strategy, and storytelling—from advising world leaders to mentoring everyday people through life’s biggest pivots.

As the founder of Rockstar Global Investments, Dr. Foster leads with strategy and soul, helping individuals and institutions alike unlock global opportunities—particularly across the African continent. Her ventures in real estate, transportation, and tech are matched by her heart-driven work through her nonprofit, Beyond The Game, which feeds over 1,000 children daily and combats period poverty through her global initiative A Period is Not a Punishment.

Her first book, *Girl I’m Not Tripping, I’m Depressed*, broke barriers around mental health in communities of color. Now, with *Pivot*, she takes readers deeper—into the messy, magical, and necessary art of changing direction when life doesn’t go as planned. From breakdowns to breakthroughs, Dr. Foster shares tools for navigating uncertainty, reclaiming peace, and embodying your next chapter—on your terms.

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Honored with a Presidential Lifetime Achievement Award from 3 Presidents and recognized by the United Nations, Dr. Foster is a woman of faith, fire, and fierce compassion. She lives what she teaches: Peace. Purpose. Paid.

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