

## Berry Beautiful Women

### Attributes of a Phenomenal Woman

There are various attributes that set aside phenomenal women. A phenomenal woman is a woman like any other regardless of creed, the color of skin, ethnicity or even nationality. A phenomenal woman takes the lemon out of life and makes lemonade out of it. One of the factors that set these kinds of women apart is that when others see obstacles, they see opportunity. These kinds of women approach life with a unique kind of energy and zeal in a way that many would not master the courage to do. Phenomenal women face their fears, accept womanhood with pride, think big and also possess the soft skills of attentiveness, listening and paying attention to details. They understand that success lies in the details.

### Maslow Self-Actualization Theory

According to Abraham Maslow self-actualization represents the growth of an individual towards the fulfillment of the highest needs. Self-actualization particularly represents the needs to fulfill and to come up with meaning in one's life. It hence means the quest to find meaning in life and begins with what the individual regards as an essential need.

### Examples of Self Actualization

Maslow categorizes the various needs of self-actualization into physiological, psychological, emotional, mental, spiritual and physical needs. There is the need for security, need for love and belonging, the need to find meaning in life and the need for self-esteem. Others include the need for food, shelter, clothing, self-esteem, and self-respect, achievement of one's potential, a sense of security and a sense of belonging.

### Esteem

There is an innate need to find self-respect and respect from others and the fundamentals of self-love. Self Esteem is hence the positive feeling of satisfaction derived from the things that people do to others or the things that other people do to them.

### Love and Belongs Theory

According to the principle of love and belonging, the innate human nature to find comfort in other people's company makes many people seek out friends and socialize as a way of survival. This need makes people seek out friendships, engage in social activities and join clubs and social classes that they think they belong. It also leads to cooperating with others, working in groups, familial and romantic attachments (D'Souza and Gurin 211).

### Safety

Safety is a human need against insecurity and more so kinds of insecurities that occur from political instability, social instability or other kinds of threats. The need for safety includes the need to keep from the threats formed from natural disasters like earthquakes and hurricanes.

## Clothing

Proper clothing is one of the physiological needs according to the theory of self-actualization.

Women need to dress up properly as a way of boosting their self-esteem.

## Strong women and Self-Actualization

According to Abraham Maslow, self-actualized women are not scared of strange and foreign ideas. They delight in the unknown and embrace it as a way of making themselves better. A strong woman accepts her failures and uses it as a bridge to cross and get there where they want to get. Strong women enjoy every aspect of the journey and are not only interested in the destination (Dåderman, Nilvang and Levander 56). Strong women are motivated by growth and development and not necessarily by the satisfaction of needs. They are not troubled by trivial things and have a purpose in life.

## Women with big butts are healthier and smarter

A study conducted by the Churchill Hospital of the Oxford University came to the conclusion that women possessing exaggerated posteriors were also more likely to be healthier and more intelligent (Henriques, Genta and Mello 10). Researchers found out that having excess adipose tissue in the lower region of the body especially the thigh areas and the buttocks acts as protection against conditions like heart disease, obesity-related diseases, and diabetes. The fats are also an indication of the storage of Omega 3 which is essential for proper brain function.

### Leadership, effectiveness & productivity

These kinds of women are also proactive and effective leaders because they command respect among their peers (Henriques, Genta and Mello 9). They are hence a tool for productivity in the workplace.

### Workplace: Ambitious, respectful, and driven

These are a kind of women that have positive self-drive and ambition and are driven by ambition and respect (D'Souza and Gurin 212). They set their personal goals and endeavor to achieve that which they set out to achieve.

### Personal: Nurturing and compassionate

Self-actualized women are compassionate about what they do and would like everyone else to do the same (D'Souza and Gurin 212). They hence set out to nurture and share and it is through this sharing and nurturing they become better and better in what they do.

### Vivacious and passionate

A vivacious woman is active, attractive and visible happy in a manner that it is attractive. Passion drives the woman into adopting the vivacious personality and remaining attractive the people around her.

### Esteem

Proper diet and exercise to avoid sluggishness

Proper diet ought to be followed up with exercise on a regular basis to keep the body from developing fats and becoming sluggish. While a balanced diet ensures the body gets all the nutrients that it needs regular exercises ensure that excess fats are cut out, and the body stays in check by keeping away lifestyle diseases like Diabetes.

Feeling good about yourself and looking your best

Feeling good about oneself is essential to keep a positive self-esteem and avoid negativity.

Being healthy, growing spiritually

Being health promotes mental, physical and spiritual health. All these are important in keeping the good holistic health of an individual in check.

Positive thinking and positive attitude

Keeping a positive attitude is essential in assisting the individual to handle everyday obstacles.

While negative minded people can be set off by little obstacles, positive minded people have a clear head to make out the best way to deal with a particular situation at any given time.

Love and Belonging

Looks don't matter

Physical attraction can just but bring two people together in a relationship but for them to stick together, then it takes more than looks (Dåderman, Nilvang and Levander 57). It takes other characteristics like character, temperament, trust, honesty, faithfulness and other qualities that many people seek. Looks do not matter as with time they fade away.

Studies show women with Big butts are smarter

Big Thighs may be wise

Danish scientists evaluated 2816 men and women that were aged between 35 and 65 that were free of heart stroke and cancer at the time of joining the study and followed them through for 12 years (Harvard men's health watch 6). The researchers found that people that have bigger thighs have a better chance of surviving lifestyle diseases like Diabetes and cancer. The scientist thought it was wiser to have bigger thighs as a protection against these conditions.

Safety

Self-improvement

Self-improvement is essential for self-actualization

Positive thinking

Positive thinking is significant to keep in touch with oneself even in trying times.

Regular exercise

Regular exercise is essential to keep a healthy physique.

Physical

Clothing- Dress for success

Dressing for the occasions is important to keep in touch with the times.

Sleep- importance of getting your rest

A whole night's rest is essential to avoid conditions like insomnia.

Eat good food

Eating good food is essential to keep a balanced diet. Foods must contain all the basic essential nutrients like vitamins, proteins, and carbohydrates.

Conclusions

Importance of mentoring others

Mentoring other people gives us strength and also assists other people to learn from our mistakes.

Speaking empowerment to others

Speaking empowerment to other people might be all they need to set off their journeys.

Encouraging others to be a humanitarian

Encouraging others to be a humanitarian is essential in the holistic process of leaving a legacy to be emulated.

Works Cited

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