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*She's
Unstoppable*
SUMMIT

Summit Notes



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The 2024 She's Unstoppable Summit may have wrapped up, but your journey to awakening your true power has only just begun. As you dive into these notes, we invite you to reconnect with that unstoppable energy you felt during our time together.



Remember: Within you lies an incredible force of strength and potential. It's time to let her emerge.

These pages contain the wisdom, inspiration, and practical advice shared by Sage Robbins and our extraordinary guests. But they're more than just words on paper—they're your personal roadmap to unleashing the unstoppable force within you.

As you revisit these powerful moments, we challenge you to:

Listen to your heart's whispers... *What truths did it recognize during the summit?*

Embrace the discomfort of growth... *Where is it calling you to expand?*

Envision the woman you're becoming... *How will she show up in the world?*

Your unstoppable self is not a distant goal—she's already here, waiting to be fully expressed.

Let this be your guide as you peel back the layers of doubt, fear, and old stories that have kept her hidden.

It's time to step into your power, ignite your spirit, and become the woman you've always known you could be. Because you ARE her.

The world is waiting for your unique light. Are you ready to shine?

With unwavering belief in your unstoppable nature,

Team Unstoppable

P.S. As you go through these notes, remember you're not alone. You're part of a sisterhood of brave, supportive women all on this journey together. Let that knowledge fuel your courage as you step into your power.

Sage Robbins

Reconnecting with Your Inner Power

As women, we navigate countless challenges and societal expectations. True freedom comes when we see ourselves beyond roles and labels. In community, we find clarity, unlock our potential, and reconnect with inner strength. Sisterhood and gentleness with yourself are key, and together, we act as mirrors to awaken the unstoppable force within.

Key Takeaways:

-  **Embrace Authenticity for Growth:** True growth happens when we're willing to see ourselves honestly and fully embrace our authentic selves.
-  **Reconnect with Your Inner Power:** Remember that each of us has the power, in the innate capacity, to rise above the noise of our minds, to rise above the noise of the world, to rise above our heartaches, to rise above our pains, our loss, and to accept it, to bless it, to release it and to let it go.
-  **Foster a Kind Community:** We have a chance to create a kinder, more gracious community by offering ourselves and each other more grace.
-  **Commit to Self-Awareness:** Genuine growth requires a willingness to see and understand ourselves, as that's where meaningful change begins.
-  **Unity in Community:** We are one heart, one family, and one mind, connected in our shared journey.

“There’s nothing more powerful, more rearranging, than a woman connected to the power of her own heart.”

- Sage Robbins



Serena Williams

Balancing Life's Demands with Self-Care

Balancing multiple roles as women is about setting non-negotiable boundaries and giving yourself the grace you deserve. Whether it's tackling doubt, embracing the journey of motherhood, or keeping that motivational fire lit, within each of us lies the capacity to rise into our best self every day.

Key Takeaways:

-  **Boundaries Are Supportive:** Set boundaries, practice self-care, and give yourself grace while pursuing your goals. It's okay to say, "You know what? This is my time."
-  **Find a Practice That Centers You:** Prayer can be a form of meditation. Discover what works for you.
-  **Put Your Best Foot Forward:** Each day, the best version of you will look different, and that's okay.
-  **Embrace Doubt:** It's normal to doubt—everyone does. Doubt is an invitation to question and reassess, but it shouldn't stop you from moving forward.
-  **Don't Let Doubt Linger:** Avoid letting doubt grow into something larger that hinders your progress. Address it, but don't dwell on it.
-  **Own Your Doubt:** Be proud of your second-guessing as it helps you double-check your work, like reviewing homework. It's a sign of thoroughness and care.
-  **Move Forward with Confidence:** After addressing your doubts, move forward confidently, knowing you're on the right path and willing to take it.

“Every day when I get out of bed I just say, ‘Put my best foot forward’—whether that’s in my relationship or whether that’s in my life.”

- Serena Williams



Bari Baumgardner

How Choices Shape Your Life

Overcoming challenges and building a thriving career is all about making intentional choices, trusting that inner voice, and taking bold action, even when uncertainty looms. Our past is not a predictor of our future success—it's not a predictor of who we become.

Key Takeaways:

-  **Shape Your Future:** The choices you make—both past and present—shape your future. Trust your gut, take bold action, and move forward despite the doubt.
-  **Say Yes to Yourself:** Saying yes to yourself is about listening to that deeper truth inside you. It's about honoring the truth you already know.
-  **Commit to Being Unstoppable:** Being unstoppable is a daily choice. The decisions you make today set the stage for the opportunities you'll have tomorrow.
-  **Be Willing:** Investing in your inner life is the key to creating an unstoppable, fulfilling life. Embrace this journey and watch how it transforms everything.
-  **Choose Your Own Response:** While we might not control our circumstances, we absolutely control how we respond to them. Make that choice count.

“Being unstoppable is a choice that you recommit to every single day, because the choices you make today determine the choices you GET to make tomorrow.”

- Bari Baumgardner



Tyra Banks

Embodying Unstoppable Leadership

So many of us are inspired by the incredible resilience and determination of the women around us, shaping our own journeys with values of fierce focus, sacrifice, and chasing dreams. Embracing the power of open communication and transparency can truly elevate how these qualities impact our lives and parenting, and when we bring that energy and inspiration into everything we do, we truly become unstoppable.

Key Takeaways:

-  **Create Balance with Purpose:** Reframe work and passion projects as invitations for your children and family to get involved. Show them what it means to lead with vision and purpose.
-  **Blaze New Trails:** Being the first to venture into new territory comes with its share of bumps and bruises. Embrace the challenges, knowing that what you create will pave the way for others and will be worth the struggle.
-  **Pioneer Your Path:** We can only dream of what we can envision. By tapping into your deepest truth and seizing the right opportunities, you break new ground and shatter barriers.
-  **Lead with Humility:** True leadership is marked by maintaining a humble and grounded perspective, even amidst success. Stay connected to your roots and lead with authenticity.

“I wasn’t dreaming it because I didn’t know it was possible. So, the fact that a lot of those doors are down and [other women are] coming through, it’s like, okay—all the pain was worth it.”

- Tyra Banks



Hayley Erbert Hough & Derek Hough

Embracing Inner Resilience

When life throws the unimaginable our way, we lean into the tools and practices we've embodied. Shifting focus and changing your language can truly transform your mindset, especially during moments of crisis or self-doubt. Tapping into inner resilience and harnessing the power of intentional thinking can transform setbacks into powerful steppingstones for growth and an unstoppable spirit.

Key Takeaways:

-  **The Power of Focus:** Consciously choosing your focus, being mindful of language, and utilizing tools like visualization can lead to healing and growth. These intentional practices have the power to elevate our journeys and ignite incredible change.
-  **Immerse in Gratitude:** Cherishing every moment and finding joy in the journey can help us rise above even the most difficult circumstances.
-  **Presence Heals:** Surrendering to the present moment and allowing ourselves to feel the full range of emotions can be a path to healing.
-  **Finding Meaning in Crisis:** Integrating one's passions and purpose into the healing journey can foster a sense of meaning and fulfillment.
-  **The Power of Community:** Shared experiences can be a source of strength and resilience.
-  **Unstoppable Spirit:** Maintaining a spirit of determination and a refusal to give up can inspire and empower those around you as you lead yourself forward.

“Tony’s always said, trade your expectations for appreciation. And I could have had so many expectations in my recovery process and how everything went... [instead I] found so much gratitude, even [in] the smallest of things.”

- Hayley Erbert Hough

“It’s a good reminder that at any moment, even in the darkest times, there’s something beautiful to find from it.”

- Derek Hough



Maria Menounos

Awakening Your Potential

Go all in—commit fully to your growth. The more you invest in yourself, the greater the transformation you'll experience. Embrace reinvention, even when facing unexpected obstacles, and use these moments to redefine your life purpose and priorities. Make every challenge an opportunity for growth and awakening your potential.

Key Takeaways:

-  **Be All In:** Commit to being fully present and engaged in your personal growth journey. Dive deep, embrace every moment, and make the most of every opportunity for transformation.
-  **Give It Your All:** Really go for it—what you put in is what you'll get out. Go all in, and watch the results unfold.
-  **Your time is now:** It's never too late, and only you can make it happen. Be the CEO of your life, the CEO of your health, and don't hesitate to ask for help.
-  **Leverage Community:** Seeking guidance and support from a community of like-minded individuals can be a game-changer. It's a powerful catalyst for growth and change.
-  **Share Your Story:** Opening up about your experiences and vulnerabilities can be incredibly inspiring. Your story has the power to uplift and support others on similar journeys.

“All of us have the collective dream to feel like we belong, to feel like we're worth it, to feel like we're important in this world... and YOU ARE.”

- Maria Menounos



Tony Robbins

The Power of Perspective

Your focus determines your feelings, your feelings shape your actions, and your actions create your life. By consciously choosing what to focus on and the meanings we assign, we can transform our emotional state and, ultimately, our entire life experience to become truly unstoppable.

Key Takeaways:

-  **Your Focus Creates Your Experience:** Every moment, you're choosing what to focus on. Your focus shapes your entire experience of life. Are you focusing on what you can't control, or what you can? On what's missing, or on what you have? Your focus determines your reality.
-  **In Every Moment, You're Making 3 Decisions:** There are three choices you're making every moment of your life—change these three just slightly, and you change your life completely.
-  **You're the Meaning-Maker:** Once you focus on something, you immediately give it meaning. Is this the end, or the beginning? Is it a disaster, or an opportunity? The meaning you choose creates your emotional state and influences every aspect of your life.
-  **Get Into Action:** Your actions are the ultimate result of your focus and the meanings you assign. This is where you create real change in your life and the world around you. It's not what we think or feel that determines our lives, but what we do.
-  **It Comes Down to Patterns and Habit:** These decisions are often made unconsciously, but by becoming aware of them, you can take control. When you consciously direct your focus, choose empowering meanings, and take decisive action, you can transform your life experience and achieve extraordinary results.

“If you ask better questions and focus on what's right in your life, you'll find empowering meanings that can elevate your life to a whole new level.”

- Tony Robbins

