

*Khadijah Adams, LLC*

**GIRL GET**  
*That Money*

**GIRL BYE**

**...Get Rid of Negative People & Start Growing Your Business**

by

**Khadijah Adams**

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# TABLE OF CONTENTS

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<b>Disclaimer</b>	2
<b>Table of Contents</b>	3
<b>Introduction</b>	4
<b>Negative People</b>	5
Who is a Negative Person?	5
How to Handle Negative People	6
Avoid the Naysayers	6
<b>Change your Associations</b>	8
When it comes to your Business who are you listening to?	9
How Entrepreneurs handle Oppositions	10
<b>In Closing</b>	12

# INTRODUCTION

Have you ever wondered why so many people have trouble getting the things they truly want? I've found that what you think about, is generally what you get. A simple but true statement. It seems true in every aspect of life; including money, relationships, health, weight-loss, etc.

Some people go through life miserable, not knowing that by changing how they think and what they think about, can change the physical circumstances in their world.

As humans, we have a tendency of seeking the opinions of others, rather than listening to our own inner voice. Practicing this technique could lead us on someone else's journey, rather than on our own journey. When we rely on the opinions of others, or take negative comments to heart, our subconscious mind develops a habit of believing what others tell us about ourselves.

Negative people can literally drain your energy and suck the life right out of you, if you let them. Naysayers are among this group and you can find them in some classmates, co-workers, family members, close friends, and even church members. They come in all shapes, sizes, gender, and ages. Distance yourself from these type of people. Believe it or not, sometimes it's not their intent to mislead you, most of them really care about you but think they know what's best for you. They may even be sincere in the advice they give, but sincerity does not mean truth; they could be sincerely wrong. Girl Bye....!

Do you need help dealing with negative people in your life? Are you a negative person who needs help eliminating negative thoughts and actions? Are you struggling with trying to remove a negative person out of your life?

If you answered yes to any one of these questions, then this e-book may help you find the solutions you've been looking for.

***Let's Get Started!***

# NEGATIVE PEOPLE

## Who Is A Negative Person?



We've all run across people in our lives who frequently try to downplay our abilities, or discount our value. Some even try to deter us in some capacity. Most often, these are our co-workers, family and friends; and on occasion, strangers. Either way, they usually talk down to us, or try to make us feel bad, or even tell us directly that "it" won't work. Regardless as to what "it", even is.

Being denied or put off by people we know, love and trust can be very painful because out of all people, they should be the ones who we can rely on to support us, right? Wrong. Most often, many of them have not accomplished their own dreams so, they inflict their self-doubt onto us, if we allow them. They tend to judge us based on what they may have experienced, or were afraid to experience for themselves. So, in their minds; if they can't do "it", how can you?

First lesson, never allow other people's opinions of you to define who you are. Second lesson, no matter what you do (good or bad), people will always have something to say. Either way, let them talk. Third lesson, fuck'em, give them something to talk about. Yes. I said it, "fuck'em". Don't falter, stay focused on your bigger picture, or your end goal. Surround yourself with people who believe in you, and your abilities. People who will encourage and uplift you and most importantly, surround yourself around people who will hold you accountable for your actions, or lack thereof.

# How to Handle Negative People

First and foremost, never take criticism of anykind personally and never give people the pleasure of knowing that their comments affected you. Some people will go the extra mile to make you feel less than. Their end goal is to say, “I told you that it wouldn’t work!” Never give them the satisfaction.

Separate yourself from negative people by (a) avoiding their phone calls, or not responding to their emails; and then there’s (b) when invited to one of their events or parties; never accept, or just don’t show up; or maybe you’d rather (c), when you see them at an event and they speak, then out of courtesy return the greeting but get the hell out of there and keep it moving; then finally there’s (d), avoid having discussions about them with others; negative people are not worth your time or energy. Besides, you never know who’s “playing a friend but acting like a spy”. Yes. That part. The person you’re conversing with could know them and start all kinds of drama. Listen, avoid this type of situation like it’s a plague.

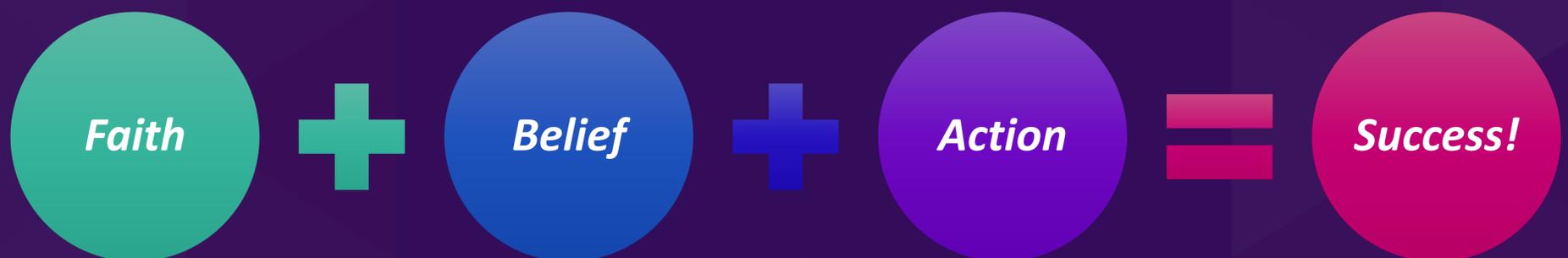
## Avoid The Naysayers

Naysayers are people who say “it can't be done”, and “you can't do this or that” and then some even have the audacity to ask, “who do you think you are?” There are people in this world who, because they’ve never really accomplished their dreams, will try to steal yours. Don’t let them. These types of people have so much self-hate going on that they are blinded by their own disappointment in themselves. They will say and try anything to prevent you from leaving them in the dust, that is, if you let them. Naysayers will actually see your success and still not believe it.

*True story, there was this lady invited to a business meeting at the home of a local millionaire. They were to discuss a potential partnership since he was looking to expand his existing business, which was already successful. Now, this was no ordinary house. This place had 10 bedrooms, 7-1/2 bathrooms, a library, an office, formal dining and living, a huge backyard, a swimming pool, a jacuzzi, a basketball and tennis court, a 5-car garage with luxury vehicles parked outside. I mean breathtaking to say the least. Needless to say, during this meeting, the lady expressed her disbelief in the businessman’s success, or whether the expansion would even work. Did you just say WTF? I did. Keep in mind, that she’s sitting inside a mansion, with a millionaire who built it with the money he earned from the business he’s wanting to expand and she doesn’t believe his success or that “it” will work?! Jee Whiz, moral of the story; you can’t change naysayers, or skeptical people. They will see your success and still not believe you. so why bother? **Girl Bye....!***

Did you notice the lady's real problem? She didn't believe in her own abilities to help him expand, therefore she couldn't even believe that she was sitting in a mansion, speaking with a man who had earned millions in the very business they were discussing. Girl Bye....!

Human Beings are designed to do anything we set our minds on. Like the old saying goes, "there's nothing stronger than a made up mind." It starts with Faith. Faith is believing in the unknown, or the unseen. That said, you must have Faith (the unseen knowledge) that what you're doing will absolutely work. Now, you must Believe. Belief is the acceptance that something is true, or really does exist. In other words, you must believe in your own abilities and that success has already happened for you. Finally, you must take Action! Yes. Action! It denotes "movement". That means, getting off your ass and making "it" happen, PERIOD! Thus the saying, "what the mind can conceive, it will believe and you can achieve" or something like that. you can achieve it. You see, belief causes one to move (or take action)...when you sow, as law has it, you must also reap.



# CHANGE YOUR ASSOCIATION



According to the scripture found at 1 Corinthians 15:33 which says, “*Don’t be misled, bad associations, spoil useful habits!*”. It’s true! Associating with the wrong crowd or group, can destroy your self-esteem, weaken your goals, or desire to accomplish them and can even destroy your business!

Have you ever known, or met people who seem to always attract bad luck? Always negative, or have something to say about someone else? Yep, sure you have. My advice, run like hell! Girl Bye....!

You see, the key to changing your life means changing your belief system or your thoughts. This is easier said than done because most people believe that our brains are our minds, when in essence; our brains have nothing to do with our minds. Our brain stores data and our mind deciphers that data and can pull it up at any time to instruct us on what to do with that data. Therefore, the mind must be controlled by the one who possesses it.

# When It Comes To Your Business, Who Are You Listening To?

The best way to change your thoughts is by changing your association. If you're hanging around negative, broke, and fearful people, you will develop a tendency to think the way they think. That said, and I cannot express this enough; the best way to change your thinking is by changing your associations. That doesn't mean that you can't be friends with certain people but sometimes you must love them from a distance. Allowing negative people around you can be detrimental your growth and can easily lead you astray. Most negative people dwell on the past and will never lift their heads high enough to see or meet opportunity. Most of them are childish and immature, so when they fail to get what they want; they act out negatively. **Let's see if you can recognize any of these sayings:**

- 1.It's just no use!
- 2.It's going to be another one of those days!
- 3.Nothing ever works out for me - it's just my luck.
- 4.I have absolutely no talent.
- 5.Nobody likes me - I am such an idiot.
- 6.I get sick just thinking about that.
- 7.I don't have the energy I used to.
- 8.I never know what to say.
- 9.Nobody wants to pay me what I'm worth.
- 10.I already know I am not going to enjoy that.
- 11.If only I were taller, (thinner, prettier, more durable, smarter...etc)

## **Here's what they say to you:**

1. That won't work.
2. I thought you said you could do it?
3. You don't know what you're doing.
4. I told you so.
5. I can't believe you did that.
6. You shouldn't have done that.
7. It's hopeless.
8. Nobody wants to help you.
9. I think you should know...
10. Why do you even bother?

# How Entrepreneurs Handle Opposition

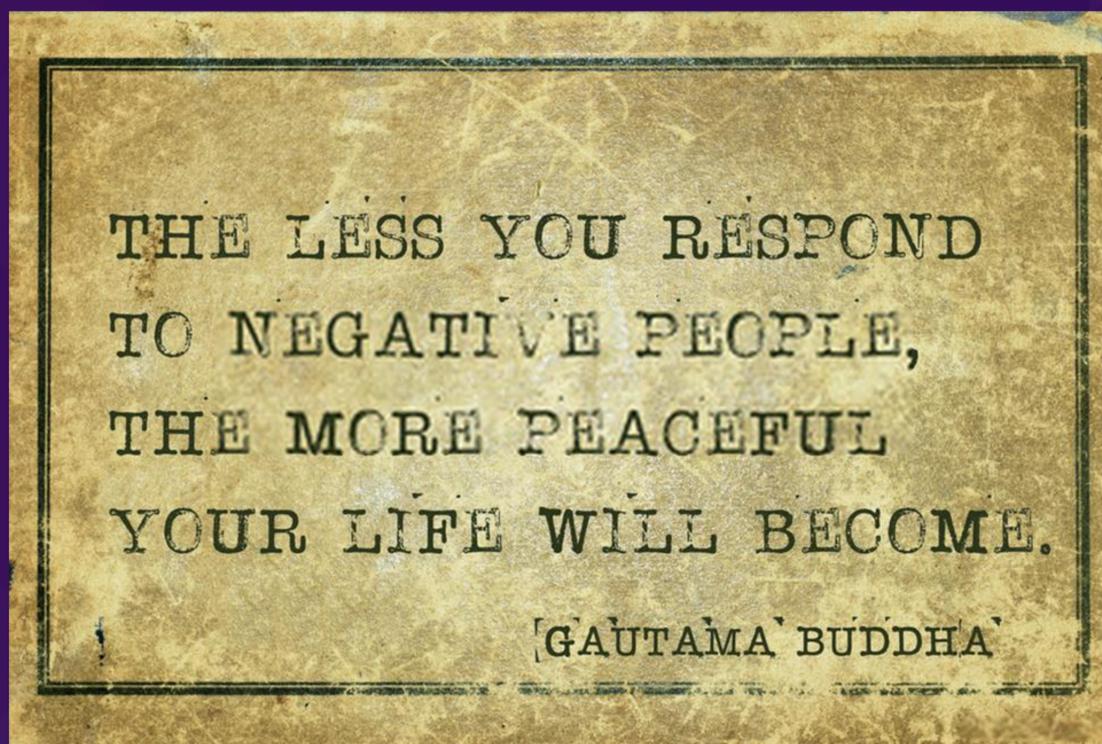
Enduring opposition while building your business can be a turbulent time for both the aspiring and well-established entrepreneur. Think about it; no one likes to hear statements like:

- You want to do what? Well, that will never work!
- You are not skilled enough to be a successful entrepreneur!
- Your industry is saturated!

Statements like these could either make or break the spirit of an entrepreneur, if they are not prepared to address, or rebut them correctly and quickly. However, there are several key ways to turn naysayers into cheerleaders.

## 1. No Matter What - You Must Never Quit!

Learn to develop “thick-skin” (an ability to keep from getting upset or offended by the things other people say or do), if your goal is to become an entrepreneur. This means, that regardless of what negativities come your way, you are able to handle them gracefully and professionally. It means that you never allow the negative actions or words of others to disrupt your focus. The bottom line, entrepreneurs with a made-up mind will never allow anyone or anything to prevent them from attaining their goals. Therefore, quitting is not optional.



## 2. Become a Social Media Influencer

Nowadays, one of the most critical aspects of business is being done online and through digital marketing. Either learn how to manage and promote on social media platforms like LinkedIn, Instagram and Facebook, etc., or hire a social media manager to assist you. Becoming an influencer across these platforms is definitely a step in the right direction towards successful brand recognition and marketing, which eventually leads to more sales and overall success! The formula is: Exposure = Brand Recognition = More Sales = Success! Nothing shows your naysayers that you are a successful entrepreneur, like having them see your brand everywhere they click online.

## 3. Build Your Network

Building a strong network is imperative for any business owner because your network is your net-worth. So, how do you build a strong network and where do you start?

I started by networking at conferences and events. Everyone I met knew me, what I did and what I needed for my business and guess what? I knew who they were, what they did and what they were looking for. I've found that this is key when building a strong network because it allows you to connect people of mutual interest, become the hero and then get what you need in return. See, the more people you help get what they want, the more you get what you want.

This aspect of marketing is very time consuming but well worth the effort when done correctly. It pays to control your emotions and not become frustrated during this process. You must remember that success doesn't happen overnight, it takes time and genuine effort to build a strong network. Always keep in mind that the key to networking is by first "showing up" and secondly, by connecting to people with the intent of establishing mutually beneficial relationships.

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# IN CLOSING

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Success isn't as hard to achieve as you may think. Yes. The struggle is real and putting in work is required but remember, success is looking for a good place to live, so prepare yourself to receive it by starting with the right mindset.

Remember, the people you surround yourself around will help form your outlook on business and life, in general. However, if you want to change the way you look at life, then start by associating with successful people. Success breeds success. There is an old saying, 'Show me your friends and I'll show you your future.'

if you've got big dreams and you want to see them come to fruition, expect and prepare for opposition and embrace it. Yes. USE IT to fuel your passion because it will drive you to success!

Finally, avoid negative people and naysayers. "Men ought to know that from nothing else but the brain come joys, delights, laughter, and sports, and sorrows, griefs, despondency, and lamentations." – Author Unknown. A cynical person is an unhappy person with deep-seeded pain so, guard your mind and by extension, your health against such people, whether personally or professionally. "Your career and life will flourish far beyond what you ever imagined, when you learn to surround yourself with positive people and keep the negative ones away." – Khadijah Adams

***Here's To Your Success!***



# Khadijah Adams

Founder of Khadijah Adams, LLC

Girl Get That Money

Cassandra "Khadijah" Adams is a mother of 4 amazing adult sons and a grandmother of 10 beautiful grandchildren. She is originally from Sugar Land, Texas. Khadijah started her first business while raising her children as a single mother. In 1997 she realized that she was allergic to bosses and decided to try her hand at entrepreneurship. Khadijah founded Parker Paralegal Services, Inc. dba Certified Signing Services where sales reached over a million dollars annually. After 10 successful years in business, the real estate industry took a turn for the worse, and Khadijah was forced to close her doors in 2007.

In 2008, she took her last \$6,000 and invested it all into a computer retail business. Three months after opening, the company had sold over \$120,000 worth of computers. The company later expanded by opening 2 more retail storefronts and by launching an online e-commerce store, all of which were successful and collectively generated a high six-figure income.

In 2014, when the state of Colorado legalized cannabis for recreational consumption, Ms. Adams sold her business and all of her worldly possessions with the exception of her car, cell phone, clothes, and computer, and moved to Colorado to get in on the "Green Rush". By late November of that year, Khadijah and a business partner formed Marijuana Investment & Private Retreat aka MIPR Holdings, LLC, a cannabis consulting and investor relations firm located in Aurora, Colorado where she served as the founder and senior managing partner for 3-1/2 years.

In June 2017, MIPR, LLC, and MIPR Holdings, LLC was later acquired by C. E. Hutton, LLC, a business development and management firm in Denver, Colorado where Ms. Adams currently sits on the Board of Managers as the Vice President. She is also the Founder of The GreenStreet Academy, an online educational platform that teaches the basics of investing in the marijuana industry, and the co-author of The Minority Report, annual marketing analysis of Minority-owned companies in the cannabis and hemp industries.

Ms. Adams is a motivational and public speaker. She sits on the Advisory Board of The Color of Cannabis (TCC) and is on the Diversity, Equity, and Inclusion Committee (DEIC) of the National Cannabis Industry Association (NCIA).



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