

Introduction of the Book:

The purpose of writing is to share a story that is well written and for the readers to love your story I am writing this book because I am a girl/young women thank you for taking the time out to read and for being a faithful reader and GOD bless you. ©

Janessa J. Jordan-Rowell

Tables Of Content For Book Title Watch Out For The Good Girls

Picture Introduction Tables Of Content Chapter one-Watching out Chapter two- Good Girls Chapter Three- Arts In Beautiful Chapter Four- True Respect Chapter Five- The Perfect Girl Chapter Six- Our Self- esteem Chapter Seven- The Heritage Chapter Eight- Discovering Chapter Nine- Loving yourself Chapter Ten-Morals Chapter Eleven- A Girls Apple Of Her Eye Chapter Twelve- The Difference Between A Girl & Women Chapter Thirteen- Fitted Category Chapter Fourteen- Helping One Another Chapter Fifthteen- Encouragement Chapter Sixteen-Building Each Other Up Chapter Seventeen- Girl Power Chapter Eighteen-Being On Alert Chapter Nineteen-Awaking Chapter Twenty- Forever Love

CHAPTER ONE Watching Out

As young girls born into their mother's womb and taught the good and great lessons to how to do chores and other detail things and keeping them involved into positive activities so that they would not go astray good girls go to school, go to work, and hang out with other girls because as our mothers taught us is to stick together as girls. Mothers are always constantly watching over their little princesses and teaching them how to grow up and be queens some girls and women watch out for each other because situation that they have already been through and just would like to warn or watch over you to prevent any bad or negative stuff to happen to you so it is just like they already been through it so they watch over others and protect them from going through the same situation which is good and very smart outlook as young women and older women. Watching out for dishonesty like getting involve with the wrong people or men and boys for instants sometimes men and boys are the down fall of most young women and women they find themselves in situations because they were influence by the mate

that they have or had relations with. I know that a lot of young women and women work very hard to get to their goals to where they would like to be in life watch out because there are hating men and boys who would like to get in the way and be distractions some of these men and boys are they most haters and they smile and grain up in your face and be the most backstabbers there is they accuse women and girls of stealing and doing illegal things to get their clothes, shoes, house, and cars and money or even accuse young women and women of sleeping with them to get that stuff which is not always true and I feel that it is a minis to society for some of them to think that way but we cannot change the way that other people think because everyone has their own mind and is entitled to their own opinion but sometimes opinions and what they think are and is not always true that is just they own judgement of what they want to think in their minds of dishonesty and belief. Yes, it is always good to watch over young women and women to make sure that they have their own and they reach their goals and accomplish whatever they would like to do in their life time just making sure that they are good and is not around or involved in negativity young women and women is supposed to look out for each other and lift on another up and not hate on each other or dislike one another for stupidity. The eyes of watching out to prevent homelessness, being robbed, and jail convictions.

CHAPTER TWO Good Girls

We are developed as girls growing up as we age into women from the years and time passing year by year girls grow and learn something new everyday girls are very smart creatures our minds sets are different and girls learn faster than boys and men. Good girls are more focus on their future and what is going on in their life nobody can stop a good girl from surviving I mean nobody good girls are smart well educated individuals who has that business mind to succeed which is our standards to society based on the role that they assign to women some men and boys would prefer to be with a good girl because they are truthful and honest also have empathy and have good things going for themselves good females humans from birth through childhood the adolescence of young women adulthood good girls are working young women who comes from an educated home to learn the occupations of their maturity good girls keep up with their hygiene and keep themselves clean so that they can prepare themselves to be future wives the knowledge of a good girl is generally passed down orally from mother to daughter the self -identify as a good girl we are protected and prevented from forms of violence, abuse, sex, killings, and being victims of rape must girls are better off than others and also prettier than others which can cause confusion to make girls fight and dislike and hate on one another in my eyes we are the same because we as females are the same sex is female humans and have the same body parts we have breast we have a vagina we have hips, thighs and a butt what is different about girls and women is that we all have different personalities and attitudes. Good girls have paths that they choose in life because at the ending of the day it is your responsibility to which way you want to go what path would you like to take in life do good so that the good will come back to you in being the good girl that you are.

CHAPTER THREE

Arts In Beautiful

A pretty face does not always mean that you're a beautiful person or define who you are you can have a beautiful face and can be the ugliest person on the inside. The arts in beautiful is having such a great heart and a beautiful mind we are beautiful girls and women no matter our flaws an no matter of what we go through or what we been through if you do not go through things how can you grow because in that time of growing you become beautiful in being a better person and doing better the feeling of self- concepts to care for yourself and others most girls and women feel they are better off by themselves because of the past experiences that they had in life as long as they have their responsibilities and motivations that helps them they are well fine when you are in your arts in beautiful stage of life you find yourself to be just content with what makes you happy in life and sometimes what makes you happy in life the devil will try to take it away from you in a sense only if you let him find what bring the beauty inside of you out I found my arts in beautiful and that is in my writing which strengthen me to be and become a better person we are beautiful butterflies women and girls and have

to find our individuals arts in beautiful what makes us beautiful and why that beauty shine within us.

CHAPTER FOUR

True Respect

I always will have respect for another female girl or women because that is what I grew up on to have respect for people but you have to give respect in order to receive it back if someone feel disrespected or give disrespect to a person that is not true respect at all some of these girls and women hate on one another about the smallest things when in reality we all have the same thing in some perspective ways of life and go through the same thing but we have different personalities different ways that we speak and our own different path to life. I look at other women and girls as sisters weather they are older younger or related or none related and I do have all true respect for all of them it is all about respect at the ending of the day no matter what we should all be treated with respected and that is true respect that is giving or received and can be lost it all depends the true respect is earned and built often among individuals some people earn respect of individuals our worthy of respect true respect for on another is proven respect for one another is proven

respect it is also shown in many different languages this is honorific the words or expressions.

CHAPTER FIVE The Perfect Girl

In life, we all know that nobody is perfect but for the simple fact some guys are looking for the perfect girls that match their level of category when it comes to relationships or friendships. We must meet the state of completeness to being that perfect girl and having flawless concept to perfect is good so that description to approximate perfects to our individual selfperfection god's perfection and one's own imperfection to be perfect it is an improvement that we will be this way that is our goals to achieve and to be that perfect girls for whom ever our mates are and having values which means so much to us the values work of art in being that perfect girl.

CHAPTER SIX Our Self-esteem

The most important things that we must work on is our self-esteem so that we will be better and feel better some women and girls have low self-esteem reflects on a person's overall as an attitude towards the self it all depends on how you treat yourself do you love yourself? Yes should always be the answer to that question because you need that self-love and if you do not love yourself how are you going to be able to love someone else so always love yourself before you can love somebody else self-esteem encompasses beliefs and how we may feel about it and how strong our selfesteem is the level and states of acceptance which serves as being a protective function and reduces anxiety about life and death our self-esteem is very important because it shows ourselves how we view the way we are in life and in the world to show an

impression the way we are related to everybody else it is like a self-report. The life of good girls and women are based on our self-esteem as a major source fact from which we are respected for our self-esteem it speaks for us as to how we voice our opinions to one another and having caring parents that supports us in all that we do being listened to being spoken to respectfully and understanding each other to receiving the appropriate situations or failures also knowledge

To accept the experience that relates to being emotionally abused, being ignored, ridiculed or teased being elected to school age years the academic achievement is a significant contributor tutor to our self-esteem we all have the individual description to our ideal and real selves which is the term of disposition as to having bad habits to that self believe in certain values and principles it is just all experience us defensive we can have a high self- esteem and hold it confidently. The self-views are fragile and vulnerable to criticism and insecurities it really causes us to react very negativity to any criticism for any women or girl to maintain our feeling of self-worth.

<u>CHPATER SEVEN</u> The Heritage

The kind of heritage that girls and women share is an very great heritage bond because it is a heritage of sister hood that makes the connection between us as females period handed down from our past traditions from our mothers girls and women heritage of freedom to achievement the heritage in life is our individual gain a sense of our personal heritage and we all have our own personal property that we inherit to what we earn and what we work for as girls and women we all have the rights and privileges that we are entitled to.

<u>CHAPTER EIGHT</u> Discovering

Discovering the girls and women power a women may express her camaraderie by addressing another women as a girls discovering feminism the power of females the strengths and the weakness that we have and how we deal with handling them it is so good to discover things that represents a radical breakthrough in girls and women power the collaborations and ideas to new discoveries are acquired through various sense the major from of human thoughts and interpersonal communications discovering lead to the invention of a good girl discovering their own personal growth.

<u>CHAPTER NINE</u> Loving Yourself

The say self-love is sometimes the best love, loving yourself and caring for yourself is the best commitment that you can ever have I know a lot of girls and women that loves to work hard to take care of themselves and is content with being by themselves because they know about certain things that goes on in life and sometimes god puts you through a test to make you see that you must love yourself before you love anybody else. If you cannot find peace within yourself then something is absolutely wrong we as female humans girls and women needs that self-love I do not mean to sound selfish but that is what we need to do love our self before we can love anybody I am so content with loving myself I love myself so much to the point that I feel like I am being selfish loving yourself in moral flaw because if you don't nobody else will take care of yourself because we all have that oneself in love in love of responsibility so love yourself self-love is the best love.

<u>CHAPTER TEN</u> Morals

We all have set out our own personal morals for ourselves morals are our own body of standards or principles. Morals for girls and women are considered the merits of actions themselves as to treat other as one would like others to treat oneself morals have morality refers to personal and cultural values which means wrong or right normative ethics to individuals apply distinct sets of moral rules. Moralism, moralities are sets of self-perpetuating revolutionary fitness girls and women are humans that consequently evolved to prosocial emotion which is understanding the evolved to excessive individualism.

<u>CHAPTER ELEVEN</u> A Girls Apple Of Her Eye

If you ever look on the back of a dollar bill it is an eye on it a girl's apple of her eyes is her money her earnings her property her goals her achievements whatever you set your mind on that is your apple of your eyes your survival what your eyes have seen and what messages that it has left you always keep your eyes on your prize which is the apple of your eye. Everything that a person owns is the apple of their eyes of the responsibilities of life that you are willing to take care of cherish all the above things that is important to you and mean so much to you seeing that all of your belongings is yours and you're the owner of them you see your happiness in your future and just make sure not to let anybody try to mess your future up because there are demon people who have the devil in them that likes to mess up other future especially

when they see that you are young and smart and have a lot going for yourself and is ambitions.

<u>CHAPTER TWELVE</u> The Difference Between A Women & Girl

There is a very big difference between a girl and women the difference is that there are some girls that would like to stay young and some girls that likes to grow up before their time I feel when you grow up to fast you will eventually die faster because you want to be old before your time stay young and take your time. Some girls turn into women before their time because of situations that happen to them and that is life situations that they already had been through this is the difference between a girl and a woman the grown women act so immature and the girls act more mature than them it is just vice versa and sometimes the younger girls know a lot more then the older women there is a very big huge gap between a girl and a woman. Girls are entitled to act childish and women are grown and matured one thing that I dislike about some women is to how they react to see young girls growing up and they some how turn out better then

grown women that they look up to so basically grown women turns out to be jealous of young girls so just watch out for them but not every woman is that devilish there are some women in this world that is for young girls and want to see them succeed and do good and have a great life. The difference between a girl and a women is their age even though age is nothing but a number my mother always told me to act my age and not my shoe size my mother is my best friend and she is the one that turn me into a women she teach me a lot of stuff like how to dress what clothes to shop for I always like to wear jeans and sneakers and that is because I am so accustom to dressing that way but my mother is the one who brakes me out of dressing that way and she always tell me to put on a dress or dress like a young lady my mother was always into fashion so she likes shoes and clothes I always laugh when I see her clothes and shoes because she likes to dress and she taught me how to dress like an young adult women. Never change the way you are for anybody stay comfortable in your own skin of what you like I have been told by this women before that I was to mature for my age and I really did not like her judgment towards me because she dis not know my situations to what I been through and why I was so mature for my age I still look young but I am very mature in my mind set but really I feel that there is really no difference because every girl has to turn into a women and have that responsibility it is all just a growing process from adolescence stage to adult stage.

CHAPTER THIRTEEN Fitted Category

So, what kind of category will you like to fit in make sure it is a positive fitted category for you. Be yourself and do what is best for you do not ever let other people make decisions for you never brake your spirit or circle for anyone take time off to yourself to generate those bright ideas that is in your genius mind of classification. The girls and women similarities and differences in life between constitute individually system for all mind kind fitted category.

CHAPTER FOURTEEN Helping One Another

It is always good to look out and help one another out as girls and women empowering one another to do good in life. Some young girls and women would prefer to not have help because some of them are smart enough to help themselves in this world it is every man for themselves but there are some helping hands to help one another and share because sharing is caring and it is a great thing to see young girls and women helping one another to prevent bad situations from happening to hem never show a sign of hate or jealousy to another girl or women because in a sense of life we all have the same thing but we are different from each other there is a clear illustration to how we work together helping one another and getting through difficult situations in life sometimes people get tired of battling in life the human survival depends on helping one another in spiritual life growth.

<u>CHAPTER FIFTHTEEN</u> Encouragement

It is great to have that guidance and advice of encouragement to girls and women we are strong we are worthy we are beautiful we are imperfect we grow each day that we wake up and learn something new everyday with confidence faith of encouragement to given the support to girls and women having the strength and courage because in life we go through some rough and hard times and need the words of encouragement to enlighten us and make us feel better by lifting us up.

CHAPTER SIXTEEN Building Each Other Up

The walls of life to building each other up to build we must start from scratch women and girls work really hard to build their friendships and relationships in life we have people who like to tare down what you have build with protection of building each other up the most important part in building each other up is sharing your knowledge and what you know our self confidence of building our own life fence that is the way to go so that we start from the bottom to the top of the mountain and once we are at that top mountain peak we build and ready for whatever is coming our way in life you have to be ready and prepared.

CHAPTER SEVENTEEN Girl Power

Even through this is a mans world that we are living in girls and women does have power we are all independent and have self-sureness to embrace the inner girl that is inside of us. Empowering girl power female empowerment independence to life facing problems and issues in life we must be confident and be the girl or young women that have the girl power expressed by culture movements as women and girls we earn our reputation setting standards. Young women and girls are supposed to take control of their lives but only if they are strong enough to do that because only you have the power in control of yourself to do things. The whole girl power mission is to uplift another girl or young women to empower, teach, and support girls in high risk environment so that they are financially self-reliant there is ultimate guidance to the females who are changing the world and icons for

the modern feminist of girls and young women we develop healthier friendships and relationships through our girl power.

CHAPTER EIGHTEEN Being On Alert

We all have to be on alert to know what is going on in the world it is good and great to be on alert at all times be more watchful and more careful of what is happening in life especially as a warning of some kind please be awake to reality of life the state of alertness being on alert is something that helps us in almost every aspect of lives and I am so happy that I write because I know that it will help change or save another person's life to what we may read we can learn from it or relate to the same situation I know that words can change lives just by reading to have an alert mind.

CHAPTER NINETEEN Awaking

We are to stay wide awake and be awaking to experience of wakefulness be conscious and aware please pay attention to the most important things in life and not nonsense no more deep sleep awaking to the world to be enlightened and to walk in awaking truth to life existence most girls and women are very awaking and they already know the truth spiritually awaking to yourself to the female, femaleness girls and women awaking to gods given purpose.

CHAPTER TWENTY

Forever Love

Forever love in female leadership to not hate or show a sign of jealousy to another because at the ending of the day it is all love. A forever bond even through nothing is forever or nothing last forever but for the time being show some love to one another with a pure and full heart love through your bleed vessels blood vine that is in your body. Forever love and true love always remember our individually responsibility to life and love hard and love to the best of your ability forever love watching out for the good girls and women by representing human kindness forever love is a variety of different feelings, states, and attitudes the long love attraction and personal attachments concern for the good of another to love unconditionally to be love is to be understood as an human being establishment to the cultural forever love differences in conceptualizing love through nature life.

The End