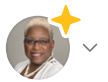


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Coach Donna Marie Johnson

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What's Your Drip and Ripple Effect As A Small Business Leader?

If you're a "small" business leader, have you considered that you can make a big impact on the world, or is this a foreign concept for you? I believe that just as a tiny drip of water creates a ripple across the pool/pond, any size business can make an impact on the world.

If you're new to my newsletter, Welcome! If I've never said welcome to you before, then welcome! ~ Coach Donna Marie Johnson

I am well aware that for many black women leaders like myself, due to often being underfunded, undervalued, and under-supported, many of us just don't see how we can make a bigger impact with our endeavors, no matter the size of the business. The good news is that you can overcome these obstacles as you do the work of shifting your mindset and seeing past them as you start moving forward past them. **AND... you deserve support with this mind-shift process, so I highly recommend finding a mentor or a coach like me.**



Black Woman Leader...

**...what is your drip
and your ripple?**

**~ Coach Donna Marie
Johnson**



with my “small” contributions. Because of the nature of my work and confidentiality agreements, I cannot get into a lot of detail, so I’ll just say that I am overjoyed to be helping patients with getting connected to life-changing and even life-saving resources. *([To read the article about what I’ve been doing and to see if it could be good work for you, too, click here.](#))*

Keeping Balance So My Drip Doesn’t Dry Up

My life theme for this year of 2023 has been centered around freedom for myself. When I declared that on New Year’s Day, I had absolutely no idea just how true this would become for me this year, and we’re only in April. So far, I’ve become free from a gallstone and infected gallbladder, an umbilical hernia, and a whole lot of someone else’s drama. This freedom has come from making some tough choices, and I have no regrets. I know that my freedom is essential so that I can keep myself full and overflowing to continue pouring out for the benefit of others, personally and professionally. If I am not overflowing, I only have enough to sustain myself. And, if I am dried up, I have nothing to contribute to myself or to the world.

The Source of My Overflow Allows Me to Keep Dripping

So, to stay overflowing, I made the choice to increase the time I spend praying, meditating, doing bible study, other readings, and journaling. These good habits are just part of my daily routines, and increasing them has definitely provided a buffer against the traumas and crises that I’ve faced this year. These habits keep me full and overflowing, and at times, they help me replenish faster when life has happened and drained me. My good friend and mentor, [Min. Deanna Mason, of the Refreshed Moms Podcast](#), said that even though some scary things have happened in her life, she’s not scared because her daily practices have helped her enhance her trust and confidence

in God. I feel the same way. My drips keep flowing because Jesus is my everlasting fountain of Living Water.

Protecting My Drip

Another theme that has been coming up for me consistently is setting and maintaining healthy boundaries. And, unfortunately, I/you cannot keep good boundaries without some conflict. I wrote an article about that recently. You can read [**The Value of Conflict at this link**](#). The reward of embracing conflict and setting healthy boundaries is freedom from other people's drama, which can then free me/you up to keep on dripping in other areas of our lives where we matter and where we can make more impact.

Seeking Advocacy and Support So My Drip Can Flow

During Women's History Month, I saw a lot of great content circulating to support women, but what stood out most to me for supporting black women was a webinar that I attended. I loved that a large women's organization decided to openly discuss the importance of supporting black women leaders in the workplace on a higher level to help reduce/mitigate micro-aggressions/racist encounters at work. After the event, I shared a recap video about it, too. [\[To read that article and access the video, click here.\]](#)

One part of my freedom that I am fully embracing this year is the freedom to look for help and ask for more support. My community is truly everything to me... it always has been, even since I was little, but I really didn't get how much it was until these last few months. We're not even at mid-year, and I've already been through so much, and no matter what, my community has been showing up for me over and over again. AND 99% of my community is black women leaders, some of whom I've only known for a week or so. It's amazing how we'll show up for each other, even in the most unusual circumstances.

Black Women: We drip, y'all!

We drip, and we impact the world, even if they never give us any credit, recognition, or acknowledgment for it. **WE ARE THE VILLAGE**. I'm so very grateful to do my own dripping here. In the past, I shared some ways that I've contributed to a beautiful online community of black women leaders, including co-founding a virtual weekly co-working event series to help us get important stuff done in 2 hours or less of focused

time together. (If you'd like to [read about that or watch the video, click here.](#)) I still participate in weekly co-working with these awesome women, but I am not currently co-hosting. Learn more about the co-working events at the link I shared, and join us if you'd like.

We Drip for All People, Not Just Black People

And finally, I want to share the fact that Black Women Leaders rarely just drip for their own "race" (race is a false construct anyway). We impact the whole world, and we always have. A beautiful example of this is a black woman social media influencer who fostered and then adopted a white baby boy. I know some folks may not get this, but watch this video and see if you can see what I'm talking about. It's kind of long but well worth the watch. [Here's the video link.](#)

I would love to hear from you about what you're doing to impact the world in whatever way that looks for you. Thanks for reading. ~ **Coach Donna Marie Johnson**

How To Send Me A Message

Contact Form: [CoachDonnaMarie.com](https://coachdonnamarie.com)

text/voice/WhatsApp: +1(678)861-8121

email: CoachDonnaMarie77@gmail.com

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