Git it Girl!

How to git it, git through it, or at least make it bearable



TERI ZEE

@livingwithteri.com

Git it Girl!

How to git it, git through it, or at least make it bearable

by Teri Zee | Living with Teri

Copyright ©2026. This publication is designed to provide information for entertainment purposes only. The views expressed are those of the author alone and should not be taken as expert instruction or commands. The information is derived from experiences of the author, while creating their own personal brand. The reader is responsible for his or her own actions. Neither the publisher or the author assumes any responsibility or liability whatsoever on behalf of the purchaser or reader of these materials. Any perceived slight of any individual or Organization is purely unintentional. This publication may not be reproduced, in any form, without the written permission of the author. Additionally, all information contained herein may not be sold, in any form, without written permission of its author. While all attempts have been made to verify the information provided in this publication, neither the author, nor the publisher assumes any responsibility for errors, omissions, or contrary interpretations on the subject matter.

What's Inside

Grab a coffee. Or a sweet tea. No judgment.

Hey Girl, Let's Talk	What “git it” actually means (spoiler: it's not what Instagram says)
Which Girl Are You Today?	A quick check so you know where to start
Chapter 1: Git It Together	When your life feels like a junk drawer
Chapter 2: Git Your Confidence Back	Because she didn't leave, she's just hiding
Chapter 3: Git Your Money Moving	For the girls robbing Peter to pay Paul
Chapter 4: Git Over It	Hurt happened. You don't have to live there.
Chapter 5: Git Started Over	New chapter, same fabulous you
When You Can't Git It, Make It Bearable	The survival kit for the hard days
Your Git It Game Plan	Fill-in pages, because writing it down works
Come Sit With Us	How Living with Teri can walk this out with you

Hey Girl, Let's Talk

Okay first of all, hi. I'm so glad you're here.

Let's be real for a sec. Somebody, somewhere, has told you to “go git it, girl!” like it's the easiest thing in the world. Like you're just gonna wake up tomorrow, put on a cute outfit, drink a green smoothie and suddenly have your whole life figured out.

Ha. Okay.

Here's the thing nobody says out loud: some days you git it. Some days you just git *through* it. And some days the biggest win is that you got out of bed, fed everybody and didn't cry in the Walmart parking lot. (Or you did cry in the Walmart parking lot. Still counts. You went in after.)

So this little book is for **all** of those days.

Inside, we're gonna figure out what “gitting it” actually looks like for *you*, not for the girl on your feed with the perfect kitchen. We're gonna talk about your stuff, your money, your confidence, your heart and your fresh starts. And for the days when “git it” just isn't happening? I've got a whole section on making it bearable. Because bearable is a real goal, and I will die on that hill.

THE THREE KINDS OF “GIT IT”

- **Git it:** You're going after something. A goal, a change, a dream you've been sitting on. Let's go!
- **Git through it:** Life is life-ing. You're not chasing anything right now, you're surviving. That's allowed.
- **Git over it:** Something hurt, and you're ready to set it down. Not today maybe, but soon.

All three are winning. Every single one.

So Who's Teri?

Not a guru. Not a robot. Just a girl who's been there.

Teri Zee is the woman behind Living with Teri, and honestly? She's the friend you call when it all hits the fan. She's a certified life coach with over 25 years of working with women and girls, a published author, a speaker, a former Miss Ohio North America and the founder of the Miss Tourism pageants. Fancy, right?

But here's why she actually gets you: her life didn't go the way she ordered it either. She's walked through family health crises and caregiving, the kind of season where you're holding everybody else up and nobody's checking on you.

She had the life. Then life happened.

So Living with Teri isn't built on "here's how a perfect expert does it." It's built on **"here's what happened to me, and here's what actually helped."** Girlfriend to girlfriend. No lectures, no fake smiles, and definitely no telling you to just think positive.

And yes, there's a southern side to her. You'll hear it. Bless your heart, you're gonna love it.

Which Girl Are You Today?

Circle the one that sounds like you. It can change by Thursday. That's fine.

THE READY-TO-GO GIRL

You've got an idea, a goal, a fire in your belly. You just need a plan and somebody in your corner.

Your move: Start with Chapters 1 and 5.

THE STUCK-IN-PARK GIRL

You know something needs to change. You just can't figure out what, or where to even start.

Your move: Start with Chapters 1 and 2. Then take the “Find Your Starting Point” quiz at livingwithteri.com.

THE RUNNING-ON-FUMES GIRL

You're tired. Like, bone tired. Money's tight, everybody needs something and you're last on the list.

Your move: Start with Chapter 3 and the “Make It Bearable” section.

THE STARTING-OVER GIRL

Something ended. A marriage, a job, a version of your life. Now you're standing in the rubble going, “Okay… now what?”

Your move: Start with Chapters 4 and 5.

Not sure? Read it front to back. There's something in here for every one of these girls, and most of us have been all four.

CHAPTER 1

Git It Together

When your life feels like a junk drawer

You know that one kitchen drawer? Batteries, rubber bands, a birthday candle, three pens that don't work and a key to who-knows-what? Sometimes your whole life feels like that drawer. Everything's in there. You just can't find anything.

Here's the good news: you don't have to clean the whole house today. You just have to clean **one drawer**.

Do This Today

- **Brain dump it.** Grab a piece of paper and write down every single thing rattling around your head. Bills, appointments, that text you didn't answer. Get it OUT.
- **Circle three.** Just three things from that list that would make tomorrow easier. Not ten. Three.
- **Do the five-minute one first.** There's always a five-minute one. Knock it out and let yourself feel that little win.
- **Pick your reset spot.** One space in your home that you keep cleared. A nightstand. A corner of the counter. When everything's chaos, that spot is your peace.

Real talk: getting it together isn't about a color-coded planner (although cute planners do help, I'm not gonna lie). It's about knowing what actually matters this week, so you can stop carrying everything at once.

HOW LIVING WITH TERI HELPS YOU GIT IT TOGETHER

→ **The Reset** ebook walks you through clearing the clutter in your head, your schedule and your space.

→ The **2027 Living with Teri Digital Planner** is built for a life reset, so you start the new year with a plan instead of a panic.

→ Not sure where to start? Take the free **"Find Your Starting Point"** quiz on livingwithteri.com.

CHAPTER 2

Git Your Confidence Back

Because she didn't leave, she's just hiding

Remember the girl who used to walk in a room like she owned it? Who said what she thought? Who tried stuff just because it sounded fun?

She's still in there. Life just piled a whole lot of laundry on top of her.

Confidence doesn't disappear. It gets buried under years of putting everybody else first, people's opinions, mistakes you keep replaying at 2 a.m. and that one comment somebody made in 2009 that you still think about. (We all have one.)

Do This Today

- **Catch the mean voice.** Next time you call yourself dumb, ugly, lazy or a failure, stop. Would you say that to your best friend? Nope. So knock it off.
- **Make a "did it" list.** Not a to-do list. A list of hard things you've already survived. It'll be longer than you think.
- **Wear the thing.** The earrings. The lipstick. The good jeans. Stop saving them for a special day. Today's the day.
- **Say one honest sentence.** Tell somebody what you actually want or think. Small is fine. "I'd rather have Mexican" counts.

Confidence isn't a feeling you wait for. It's a muscle. You build it by doing the thing scared.

HOW LIVING WITH TERI HELPS YOU GIT YOUR CONFIDENCE BACK

→ **Self Confidence Secrets** is basically a pep talk you can carry in your purse.

→ **You Were Never the Problem** is for the girl who's been told (or told herself) she's "too much" or "not enough."

→ Take the free **"What's Your Confidence Level?"** quiz on livingwithteri.com and see where you're at.

CHAPTER 3

Git Your Money Moving

For the girls robbing Peter to pay Paul

Okay, let's talk about the thing nobody wants to talk about at the dinner table. Money.

If you're juggling bills, moving money around, doing the math in your head at the gas pump and praying the card goes through, please hear me: **this is not because you're bad with money.** Prices went up. Paychecks didn't. Life threw a few curveballs. You're doing your best with what you've got.

And honey, Peter's broke now too.

Do This Today

- **Look at it.** Just look at your bank account. Don't fix it yet. Hiding from it is what makes it scarier.
- **Find your leaks.** Scroll your last 30 days. Subscriptions you forgot? Apps you never open? Cancel one today.
- **List what you can sell.** Stuff in the closet, a skill you have, a thing you're good at that people ask you about all the time. That's money sitting there.
- **Give every dollar a job.** Even if it's only a few. When money has a plan, it stops disappearing.

And if you've ever thought about making a little money on the side, from home, with stuff you already know? Girl, yes. Women are building real income with digital products, side hustles and their own personal brand. You don't need to be a tech genius. You need a starting point.

HOW LIVING WITH TERI HELPS YOU GIT YOUR MONEY MOVING

→ **Bless Peter's Heart, He's Broke Now Too** (coming soon!) is for the tired girl doing the money shuffle. Real stories, real hope, and zero shame.

→ **A Woman's Guide to Online Digital Products** shows you how to turn what you know into something you can sell.

→ **Believe It, Brand It** and **Influencer Secrets** help you build a brand people actually remember.

CHAPTER 4

Git Over It

Hurt happened. You don't have to live there.

Somebody hurt you. Maybe it was a husband, a friend, a family member, a boss. Maybe it was life itself, the diagnosis, the loss, the year that just wouldn't quit.

And everybody keeps saying “just get over it” like there's a little switch on your back.

There's not. (I checked.)

Getting over it isn't pretending it didn't happen. It's deciding that the hurt doesn't get to drive the car anymore. It can ride in the back. Maybe it'll always be along for the ride. But you're holding the wheel now.

Do This Today

- **Name it.** Say what actually happened, out loud or on paper. Not the nice version. The real one.
- **Feel it on purpose.** Give yourself 15 minutes to be mad, sad or whatever you are. Set a timer. When it goes off, go do something kind for yourself.
- **Stop explaining.** You don't owe everybody the whole story. “I'm working through some things” is a full sentence.
- **Let them.** Let people be who they're gonna be. You can't make anybody apologize, understand or change. You can only decide how close they get.

Little reminder: if the hurt is heavy, the kind where getting through the day feels impossible, please talk to someone you trust or a licensed professional. There's no prize for carrying it alone. Reaching out is a strong-girl move.

HOW LIVING WITH TERI HELPS YOU GIT OVER IT

→ **Healing After Hurt** walks you through the after part, when the drama's over but you're still not okay.

→ **I Know You Are Screaming Into Your Pillow** is for the girl holding it together in public and falling apart in private.

→ **Come As You Are (Mess Included)** reminds you that you don't have to be fixed to be worthy.

CHAPTER 5

Git Started Over

New chapter, same fabulous you

Sometimes the life you planned just… doesn't happen. You did everything right. You followed the recipe. And the waiter still brought you the wrong order.

That's literally the whole idea behind Teri's upcoming book, ***Not the Life I Ordered, So I Changed the Menu.*** Because you can sit there and stare at the plate you didn't want. Or you can pick up the menu and order something new.

Starting over isn't starting from zero. You're starting from **experience**. Everything you've been through came with you, and that makes you way smarter this time.

Do This Today

- **Write your "not anymore" list.** What are you done with? Done tolerating, done pretending, done doing for people who don't do for you?
- **Write your "maybe" list.** What have you always kind of wanted to try? Don't judge it. Just write it.
- **Pick one maybe and Google it.** That's it. Just look. Curiosity is the first step to every big change.
- **Tell one person.** Saying it out loud makes it real. Pick somebody who'll cheer, not somebody who'll list the reasons it won't work.

HOW LIVING WITH TERI HELPS YOU GIT STARTED OVER

→ **The Magic of Starting Over** and **The Comeback** are your new-chapter starter pack.

→ **Rewriting the Rules** is for the girl who's done living by rules she never agreed to.

→ **Transform Your Life** helps you take the dream and turn it into actual steps.

→ Keep an eye out for ***Not the Life I Ordered, So I Changed the Menu***, coming soon!

When You Can't Git It, Make It Bearable

The survival kit for the hard days

Okay, this might be my favorite part. Because not every day is a git-it day, and anybody who tells you different is selling something (and not something good).

Some days the goal is just: **get to bedtime.** And that's a real goal. Here's how to make those days a little softer.

The Bare-Minimum Day

On a rough day, you only have three jobs:

- Feed yourself something. Cereal counts. A sleeve of crackers counts.
- Drink some water. Even one glass.
- Do one tiny kind thing for yourself. Shower, step outside, call your funniest friend, take a nap.

That's it. Everything else is extra credit.

Your Permission Slips

Cut these out, screenshot them, stick 'em on the fridge. You have permission to:

PERMISSION GRANTED Say no without a reason.	**PERMISSION GRANTED** Order pizza. Again.
PERMISSION GRANTED Let the laundry win today.	**PERMISSION GRANTED** Cancel the plans.
PERMISSION GRANTED Not answer the phone.	**PERMISSION GRANTED** Cry in the car and then put on lipstick.
PERMISSION GRANTED Rest before you're exhausted.	**PERMISSION GRANTED** Ask for help. Out loud.

The “This Will Pass” Reminder

Remember the worst day you ever had? You got through it. You're reading this, so you made it. Today will go in that same pile. Bearable today, better tomorrow. Or the next day. Or next week. But it'll come.

Your Git It Game Plan

Grab a pen. Writing it down makes it real.

Right now, the girl I am today is...

The ONE thing I want to git this season:

What's been standing in my way:

Three tiny steps I can take this week:

Things I'm done tolerating (my “not anymore” list):

Things I've always kind of wanted to try (my “maybe” list):

Hard things I've already survived (my “did it” list):

My bare-minimum day plan looks like:

I'm gitting it. And on the days I'm not, I'm making it bearable. Both count.

Signed: _____ Date: _____

Come Sit With Us

Because doing it alone is overrated

Reading a book is great. Having a whole group of women cheering you on? That's a different level.

FIRST SATURDAYS GROUP SESSIONS

Once a month, Teri gets a small group of women together for real talk, real plans and a whole lot of “me too.” Twelve sessions, running September 2026 through August 2027, on the first Saturday of each month.

$47 per session. Enrollment is capped so it stays small, personal and actually helpful. Not some giant webinar where nobody knows your name.

Grab your spot at livingwithteri.com

The Living with Teri Bookshelf

Pick the one that matches your season right now:

If you need a reset	The Reset • The Magic of Starting Over • The Comeback
If you're hurting	Healing After Hurt • I Know You Are Screaming Into Your Pillow
If you're doubting yourself	Self Confidence Secrets • You Were Never the Problem • Come As You Are (Mess Included)
If you're ready to change things	Rewriting the Rules • Transform Your Life
If you want to make money	A Woman's Guide to Online Digital Products • Believe It, Brand It • Influencer Secrets
Coming soon	Bless Peter's Heart, He's Broke Now Too • Not the Life I Ordered, So I Changed the Menu • 2027 Digital Planner

Go Git It, Girl.

Or git through it. Or git over it. Or just git to bedtime.

Whatever today looks like, you're doing better than you think.

I'm cheering for you. Loudly. Probably a little embarrassingly.

xo, Teri

LET'S STAY FRIENDS

Website: livingwithteri.com

Email: info@livingwithteri.com

Facebook: LivingWithTeriZee | **Instagram:** @livingwithterizee

Take the free quizzes, grab a book or save your seat for First Saturdays.