



# Out of the Box, Into a Positive Life

*Inspirational thoughts  
volume 1*

*Stephanie Schmid*

## About the author

**Stephanie Schmid** has had a diverse and successful career spanning over 30 years. She spent the majority of her career at ADP, leading teams and providing insights and solutions for clients in the Human Resources field. She has led teams and directed relationships with large, **Fortune 500 companies**. She worked in the technology sector for **Vivint Smart Home** and as a leader on **eBay's Global People Team**.

Stephanie has a reputation for **driving results, building relationships, and leading high-performing teams**. She has **mentored and coached** numerous teams and individuals.

Understanding the complexities of leadership, the intricate

dynamics of corporate politics, and the delicate balance between personal and professional spheres, Stephanie's coaching style is rooted in **empathy, compassion, and tangible results**. *Building trust and creating a safe space for vulnerability and growth are at the core of her coaching process.*

Stephanie feels passionate about giving back to the community and volunteered for various youth sports teams, professional organizations, and within her church. When she isn't at work or volunteering, you can find her running, biking, swimming, hiking, scuba diving, playing pickleball or spending time with family. She loves *travelling* to new places, experiencing different cultures, and continually learning and increasing her understanding of people.



## What will you find in the next pages?

- Inspiring **thoughts** from Stephanie's personal and professional life
- Motivational **advice** and prompts for a more positive life
- Important **questions**, to make you think and make real change
- Insightful **learning** from inspirational people we all admire

This collection of thoughts is your ticket to realizing the boundless control you possess in shaping your life. By embracing constant learning and confronting challenges, you'll embark on a journey towards a brighter existence. Let this compilation be your wellspring of inspiration, encouraging you to step beyond your comfort zone, infuse fun into your daily routine, and seize the reins of your own positive transformation.

*This collection of simple ideas and quotes with a big impact will undoubtedly bring you a more positive outlook on life. It's a treasure trove of wisdom and inspiration, meticulously curated to guide you towards conquering your limitations and transforming your dreams into a vibrant reality.*

Stephanie, the heart and mind behind these remarkable words, generously shares her personal experiences, offering you a glimpse into a life lived to the fullest.

This collection is a potent reminder of the strength of the human spirit and the boundless potential within each of us. It's a lifeline for those moments when life feels challenging and uncertain, offering **guidance, comfort, and the assurance** that with the right mindset and determination, we can surmount any obstacle.

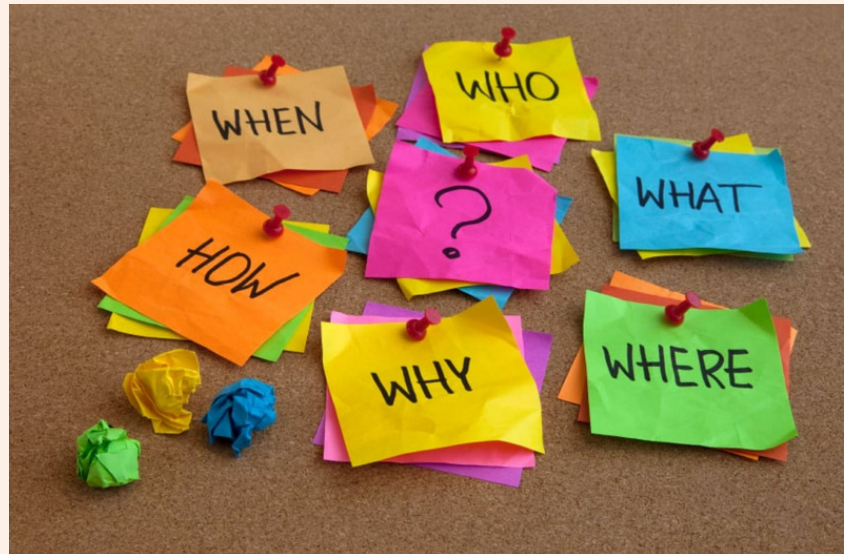
**Open when you feel like you want a sprinkle of inspiration!**



One of the things I enjoy most about travelling to new places is the opportunity to **learn**. I learn most when I am curious and ask open ended questions to gain deeper understanding. **What, why, and how** are great open ended question starters that request more information from someone else beyond a 'yes,' 'no,' or one word answer.

We don't have to travel to increase our learning and understanding. By increasing our curiosity, asking open ended questions, and engaging with others, we can learn more about those we connect with regularly or in the course of our work.

*What open ended questions can you add to your interactions this week?*



While it is often the most comfortable to do what others are doing, don't be afraid to test your ideas and stretch your wings. As you follow your passion, you may also inspire others who will join you on your path or have the courage to take a path of their own!



“

*"We are deeply relational beings. We are not designed to be autonomous, self-actualized individuals."*

*- Jenet Erickson*

I remember during my birthday dinner conversation, I was asked to share a highlight from the past year. Many came to mind. I quickly reflected and identified at least one memorable experience per month. Remembering the past 12 months was a great reinforcer of my philosophy to not put off opportunities to connect with others or experience new things.

It is easy to get caught up in the day-to-day tasks and miss the amazing world all around you. It is also tempting to put off taking time away from work. Live life as a joyful journey, not as a future destination. *What will be your memorable highlight this week? And what are you planning for an upcoming vacation?*

Did you know that there is something to celebrate each day of the year? For example, May 8, is **No Socks Day!** While knowing this may put a smile on your face, it is also a great day to take advantage of removing your socks – consider getting a pedicure or just allowing your feet to connect with the ground – be that flooring, grass, or sand. Use this moment to take a break – take a deep breath, ground yourself, and take yourself less seriously.

Adding some fun and relaxation to your week is critical for you and your mental health!



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*Arthur C. Brooks* teaches how **instead of having contempt for others who disagree with us, we find a way to see them with love.**

Too often we foster contempt – which Arthur defined as *“the unsoiled conviction of the worthlessness for another person”*. A **diversity of opinions and ideas can push us to grow and have better results.** As we see everyone through that lens of love and respect – even if we disagree with them – we will find better solutions in all our relationships (workplaces, homes, etc.). *I encourage you to seek out a different opinion today and “infiltrate the culture of contempt”.*

I love the **energy and enthusiasm** of my granddaughter. She is excited to try new things and embraces new experiences. She looks to those she trusts (parents, grandparents, teachers) for support in taking on new risks. She sees what others are doing and learns through their example. She is always curious.

As adults, **are we taking risks?** Learning from others? Utilizing our trusted network for support in taking on new risks? Are we curious? Our minds are incredible organs that help us organize and optimize our activities and they work to create a comfort zone for us. Our brains, however, are also designed for continual learning and growth. Growth comes through making new connections, trying new things, asking questions, and being curious.

*How can you have the curiosity of a toddler and learn and grow this week?*

“

*“CURIOSITY IS THE WICK  
IN THE CANDLE OF  
LEARNING”*

*- William Arthur Ward*



Fear does not  
prevent death.

It prevents life.



**Fear (noun):** an unpleasant often strong emotion caused by anticipation or awareness of danger.

Fear is a human emotion that we can experience in any aspect of our lives.  
*Fear of failure. Fear of rejection. Fear of loss...*

Fear often prevents us from trying new things or taking risks. Our minds are powerful and want to keep us safe and so we often avoid doing things in anticipation of danger. In my experience, when I have taken steps forward despite my fear, I have found things that I love and have had the chance to have experiences that I would never had if I had avoided those opportunities.

What fear can you face this week? New experiences, relationships, and growth are on the other side of the fear.

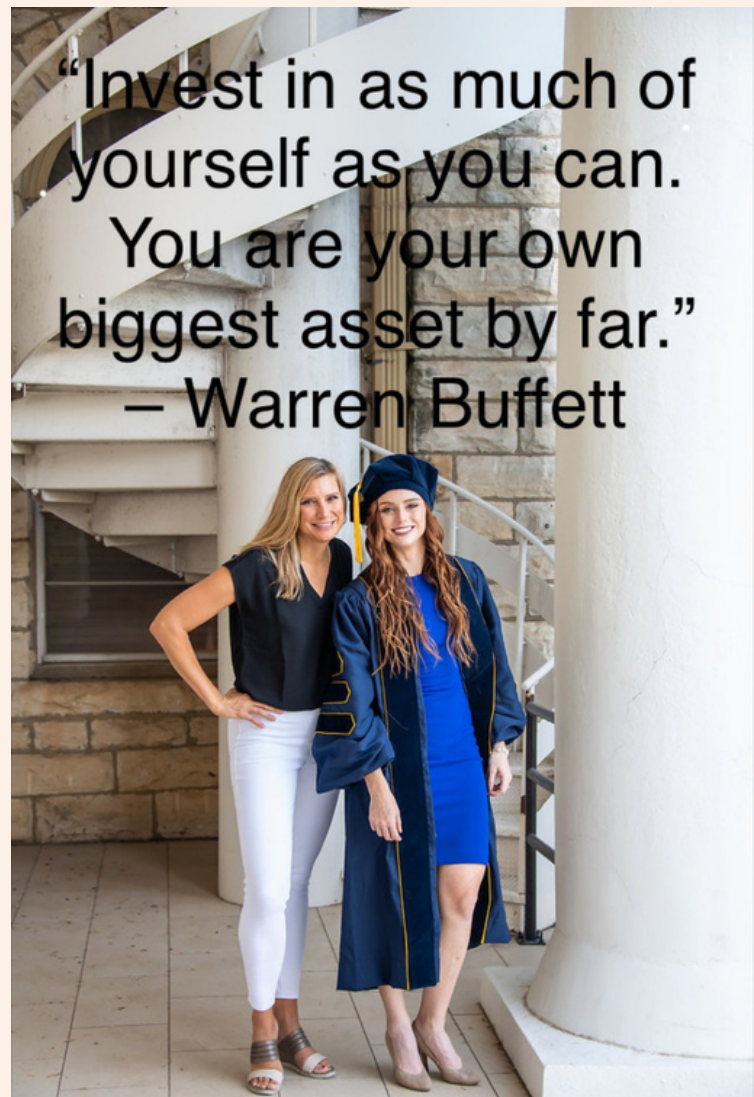
**Investing in yourself is critical.** That investment can come in many forms and is important for your mental and physical health.

I had the privilege of witnessing my daughter, Alexis Schmid, graduate from Texas Wesleyan as a CRNA with her Doctor of Nurse Anesthesia Practice degree.

As a Registered Nurse, she learned about additional opportunities, obtained new certifications, retook classes, transferred to gain ICU experience, applied to competitive programs, and then labored long hours in study and clinical work gaining knowledge, experience, and confidence along the way.

She completed more than 800 procedures during her residency and 3 years of full-time class work - all while utilizing student loans and not earning an income.

Despite the rigor and intensity of the program and living with different roommates and rotational locations, she continued to prioritize her mental and physical health with golfing, cross-fit, meal preparation, and regular connections with her spouse and family. **She ruthlessly prioritized.**



Investments in ourselves often don't deliver immediate payouts. ***What are you doing this week to invest in your future opportunities or results?***

*How will you decide to learn and grow this week? Life is not a snapshot - **we are always in motion** - either we are learning and growing or we are stagnating.*

*Is there a skill set that you feel could help you be more successful in your current job? Is there an area of development that peaks your interest? What are you curious about?*

*Take those interests and begin exploring the growth opportunities. As you invest in your development, you will grow.*

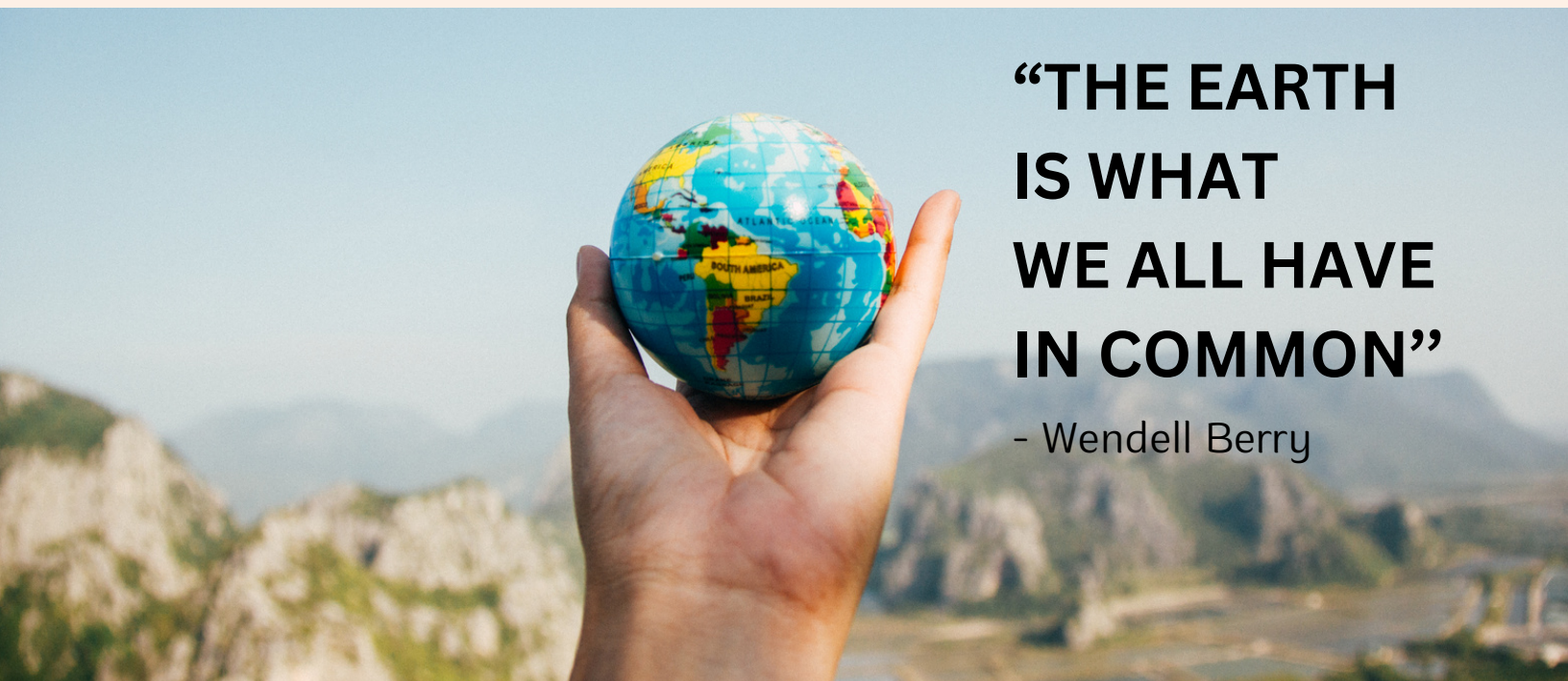
I highly recommend the book *Smart Growth* by Whitney Johnson.

“*Learning is the oxygen of human growth. When learning diminishes, so do we.*”

*Whitney Johnson*

Each of us can make a difference in helping the earth be a place we enjoy. **Identify something you can do today to make a difference.** Here are some ideas to consider: *sell something that you are no longer using on eBay, clean up garbage in a nearby park or neighborhood, review products you use and stop using those that are bad for the environment, plant a tree or garden, take a walk outside and take in all the senses of nature, recycle, carry reusable bags with you for groceries and other purchases, get involved in climate discussions, buy local food, and choose a reusable water bottle.*

What other ideas do you have to make a positive impact on our earth?



**“THE EARTH  
IS WHAT  
WE ALL HAVE  
IN COMMON”**

- Wendell Berry

We all share this amazing earth. Spend some time outside as studies confirm that getting outside and experiencing sunlight and nature are good for your mental and physical health. *As you enjoy and appreciate our earth and rejuvenate your soul, what can you do this week to help our planet?* Recommerce? Reduce waste? Use a refillable water bottle? If we all do something small, the impact can be enormous.



Expect the unexpected...

I am a planner and I was excited for my scheduled scuba dive in Hawaii. In my mind, I knew exactly how the day is supposed to go. But - towards the end of the first site dive, we spotted a whale underwater about 30 feet away! Even during whale season, seeing a whale underwater is a rare, one-in-a-lifetime type of event - yet, here we were seeing that whale in person. A surreal encounter!

**Every day, we have the opportunity to focus on our plans and check off our priorities. Great experiences are available if, while executing our plans, we are curious and continually open to things that are unplanned. When I expect the unexpected, I find extraordinary, growth opportunities. What can you do today to be open to the unexpected?**

Have you tried anything new recently? We naturally like the comfort of our routines: doing activities we've done before or doing things using our 'tried and true' methods. There are many benefits, however, to trying new things or doing things in different ways.

Trying new things or methods stimulates your brain, increases your creativity, and improves your mental and emotional health. New experiences give you **confidence**, enable you to overcome obstacles, allow you to discover more things you may **enjoy**, and help you to **connect** with and **learn** from different people.



I tried pickleball and found I really enjoyed it. We are exercising our minds and bodies, learning new skills, and meeting new people. Either personally or professionally, **I challenge you to identify a new experience and give it a try!**



Despite our experiences or education, there is always more to learn. And, I find it incredible that the more we learn, the more we recognize the limitless opportunities for learning. Reading, studying, online courses, listening to a podcast... all keep our minds open and spark new ideas to help us think of things in different ways.

Throughout our lives, people offer us feedback. I love how Marcus Buckingham shares in his book, *Love+Work*, that we really shouldn't give so much power to feedback. **Feedback** inherently includes the skills and experiences of the person giving the feedback – a person who has their own unique strengths that are not the same as our own. What works well for someone else, won't necessarily work for you.

Instead of asking for feedback, Marcus encourages us to ask for people's reactions to what we are doing – *“their reaction is a much humbler gift”*. A reaction is not a prescription – it's not saying, *“Do more of this, less of that.”* It is merely a response to something you said or did or wrote.”



When my children were little, I subscribed to the *“Parenting with Love and Logic”* guidance that I needed to offer two options – both of which I could live with – and have my children choose. While this may be a great parenting technique to encourage decision making and growth, it is not applicable to us as adults.

Sometimes we feel that there are only two choices in front of us – but life is not binary. While we can get stuck doing nothing if we consider too many options, we definitely shouldn't view our decisions as a choice between just two things. Think outside the limits – use your imagination and incredible brain. The third or fourth option identified may bring you much greater success and happiness than the first limiting two would have.

*“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.”*

—Nelson Mandela

We can all make a difference by choosing, teaching, and learning to love other people instead of starting with fear or hate. Listen and invite open dialog with someone who is different from you.

Won't it be wonderful when Black history and Native American history and Jewish history and all of U.S. history is taught from one book. Just U.S. history.

— *Maya Angelou*



**COURAGE** - noun - cour-age | \ 'kər-ij , 'kə-rij \ - mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.

It is human nature to do what makes us comfortable. We create patterns in our lives where we have previously succeeded. It is, however, when we go outside of our comfort zones, taking the risk to do something we haven't done before, that we gain experiences. Think about when you have learned the most in your life and when you have felt the greatest satisfaction? Often those times are when you have dared to do something new. Take that risk - have the courage to act on your idea. Even if you don't succeed on the first try, you will learn and gain valuable experience!

## Reminder

The biggest mistake you can make is being afraid to make a mistake.

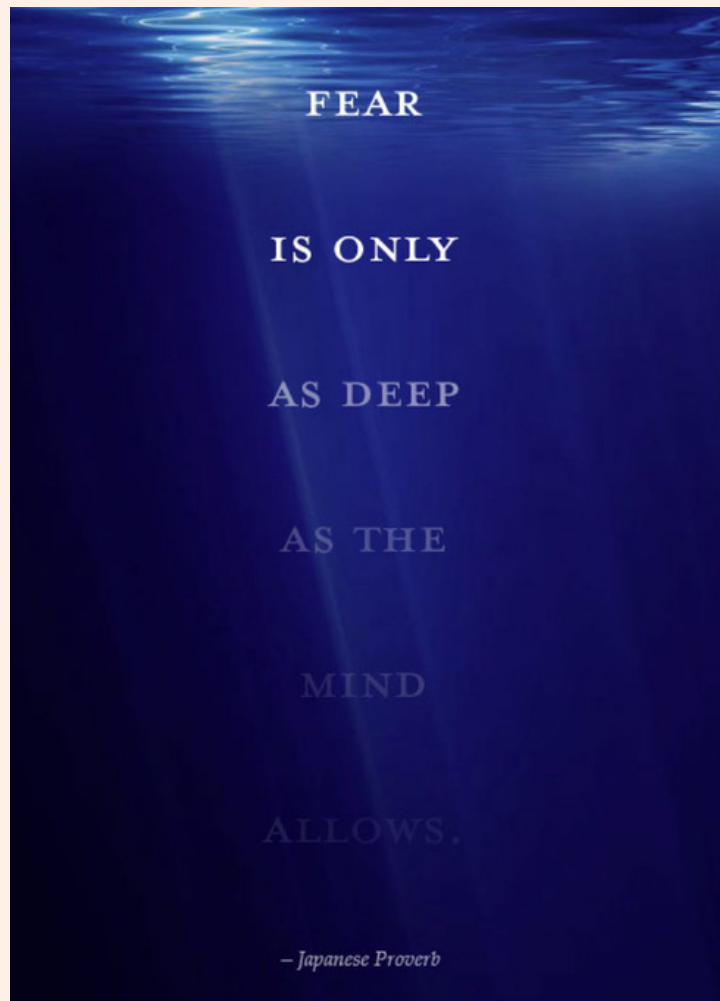
No one likes to make mistakes. It's embarrassing, painful, and sometimes hurtful. Mistakes can cause us to avoid people or give us anxiety about interactions or other potential situations where we could make an additional mistake. We need to **reframe**, however, how we think about mistakes.

Mistakes cause us to be more careful when we encounter similar situations or at least be on the lookout for what we have previously faced. Mistakes give us experience and learning that allows us to grow. Missteps and failings enable us to empathize with others when they make mistakes.

We are able to give other people room to learn and grow as well. If we want to connect with others and grow and develop, we have to take risks and step outside our comfort zone.

*MISTAKES ARE MANDATORY. Instead of looking at a mistake as devastating, reframe and identify what you have learned or are learning as a result.*

I love scuba diving and the amazing world and life under the ocean, but there is still an element of stress and anxiety with some dives. It could be that the group is too large, or I'm not 100% comfortable with my equipment, or the water isn't clear... I find so many **parallels between diving and life**. There are things that can go wrong and that are not expected every day - a meeting might take an unexpected turn, a person could violate your trust, you could say something you don't mean...



I find if I breathe slowly and focus on all the things I love about diving and that I love about life, I can get out the door, jump on a meeting, and dive into the water. And, even if the water pushes me into a rock and I cut my knee or I don't succeed in resolving a critical work issue or a relationship is damaged, I can recover. **Redirect your thoughts** away from the fear and learn to direct it to the positive.

I have had some incredible mentors throughout my life. Individuals who were willing to share their time and experience to help me see other perspectives—to reflect on, and process, different ideas. Mentors who listened and helped me think.



We all need mentors – trusted individuals who can help us make sense of our experiences and encourage us to stretch. And as much as we all need mentors, regardless of where you are in your career or life, you can also be a mentor to others. Consider who might benefit from your listening support and time.

In my experience, some of the greatest mentors aren't 'official' mentors, but rather individuals who were perceptive and saw a need and took the initiative to reach out and share their time.



At times when we have so much we want to say and share, we focus on how to deliver the information instead of how to best engage our intended audience. Asking thought provoking or engaging questions doesn't make us look less informed or knowledgeable, rather it opens the door for others to effectively think and participate in a dialog.

I had the opportunity to hike to the top of Half Dome in Yosemite National Park in California. The hike was beautiful and the weather was perfect for our hike. My challenge was the cable section...



The cables and boards on the mountain provide access to the top of this incredible natural wonder. After ascending the cables, I was thrilled to be at the summit and savor the incredible views. When it came time to go down the difficult section, my feet slipped a few times and I panicked!

With the support and encouragement from my hiking group, and other hikers, I was able to successfully reach the bottom of the cables and enjoy the rest of the hike. No one could go down the cables for me - I had to do it myself, but having people support me and encourage me made all the difference.

You are in control of your mindset, how you treat other people, and your actions/reactions.

It is easy to allow setbacks to cloud your outlook and become demotivated or demoralized. Challenges are part of life. Don't allow difficult people or unfortunate circumstances to affect you negatively. Pause to reflect. You own your perspective; choose to make it one of growth. Disruptions and unexpected events are opportunities.

I had a fabulous experience listening to motivational speaker Vernice "FlyGirl" Armour. I loved her vulnerability and I gained further insights into the obstacles EVERYONE faces.

***"We didn't work this long to give up now. Acknowledge the obstacles. Don't give them power."***

**- Vernice "FlyGirl" Armour**



As we face obstacles and challenges, it is easy to get bogged down and discouraged. When you train for a race or an event, you purposely push yourself to gain new strength and experience new growth so that you can perform your best. You can reframe your career and personal challenges the same way.

*How are your challenges training you for future success?*

What are you learning each day that will help you gain the skills, experience, insights, and relationships for the future? Identify what helps you better connect with others, understand others, and gives you the confidence to tackle the bigger obstacles ahead. We are all in a state of becoming.



*Find strength to  
overcome your  
obstacles.*

**You choose how you see your challenges—see them as stepping stones instead of barriers.**

It is easy to gravitate toward people who look or think like we do. Finding those similarities forms quick connections and bonds. *In my experience, however, outcomes are far superior when I also connect with people who look and think differently than I do.*

*Earnestly seeking different points of view and understanding expands my own perspective and broadens my understanding.*

While it may take more effort, the outcomes are always superior when a diverse group of opinions and perspectives are shared and understood.

STRENGTH LIES IN DIFFERENCES, NOT IN SIMILARITIES.

- Stephen R. Covey

**We each have unique talents and experiences and when we bring those different abilities and backgrounds together, we all benefit.** Expand your network to ensure that different viewpoints are explored.

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According to **Jerry Stermin**: *“In every group there are a minority of people who find better and more successful solutions to the challenges at hand... Even though they have access to EXACTLY THE SAME RESOURCES as the rest of the group, their uncommon practices or behaviors allow them to flourish.”*

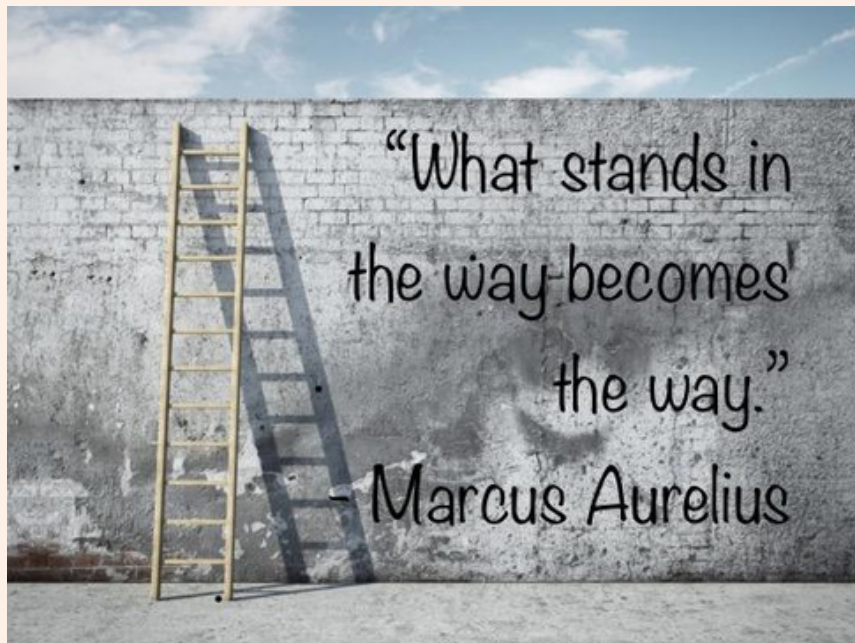
Don't follow the norm - be a POSITIVE DEVIANT!

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So many people are feeling burned out at work. What can you do to prevent this from happening to you? Do something before it happens.

Movement is energizing! I challenge you to select a meeting and move it from video to audio and add some movement (stand up, walk around your house or, weather permitting, walk outside).

I love planning and organizing. Plans, however, are just the starting point. We need to exercise agility and the ability to adapt our plans. Challenges can be transformed and become exciting as you don't allow obstacles to stand in your way; but instead, **view them as opportunities to push yourself and experience growth and self-improvement.** The greatest satisfaction and rewards come when we push ourselves forward and turn obstacles into results.




*“We stand at the crossroads, each minute, each hour, each day, making choices. We choose the thoughts we allow ourselves to think, the passions we allow ourselves to feel, and the actions we allow ourselves to perform. Each choice is made in the context of whatever value system we have selected to govern our lives. In selecting that value system, we are, in a very real way, making the most important choice we will ever make.”*

- Benjamin Franklin

There's this book *Don't Tell Me I Can't* by Cole Summers. I was in awe at what this young man had experienced and accomplished in his mere 14 years of life! His family didn't have resources but were supportive and encouraging. *Where I would have seen barriers, he saw the opportunity.*

He gained much of his learning through the internet - learning from the experiences of others, delving into information he needed to set up and run businesses, remodel a home, or bring water to his fields. He researched and strategized on how to make a difference in water and land usage for future generations. I particularly loved his can-do, positive attitude and that he didn't allow failed businesses to stop him from trying again.



The only barriers  
in life are the  
ones we create in  
our minds.

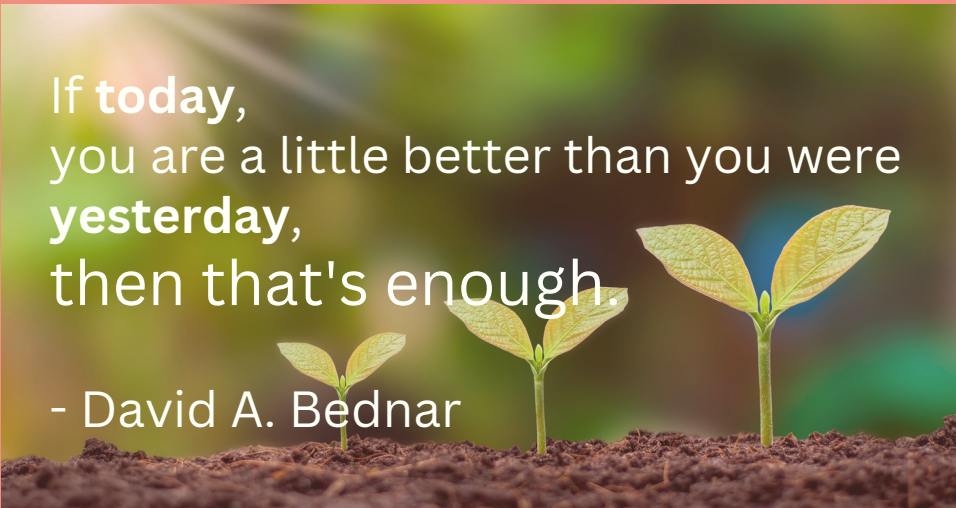
**What artificial  
barriers are  
blocking you?**

What can you learn  
through the  
experiences of  
others?

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It is easy to get overwhelmed with multiple commitments and opportunities. In my experience, the 'to do' list will never be done.

**Take a deep breath.** You won't please everyone and you cannot get everything done; it is ok. Pick one thing to focus on at a time. A small step forward is still momentum!



If **today**,  
you are a little better than you were  
**yesterday**,  
then that's enough.

- David A. Bednar



*Maybe you want to try yourself on a dance floor? Or maybe you always wanted to get into basketball? Or knitting?*

Have you determined areas you'd like to focus on for this year? It doesn't have to be a new year to decide upon new goals. Now is the time to get started.

Not only will taking the first steps **start that forward momentum**, but you may also uncover incredible opportunities that you never even knew were possibilities.

**Children make life magical.**

I love spending time with my granddaughter and seeing her spark for life!

*How could your week be better if you chose to see the world through the eyes of a child?*



Here are some suggestions:

Don't be afraid to do something new, find joy in simple things, smile and laugh more often, run and play, see everything as a learning experience, let your imagination take you to new places, don't focus on what other people think, ensure everyone has a friend. **Try it out.**

*What do you see when viewing your life opportunities through the eyes of a child?*

When we stretch out of our comfort zone and challenge ourselves, we can find great satisfaction and new connections with people and ideas.

**Challenging ourselves** means taking risks and being daring in the pursuit of improvements, innovations, growth, or success. Passionately pursue your dreams and ideas.





It is easy to lump people into a group and apply our unfortunate biases to our impressions of them. When we actually get to know people as individuals and really see and hear them – **seeking to understand** – we can appreciate their perspectives. We can then recognize and celebrate them for who they are instead of who we define them to be.

Taking the time and attention to understand someone else also expands your experience and perspective, enhancing your life and theirs. **Grow by moving closer to understanding someone with a different background and perspective this week.**

Our brains make sense of the world around us. Our natural response is to avoid situations similar to those where we have failed or received negative rewards. The fear of failing, the potential humiliation, or other harm that might come as a result, often stops us from trying new things.

I really enjoy hiking, but the last .2 miles of my hike from the photo was scary. I was rock scrambling where a slip of the foot could cause a potentially deadly fall.

I had to go very slowly and take deep, calming breaths. I was able to experience the spectacular view from the top because I pushed past the fear.

*Consciously encourage your mind down new pathways or experiences and see what insight and growth develop!*





Things usually don't turn out the way we expect them to, and even though that might seem like a bad thing, if we are alert and consciously expect unexpected things to happen, we can be more aware of the little things.

We can hear the water of a nearby stream, we can feel the breeze on our face, we can hear the distant bird chirping, we can notice the small flower.

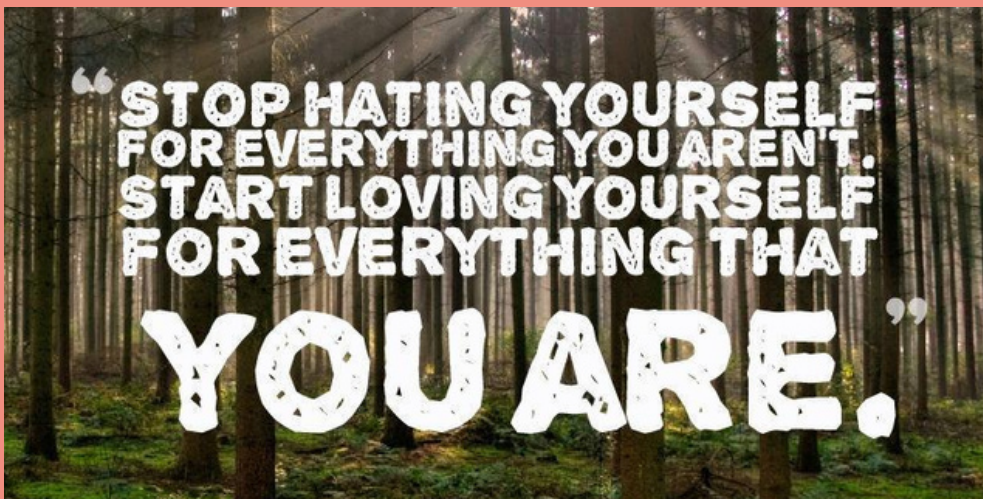
Being **attentive** in the **present** moment and expecting the unexpected can enable us to notice the beauty surrounding us and appreciate the miracle of each moment.

True changes in our life can be daunting. Especially when the changes in our lives are not anticipated or desired. The truth, of course, is that LIFE IS NOT STAGNANT. Children grow up. Roads and sidewalks crack. Plants both grow and die. Despite everything - **we are in control** of ourselves. We can adapt. We can innovate. We can change. Instead of lamenting what you have lost, move forward with determination to learn and grow from your experiences.

Change is often a challenge. When we get out of our comfort zones and force our brains to make new pathways, we challenge our minds. The new pathways created enable us to grow and develop new skills and abilities.



Instead of focusing on all the areas where we fall short and could improve, it is important to put some focus on your strengths and positive attributes. We are each unique and have something to offer in ideas, skills, experiences, and in how we see the world. Bring your strengths forward and nurture those attributes – you will find more happiness within yourself and a bigger impact on the world outside of yourself.



**Alicia Henry's** art entitled "*Analogous II*", 2019, reminds us that **each person is individual and unique**. Sometimes we lump people together based on their race or other defining factors. Instead, we should recognize each person for their individuality and their own personality, background, and skills. When we don't lump people into a predefined group or stereotype, we can truly benefit from the diversity each individual person brings to our teams and relationships. *I encourage you to see the uniqueness and positives in each person with whom you interact today.*



I love what a change of seasons brings. I love how spring brings the blossoms and the new growth emerges from the earth.

With all change and new beginnings, we also most likely suffer some loss. Today, instead of focusing on what we have lost – **join me in focusing on what you have gained.** Maybe it is a new perspective or a reordering of priorities.

Maybe you need to deeply meditate and ponder what you can gain at this time. *Today is a new beginning.* It doesn't matter if you were angry or depressed last week – what matters is the present and today. It is a new beginning and a fresh start.

Use this day to reach out to someone or get outside and inhale some fresh air while listening to birds chirp.

### **hope /hōp/**

*Noun: 1 : to cherish a desire with anticipation : to want something to happen or be true; 2 archaic : trust*

*Verb: want something to happen or be the case.*

Certain periods may seem like a neverending challenge. Today I would encourage you to keep HOPE alive. The feeling of hope in the future – whether you look at it as a noun or a verb – lifts our attitude and helps us know that we can get through these challenges. This experience will not defeat us. Take this time to contemplate the future and all the great things in your life and hope for great things in the future.

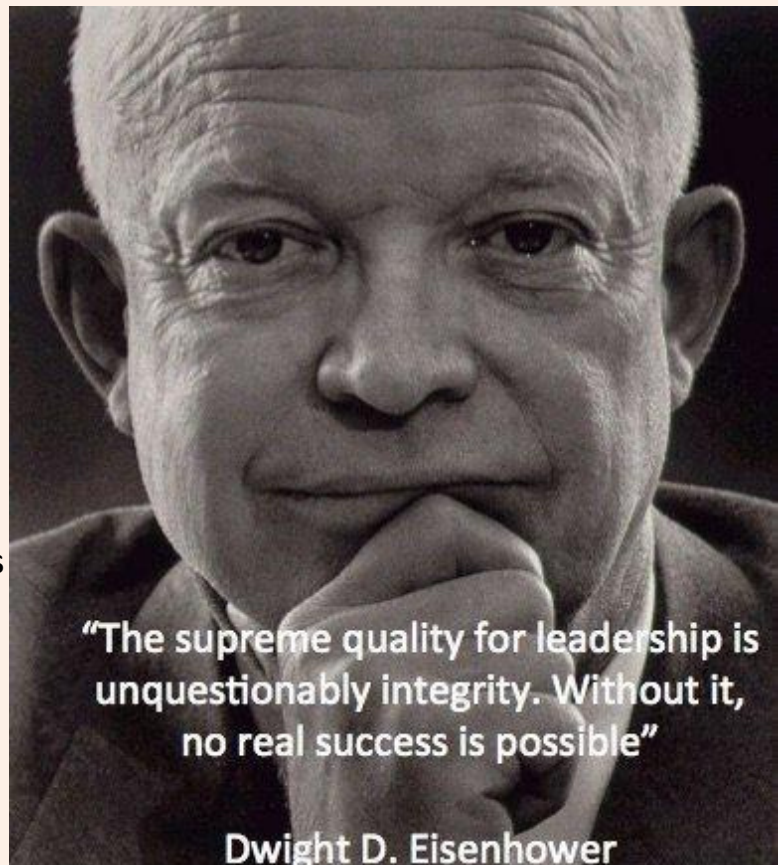
No one wants to be around people who constantly complain. I love **Karen Salmansohn**'s suggestion in "***the bounce back assignment***" - **only vent about something 3 times and after that, only raise your concerns again if you have some action you can attach it to them.** Complaining sucks your energy, your resolve, and your creativity. Don't waste your words on something that not only drags you down, but also those around you.

**Integrity** is one of the top attributes of a great leader. It is consistency of **actions, values, methods, measures, principles, expectations and outcomes.** Integrity is a deep commitment to do the right thing for the right reason, regardless of the circumstances.

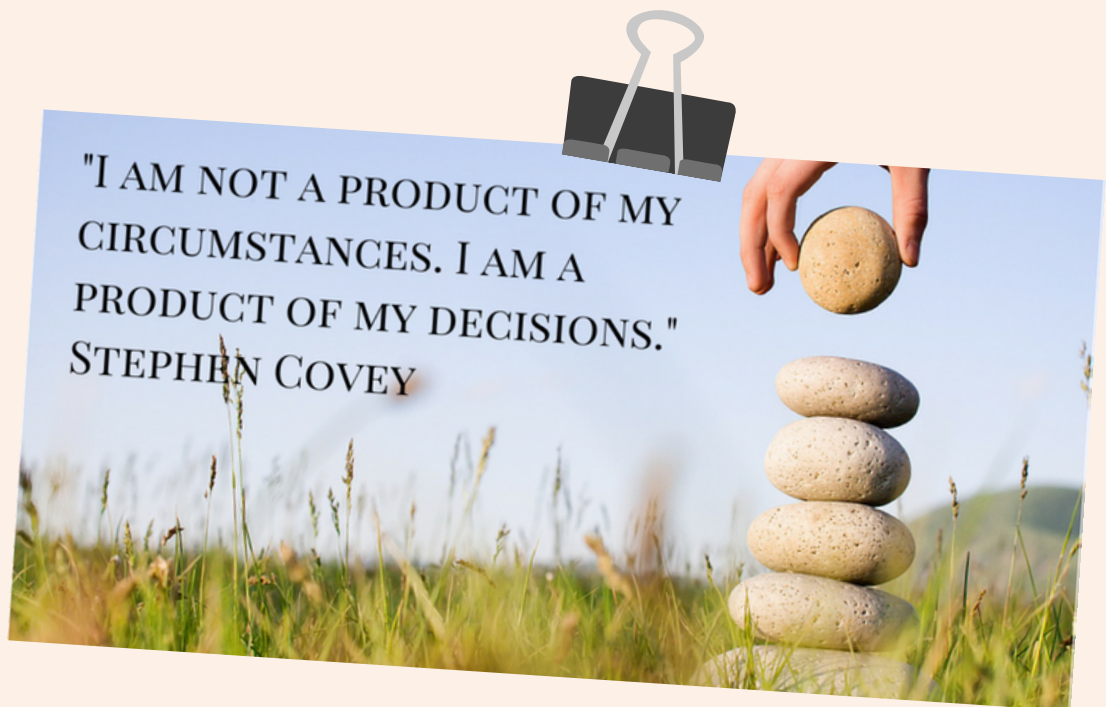
*Examine your integrity.*

Reflect on your interactions with others and determine if there is any inconsistency with your values and actions. Work to bring anything out of balance into congruence.

Be that individual whom others can trust. Live all aspects of your life with integrity.




Embrace change as an **opportunity**. Collaborate and look at things in a new way instead of rigidly continuing to do things the way you have always done them. *Be a bamboo instead of an oak!*



There is something each of us can do every day to help boost our mood and help us feel better and happier -- **EXERCISE!**

Research has shown that regular, consistent exercise can actually function as an antidepressant for mild/moderate depression/anxiety. Start with the smallest thing you can get yourself to do that gets you moving in the right direction.

**Motivation follows movement.**



*Exercise not only changes your body, it changes your mind, your attitude and your mood.*

Take a few moments to reflect on the past year and set some aspirations for the coming one. **How do you want to grow?**

No matter in what month of the year you are, I challenge you to choose to be happier in the next year. Whatever that means to you.

Happiness isn't a product of your surroundings. Happiness doesn't come because of your luck, your wealth, your status, or your opportunities. You aren't happier just because you work harder or take more time to make yourself happy.

Happiness is up to you - it is your choice.



“

"You don't  
FIND the happy  
life,  
you MAKE it."

- Thomas S. Manson

It is disappointing, if not demoralizing, to find out that something you have worked hard on has not met expectations. While we cannot choose how others react to our efforts or if our deliverables achieve the expected results, **we can choose how we use the feedback we receive.** Instead of jumping to the conclusion that you are a failure, **change your mindset.**

Every experience is an opportunity to learn. You don't have to agree with the feedback you receive, but you can choose to use that feedback for growth. **Choose a Growth Mindset:** believing that you can cultivate and improve through your efforts. You are a dynamic individual with limitless potential. Choose to see experiences as opportunities for growth.

## Hey there!

I hope these thoughts ignited a spark within you, lighting the way toward a future filled with purpose, success, and fulfilment.

Remember, life is an extraordinary adventure, and every moment presents an opportunity to **redefine yourself**. **The journey of self-discovery is ongoing, and you don't have to walk this path alone.** We all need some direction and support, especially when faced with big decisions and change.

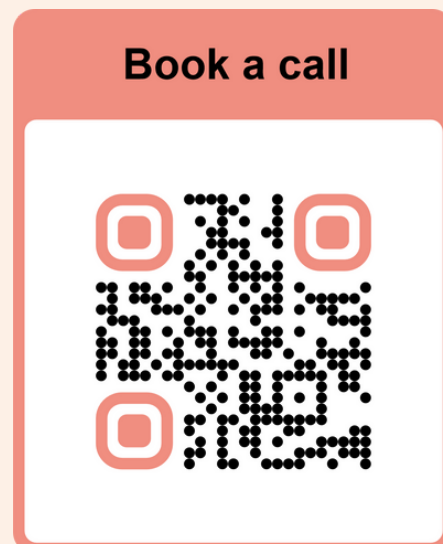
As a dedicated executive coach, I aim to **empower** individuals like you, who might be feeling stuck or uncertain, to **regain control** and stride confidently toward their dreams. Whether you seek clarity in your personal life, desire to achieve unprecedented success in your business endeavours, or simply need that extra push to unlock your full potential, I am here to help.

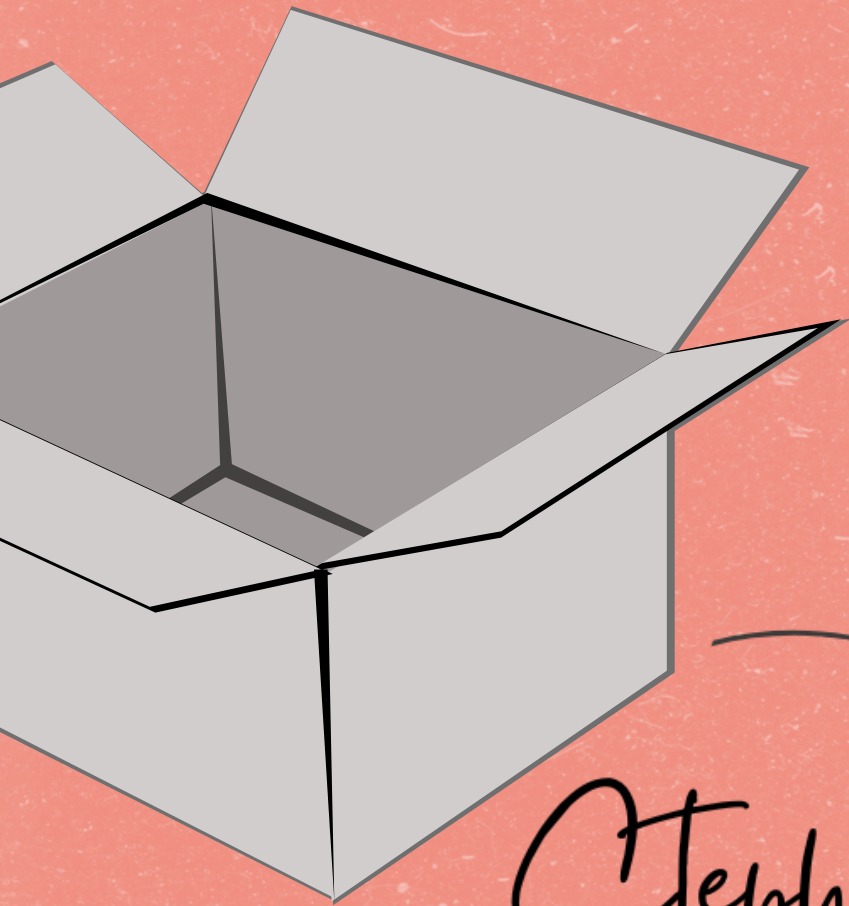
My coaching goes beyond mere motivation; it's a partnership. We create a customized roadmap for your unique journey. Together, we'll explore your passions, identify your strengths, and address your challenges. You will then be confident to move forward with **practical tools and actionable strategies**.

**Your dreams are valid, and you deserve to live a life that aligns with your aspirations.** I encourage you to take the next step.

**Reach out,** book a 30-minute intro call on [stephanieschmid.com](http://stephanieschmid.com) and **let's embark on this empowering journey together.** I can't wait to meet you.

Take care,  
Stephanie





2023™