



Positive Self-Talk

Inspirational thoughts volume 5

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* in various youth sports teams, within her church, and professional organizations. 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

Unleash the potential within as you embark on a transformative journey of self-discovery. This collection is a testament to the power of positive self-talk. Through these narratives, you'll build your self-confidence, foster a kinder relationship with yourself, and find the peace of mind that paves the way to a happier, more fulfilled life. Let your inner dialogue be a source of strength, guiding you to the life you deserve.

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.

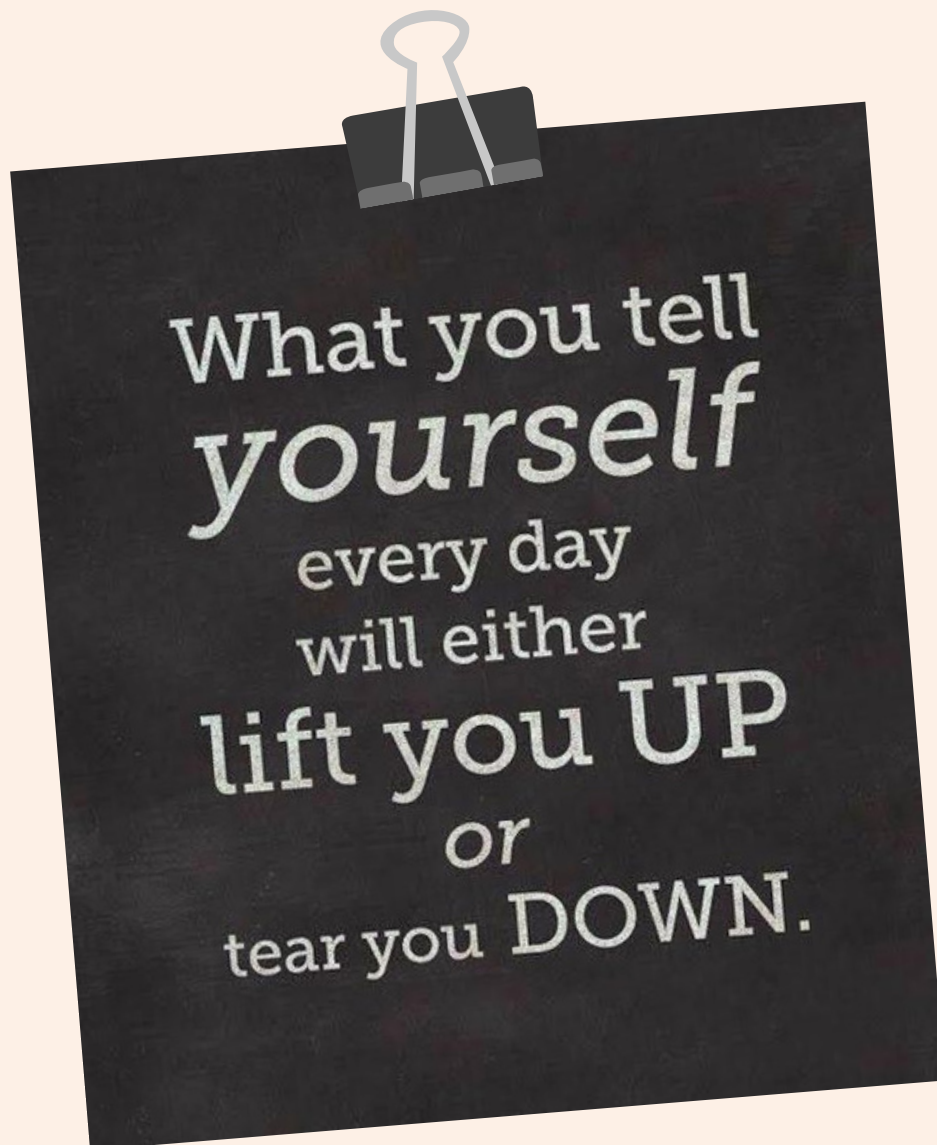
This collection is a potent reminder of the strength of the human spirit and the boundless potential within each of us. It's a lifeline for those moments when life feels challenging and uncertain, offering **guidance, comfort, and the assurance** that with the right mindset and determination, we can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

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



We are constantly getting external messages about ourselves – some in the form of direct feedback and others as indirect feedback. **We are in control of whether or not we internalize the external messages.** While it sounds a bit hokey, the truth is that the messages we send ourselves have a huge impact on our confidence and the way we interact with others.

You have many talents and experiences which have shaped you. Think positive thoughts. **Remind yourself of your strengths.** Build yourself up. You can do this!



PERFECTIONISM - the wish for everything to be correct or perfect.

Are you beating yourself up because you aren't perfect? While we may think we are striving to be 'perfect,' the illusion of perfectionism is actually unachievable. We want control over our lives and feel that doing things perfectly will put us in control. Perfectionism, however, is masking our fear. We feel that mistakes will reveal the truth - *that we aren't perfect.*

If you find yourself being perfectionistic - the best news is that **you CAN change!** Perfectionism isn't an inherent trait. Our body and brain are striving to protect us from harm and hurt. We can change that unhelpful and destructive self-talk.

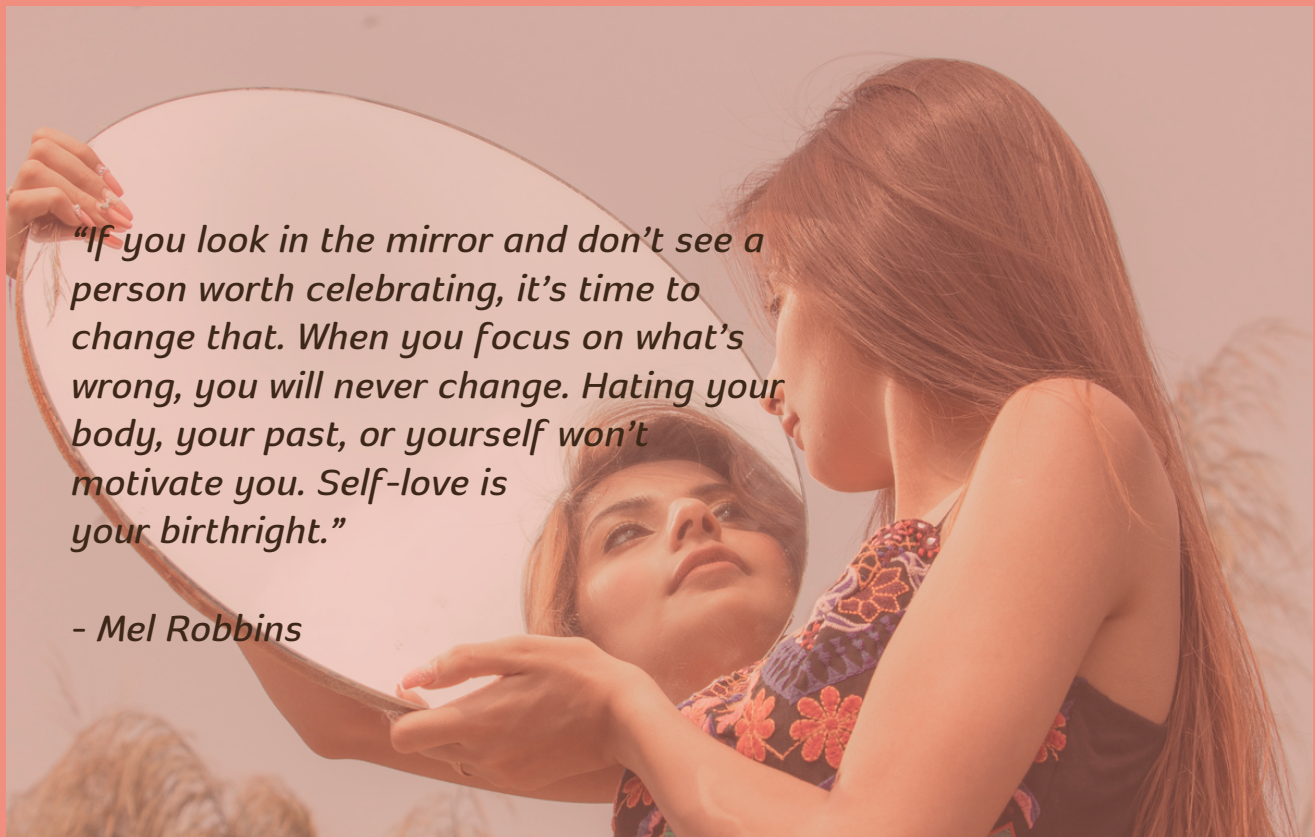
*“At its root,
perfectionism isn't
really about a deep love
of being meticulous. It's
about fear. Fear of
making a mistake. Fear
of disappointing others.
Fear of failure. Fear of
success.”*

-Michael Law

Praising ourselves for trying again, learning, and growing will help us face our fear of not having control and not being perfect. It is the process of learning and growing that matters, not a perfect outcome. Growth and learning come through our efforts and most deeply through our 'failures'. Relabeling those 'failures' as opportunities for growth and learning also helps us reduce our fear and support ourselves. *What can you do this week to replace your inner dialogue with one that empowers you instead of paralyzes you?*

What do you see when you look in the mirror? Do you see fatigue, yesterday's disappointments, the skills you lack, that blemish on your face, or the hair that is out of place? Or do you see strength, determination, and a talented, unique individual?

So - what can you do to increase your self-love and change what you see when you look in the mirror? Start by making a list of your best personal qualities. This may be difficult to do. It may take you all week or month. Identify AT LEAST 50 things that you write down. Keep the list of your best personal qualities by your mirror - and ADD to it.



"If you look in the mirror and don't see a person worth celebrating, it's time to change that. When you focus on what's wrong, you will never change. Hating your body, your past, or yourself won't motivate you. Self-love is your birthright."

- Mel Robbins

What do you fear? I listened to Mel Robbins' book *Take Control of Your Life* and loved learning that our bodies and brains have an automatic reaction to our fears as they try to protect us. Our reactions are based on our previous experiences but we can change our automatic responses by first recognizing and sensing how our bodies are reacting to the fear and then consciously making a choice to create a new pattern of reactions. I love the quote, *"Who I was does not dictate who I am and who I am becoming."*



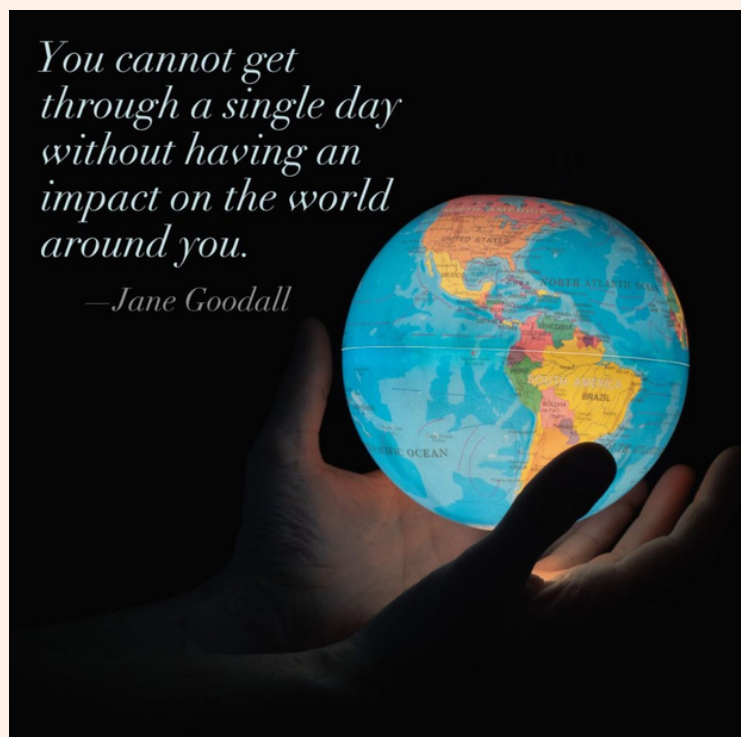
Regardless of your fears and your previous responses, **YOU CAN CHOOSE to take steps to change your life.** That change won't happen immediately, but can begin through your actions TODAY.

We are often our own biggest critic. We cut ourselves down and blame ourselves for our perceived shortcomings and failures. **Flipping that inner dialog takes focus and practice.** **Take control** of the messages you send to yourself. **Your mind is powerful** – remind yourself daily of your strengths and your uniquenesses. You recognize and celebrate others – *why not yourself?* Be your own biggest cheerleader – take a deep breath and remind yourself that there is only one YOU.

Remind yourself of your talents and abilities. Being kind to yourself is the best thing you can do to drive happiness and success today.

You have unique talents and connections within the world around you. It may feel like you are isolated and nothing you do really matters. However, each person matters and **YOU make an impact.** Embrace the difference you make in the world around you – every place you touch it.

Choose to be a catalyst for building, supporting, and improving those you come in contact with and your environment.



OVERWHELMED? I have spoken with numerous people who are feeling overwhelmed. It might be due to work deadlines, ill family members, an unstable economic situation or something else.

It is CRITICAL that we practice daily self-care in order not to feel buried under a heavy load. Self-care isn't something we can afford to do occasionally - **we need to ensure we are taking care of ourselves every day.** It is important for me to put things in perspective, to get outside, exercise and have connections with others.

Prioritize yourself.

When feeling overwhelmed...


- Take deep breaths
- Recognize and label your emotions
 - Go for a walk
 - Adjust schedule
 - Ask for help
- Identify your needs (e.g. rest)
 - Re-evaluate your priorities
- Remind yourself of your boundaries

And remember you can handle it.

Namaste. It is a word I repeat at the end of yoga classes. Expressions with a similar sentiment are: *'thank you,' 'I honor you,' 'I respect you.'*

What I love most about the word Namaste is the feeling of connection and honor for another person as you are honoring yourself.

Too often we put ourselves down and think we are not good enough. I love the power and peace that comes when we recognize that there is goodness in other people AND in ourselves.



NAMASTE
I honor the love, light, beauty, truth and kindness within you because it is also within me. In sharing these things there is no distance and no difference between us.

Acknowledging that goodness and connection creates positive energy, we can benefit from appreciating others AND ourselves for the unique traits and talents that each person brings. Finding that common connection of humanity creates a powerful, safe space for us to share our perspectives, and allows for learning and growth. This is a great week to acknowledge the light and goodness in ourselves and others.

You are unique. You have talents and abilities that allow you to make an impact. *Don't compare yourself to others and don't focus on the same techniques that have enabled other peoples' successes.* Of course, you should continue learning and growing – but choose to develop, to become a fuller, more effective, and happier YOU instead of trying to fit the mold of someone else. **No one is exactly like you.** Your life, your trajectory, your experiences are uniquely yours – **embrace them.**

“

Always be a first-rate version of yourself, instead of a second-rate version of somebody else.”

- Judy Garland

”

We live in a world of noise - In meetings, conversations, emails... In addition to what is scheduled, we have many interruptions and urgent requests. Without deliberately setting aside **quiet time**, we will likely need to extend our work day or work week to accomplish our objectives.

Quiet time every day is beneficial. Some of those benefits include: help with processing and understanding information, creativity boosts, increased concentration, stress reduction, mental health improvement, brain cell stimulation, and increased self-awareness.

If I begin my day with meditation, I am calm, focused, and in a better position to take on the day – including those unplanned elements.

I am the type of person who leaves many internet browser windows and applications open on my computer. And, like most people, I also monitor and respond to email messages and text messages throughout the day. In our *always 'on' world*, it is imperative that we take vacations and time away from our work to recharge.

If you haven't scheduled some time to disconnect, I highly recommend you do so for your mental health and your productivity. *Even if it's just a day to a city close by or a trip to the spa!*

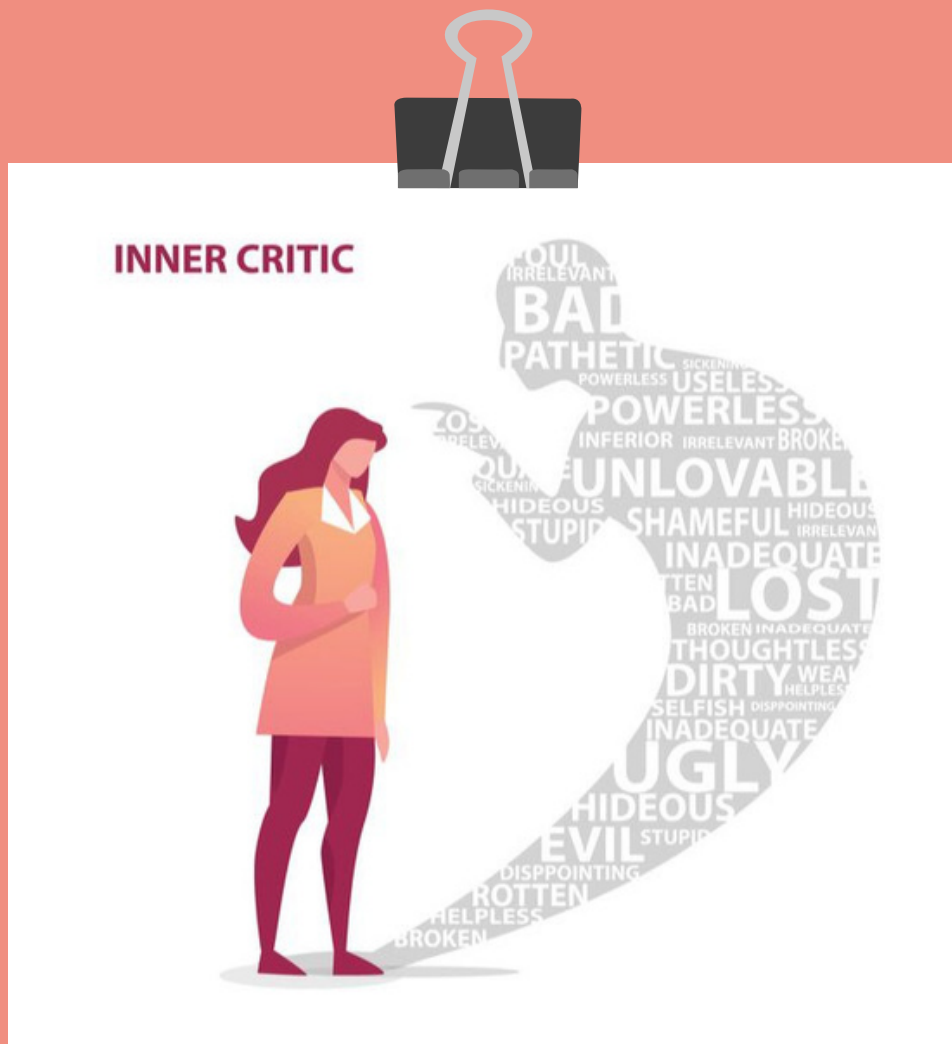



I absolutely love *Marcus Buckingham's new book, **Love+Work*** and the insights it provides. I also really enjoyed discussing the takeaways with my colleagues since we decided to read the same book and discuss it afterwards. Each person got something different out of it. Even though we have a lot in common with other people, as Marcus puts it well, *"You aren't a category...unless we are talking about a category of one."* You are unique. There is NO ONE exactly like you. Embrace that fact.

“You know you are not as good as you think you are and everyone will find out unless you play it safe and stay small. Real small.” I listened to Steve Chapman speak about dancing with our inner critic.

How much does your inner critic and negative self-talk hold you back?

Being aware of our inner critic is the first step in taking away its power. Even having a dialog with our inner critic and asking it “how it became an expert in our abilities” helps reduce its power. After awareness and inner dialog, choosing to not validate the messages sent from our inner critic and instead replacing those messages with positive, reaffirming thoughts, empowers us to move forward, stretch and take the risks needed to help us grow and make a difference in our lives and the lives of others.





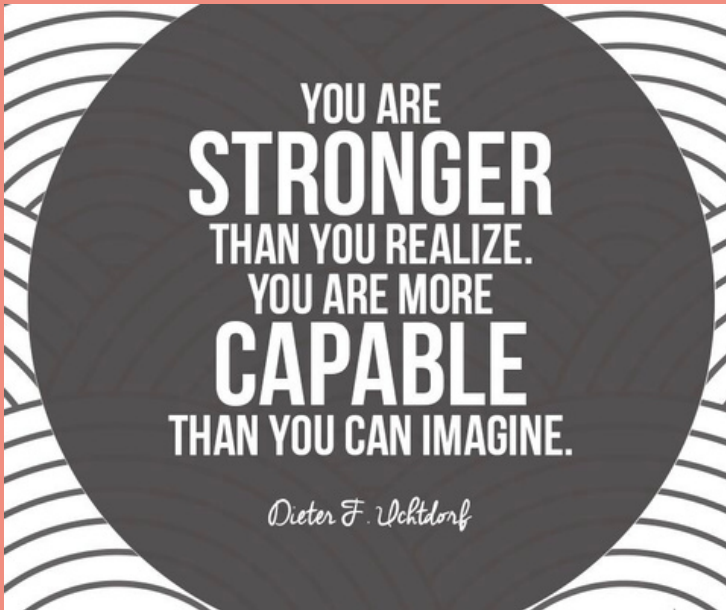
"Take rest. A field
that has rested
gives a bountiful
crop."

- OVID

Our mental health is more important than being productive and **REST** is vital for our mental health. Give yourself a gift of rest and spend the day by yourself or with people you love.

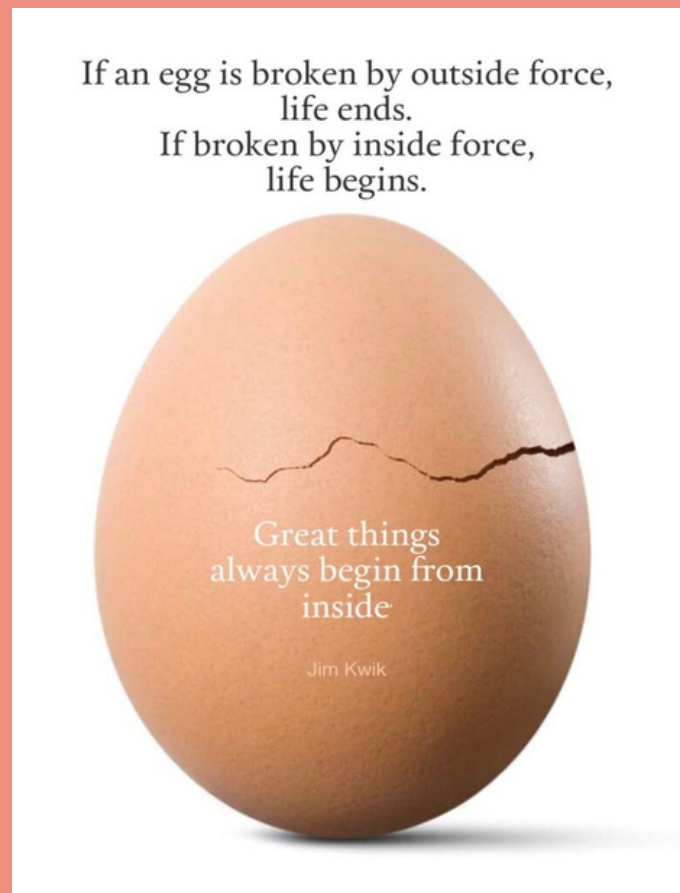


"Journaling is like whispering
to oneself and listening at the
same time" - Mina Murray



Instead of focusing on your weaknesses and how you can improve, **grow your strengths**. If you aren't sure what your strengths are - I highly recommend taking the **CliftonStrengths** assessment. Understanding your talents and strengths and putting them into practice is empowering.

You are **strong and resilient**. You have talents and experiences that have enabled you to succeed. Your unique perspective and abilities make a difference. I enjoyed hearing *Jim Kwik* speak and took to heart his reminder that we each have the power within us to control how we see the world and the difference we can make in it - regardless of our circumstances and the challenges we face. *Be that force* for good in your life - the power is yours!



The Global Wellness Institute defines wellness as *“the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health.”* Our team at work participated in a wellness challenge, logging daily minutes through both our own wellness activities and with the help of training videos.

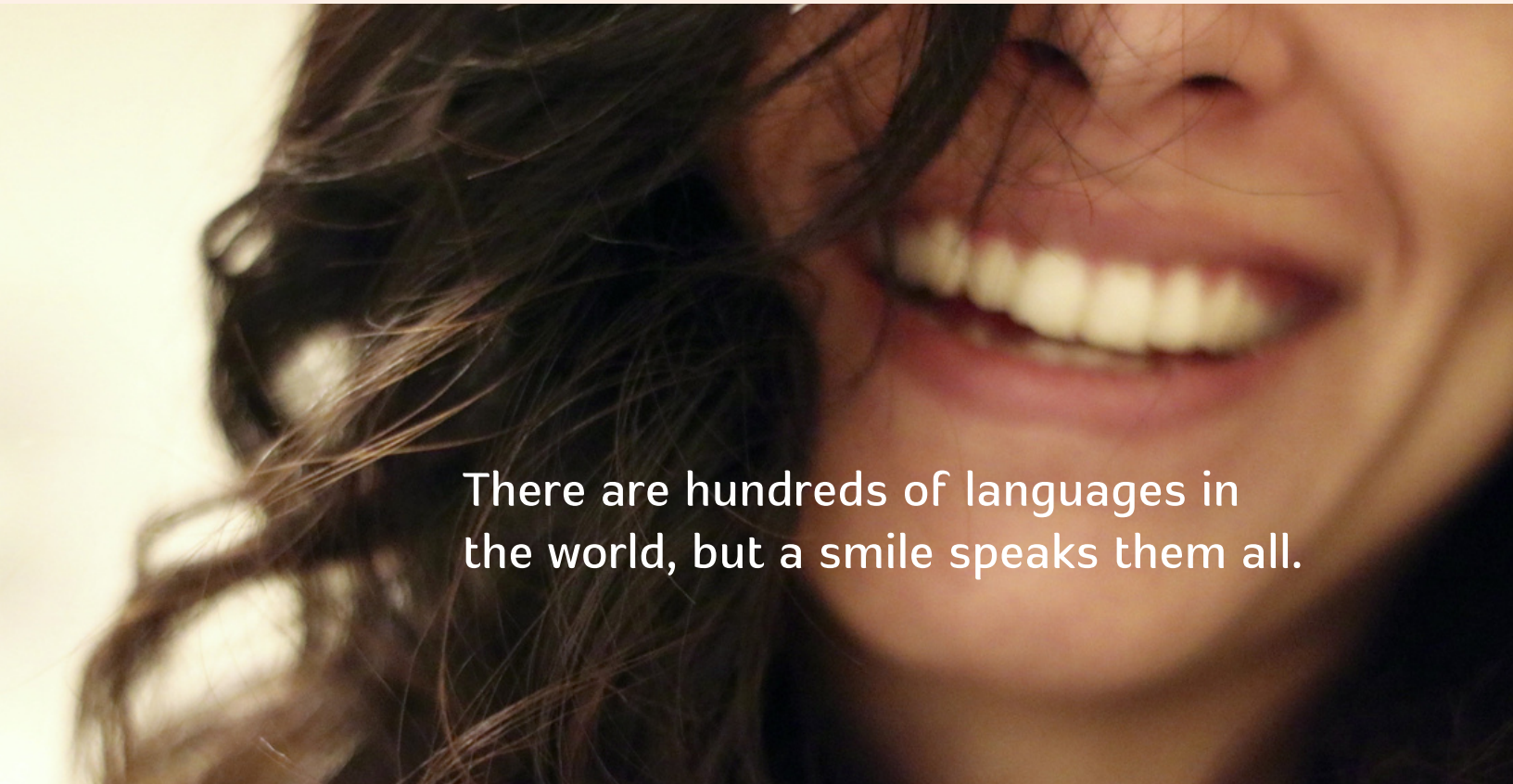
This challenge prompted me to reflect on a few critical aspects of wellness: it is an ‘active’ pursuit, it is something we need to consciously choose daily. Not only on weekends. We need to do activities for our physical, mental, spiritual, social, and financial health, and of course, we need friends to encourage us and share things to consider.



While you may not think you have time for wellness, think about your daily activities and I’m sure you’ll find some things that you are already involved in that you can enhance or expand. Doing something for your wellness daily is worth the benefits - it grants you grounding, strength, and energy. **What are you doing for your wellness?**

We typically feel many emotions over the course of a day. Often, those emotions are not happiness and we do not feel like **smiling**. Experimental Psychology recently published the results of a study showing that forcing a smile (or what we might call 'faking it') can actually positively impact our emotions.

Fernando Marmolejo-Ramos, PhD shared, "In our research, we found that when you forcefully practice smiling, it stimulates the amygdala, which releases neurotransmitters to encourage an emotionally positive state." So, even if you don't feel like smiling, consider practicing, and bring yourself in a better mood.



There are hundreds of languages in the world, but a smile speaks them all.

You may sometimes not feel like a hero or that you have anything to contribute. But that is completely incorrect – each of our uniquenesses is needed! Your smile may be just the thing that helps another person feel noticed and important.

Self-compassion: extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering.



It is often easier to feel compassion for others than for ourselves. I love an exercise that Kelly McGonigal shares in *The Science of Compassion* where she encourages you to write down something difficult you are going through and then set the paper aside, coming back at a later date to read the details to really understand what the person who wrote it is going through. Then write a caring and compassionate response to someone who wrote about the situation.

By not thinking of the suffering as your own, you are better able to give guidance to the one struggling. You then set the letter aside and read it at a later time feeling the power of the compassionate response and the words of empathy, support, and encouragement for the suffering you are experiencing. I encourage you to **try this exercise this week!**

There are so many great lessons and motivations found in **Hamilton's life and in the musical**. It is so tragic when Burr shoots Hamilton in the final duel. In the song titled, "*The World was Wide Enough*", Burr's character sings "*He may have been the first one to die, but I'm the one who paid for it. I survived but I paid for it.*" Harboring anger and animosity only hurts us.

Even when we seek retribution for the wrongs that we feel we've experienced, the only true peace comes when we forgive and move on. As we utilize our own abilities and allow others to magnify their own strengths, we can have the courage to show respect and kindness to other people while still being true to ourselves.

Forgiving others isn't a gift to someone else - it is truly a gift to yourself. *Indeed the world is wide enough for all of us.*



Even when I was a teenager, I complained to my mother that I needed more time. She was very wise in her counsel reminding me that **everyone has the same number of hours in every day**. No one gets any more or any less. It is truly in our control how we spend the limited resource of time.



It is critical to **prioritize time** for ourselves. This is not selfish, but rather an **investment**. When we are rejuvenated, we can then tackle the priorities in front of us in a more balanced and calm fashion. How are you spending time on yourself? Exercise, time with friends, meditation, immersing in a hobby, journal writing, getting outside, reading a book, learning something new? We are all unique and we owe it to ourselves to identify how to best invest in ourselves at this time in our lives. Although it seems counterintuitive – when you invest in yourself, you have a greater capacity and the perspective needed to prioritize the demands on your time and make the best decisions for how you will spend your limited resource.

When I was a new diver, I remember I got near one of the artifacts and ended up kicking up a lot of dirt, ruining the visibility. I felt panic as I lost sight of the dive master and my fellow divers. I had to control my self-talk and remember what I had learned in training – that truly the most important thing in diving is to **breathe and remain calm**. As I controlled my thoughts and focused on being calm, I was eventually reunited with my group and able to complete the dive.

As I reflect on this experience, I think about its much broader application to bigger things happening all around us. Sickness, death, job loss, hateful crimes against other people, and abuse – just to name a few challenges that can cause anxiety and panic. **The best way we can make a difference is to not allow those feelings of anxiety to overcome us but rather to be mindful and calm.** When we come from a calm state, we can think clearly and determine what we can each do to make a difference. We can direct our energy in a purposeful instead of a reactionary manner. Tap into your personal power.



Re-sent-ment: a feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury.

You've been wronged. You have been mistreated. You may have been abused. Horrible things may have happened to you. **Regardless** of how you or those you love have been treated - resentment hurts YOU. Retaliation never heals the person who has been hurt. The only person who can remove your resentment and anger is YOU. **You are powerful and strong.** Forgiving someone else is a gift to yourself rather than a capitulation to the person who has harmed you.

"Resentment is like drinking poison and expecting the other person to die."

- Carrie Fisher



It is easy to blame our situation and external factors for our anxiety and stress. In spite of how well we prepare and plan, every day we encounter unexpected people and circumstances outside of our control and comfort zone. If we allow it, these conditions not only impact our mental and emotional state of being but also negatively affect our physical health and well-being. **Even though you cannot control what happens around you, you can control how it influences you.** Don't allow the external stressors to change how you feel about yourself, your talents, or your self-worth. You are in control of what you internalize. Don't relinquish that power.

Let nature take care of your well-being. Many studies have shown the positive benefits of **Vitamin N** (**N** for Nature): *decreased anxiety and negative thinking, lowered levels of depression and stress, improved mental and physical well-being, decreased blood pressure, and better cognitive development.*



The closer you are to green space, the less you suffer from cardiovascular, musculoskeletal, mental health, respiratory, neurological, and digestive diseases.

When you don't carry the burden of hatred, you will have more energy and momentum to spend in a positive and productive way.

Martin Luther King's wife, **Coretta Scott King**, was an activist for civil rights and social justice.



Vul·ner·a·bil·i·ty – noun – the quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally.

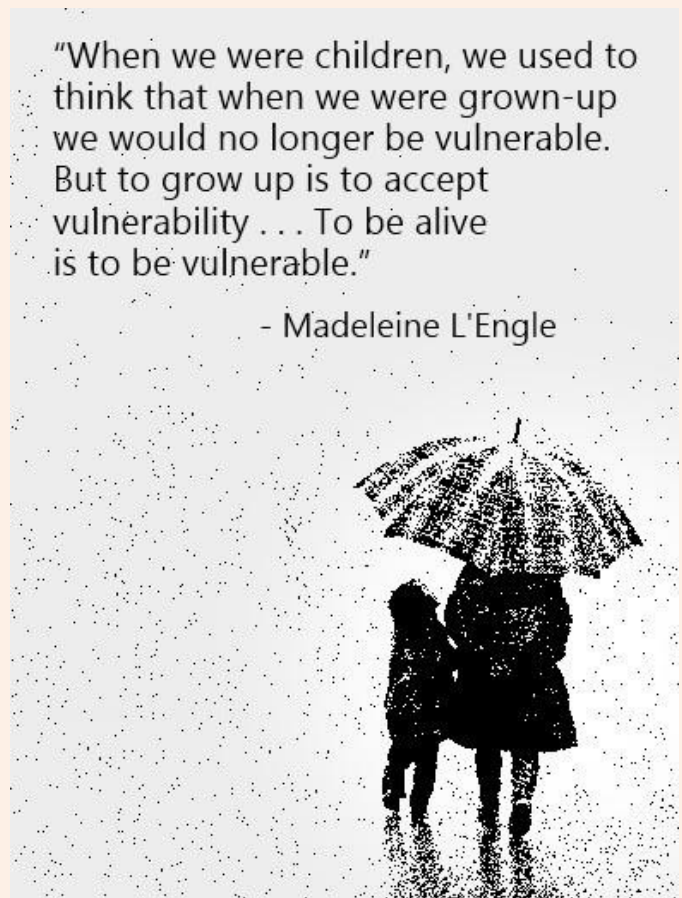
Being vulnerable is a risk. We don't want systems that are vulnerable to hackers. We don't want to live in houses that are vulnerable for break-ins. Just by nature of being human beings, we want safety and security.

Vulnerability, however, is essential if we really want to get to know other people and have them get to know us. While we are leaving ourselves open for betrayal, we are also opening ourselves up to deeper connections and collaborations. Particularly when our world shifts in unanticipated ways, I appreciate the vulnerability shared by friends, family, and colleagues. I feel more deeply connected to those who have been open about their situations and fears. I am grateful for glimpses into lives that have previously been shielded from view.

Take that risk – share your experiences, thoughts, and challenges. It's scary and may cost you some relationships or opportunities – but it could also open up doors you never knew existed.

"When we were children, we used to think that when we were grown-up we would no longer be vulnerable. But to grow up is to accept vulnerability . . . To be alive is to be vulnerable."

- Madeleine L'Engle



Week two of **Kelly McGonigal's 40 days to Positive Change program** is focused on **gratitude**. Spending just 8-10 minutes each day last week focusing on gratitude gave me such a great daily grounding and helped increase my positivity and energy for the day as I appreciated people for the differences they have made in my life.



I love how gratitude strengthens relationships and builds trust. Kelly says, *“Research shows that gratitude creates a state of mind and body that supports positive choices in all of your life. A daily gratitude practice can fuel you with energy, hope, and courage to take action toward your goals.”*

We are often our own worst critics. It seems natural to mentally scold ourselves for our mistakes when we fall short. Research has shown, however, that beating ourselves up does not instill lasting change. Instead, it drives a sense of self-loathing, shame, and discouragement, and makes us more inclined to continue in the behaviors we'd like to change. Instead of focusing on your shortcomings, **focus on your strengths** and **treat yourself with kindness** when you fall short on areas you are trying to improve. Show yourself the same outpouring of love, acceptance, and support you would show someone you love who is struggling. Loving and accepting yourself is the most effective way to create long-term change in your life.

Any internet search will reveal a plethora of information on the health and scientific benefits of **deep breathing**. Those benefits include: *increased oxygen to your brain, lowered blood pressure, increased release of endorphins, strengthened immune system, increased energy, decreased tension, and improved clarity and concentration....*

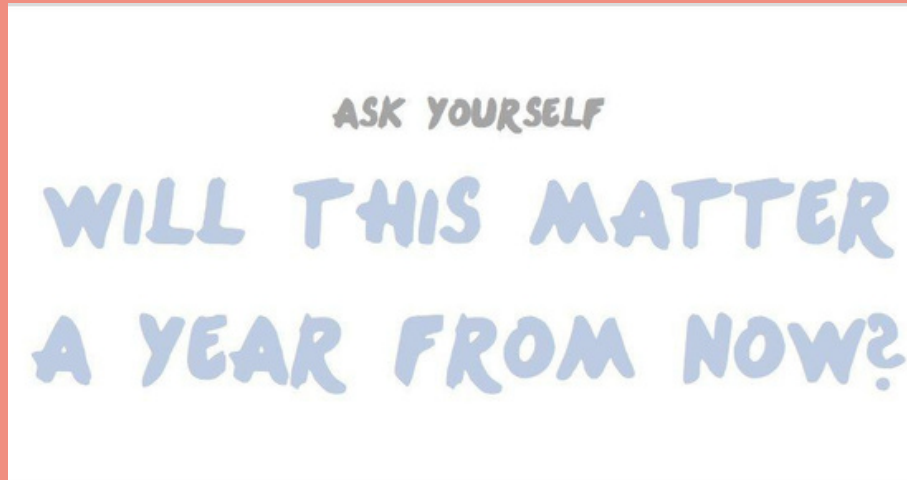
I have found that deep breathing helps keep me calm in tense situations, helps **slow down** my reaction and anxiety, and helps me get through tough workouts. This week you will face challenges - practice making breathing part of your first response to help you reap the benefits of deep breathing while managing life and work demands.



Instead of trying to identify someone to blame for your problems or challenges, **take a deep breath** and **focus on what you can control**. You are always in control of your **thoughts, actions, and the way you interact with and treat others**. Acknowledge that mistakes happen and they are not anyone's fault.

When we focus on what we can control and take accountability for our feelings and experiences, we will **find greater peace** and an ability to build stronger relationships and bring out the best in those around us.

“Don’t Sweat the Small Stuff” by **Richard Carlson** is a timeless book. His insights help us keep things in the proper perspective as we go through life. We only have 24 hours in each day – spending them angry or upset robs us of other ways we could more productively spend our precious commodity of time. If something is upsetting you – ask yourself if that thing will really matter a year from now. If it will, then work to resolve the issue; if it won’t, let it go.

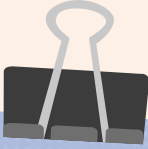


One critical idea Greg McKeown discusses in his book *“Essentialism”* is that we have **the power of choice** (as long as we don’t try to do everything or give that power of choice to others). Use your power of choice wisely – you cannot do everything so choose to do the things that mean the most and have the biggest impact!



What is your passion?

Find something in your work and in your relationships that interests and excites you and give it your energy and enthusiasm. **Life is not meant to be lukewarm - it needs your whole heart!**



I began to realize how IMPORTANT it was to be an enthusiast in LIFE.

If you are interested in something, no matter what it is, go at it FULL SPEED.

EMBRACE it with both arms,

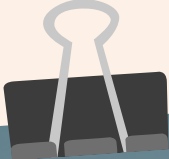
HUG it,

LOVE it, and above all become

PASSIONATE about it.


Lukewarm is no good.

Roald Dahl



Remember that failure is an event, not a person. Yesterday ended last night.

- Zig Ziglar



Despite the best planning and preparation, sometimes things don't generate the expected outcomes. I don't like the word '*failure*' because I feel that things are rarely a complete failure; there is always something good that comes out of everything – even if it is just learning to do something differently in the future.

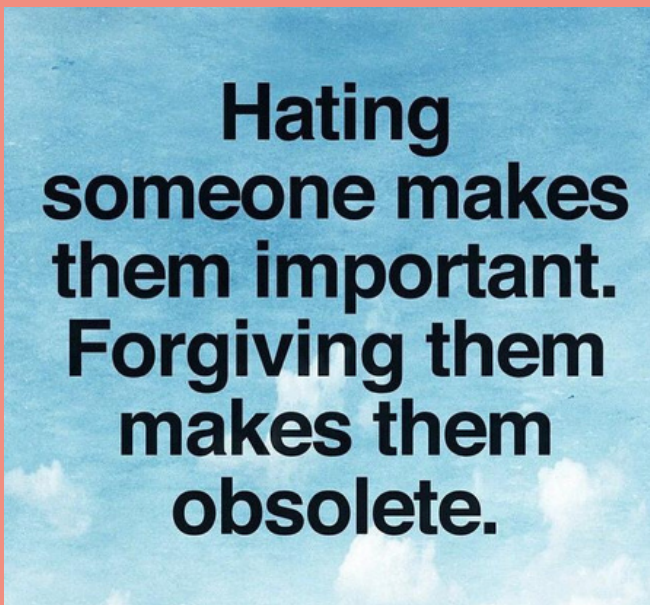
I love **Zig Ziglar**'s take on failure in the attached quote. Remember **YOU are NEVER a failure**. Regardless of what happened in the past, today is a fresh day.



Do you write in a journal regularly? There is evidence that writing in a journal is beneficial to mental health as we process and review things in our lives. I spend an hour weekly thinking through the previous week and recording my experiences and thoughts. I find it very therapeutic to think about and record my experiences. **Reflecting back on the week enables me to recognize accomplishments as well as opportunities where I can do things differently in the future.**

Journaling can help propel us toward our goals, give us a chance to express our emotions, help reduce stress, and enable us to recognize some of the great things in our lives! Don't think of journaling as an autobiography, but rather as a personal opportunity to write and reflect.

I had a chance to reread the book ***Leadership and Self-Deception***. I love the reminder that we see the world from our own perspective and the way we think about others not only impacts how we feel about them but also impacts how we feel about ourselves. As we think positively about other people and act on our inclinations to help others, showing genuine concern for them as individuals, we will have an improved relationship with both ourselves and those around us.



Other people may treat you poorly or throw barriers in your way. You may be justified in your anger and resentment for what someone has done to you or said about you. YOU are in control of how you let that wrong impact you. Your anger and resentment only hurt you. Let it go and forgive – don't give anyone else your power!

Our minds are powerful. Positive messages are empowering; negative messages are debilitating. **What messages are you sending yourself?** Be aware of your thoughts and self-talk. When the negative, self-defeating thoughts occur, replace them with positive, reinforcing affirmations.

What you say to yourself matters; make it impactful!

Many studies confirm multiple benefits of **vitamin D** - which you can get with a little sunshine every day. Two significant benefits include improved brain function and improved mood.

Schedule 10 minutes every day for stepping away from your desk and getting outside for a little quiet time.

The break will allow you time to think and give you the benefits of vitamin D.



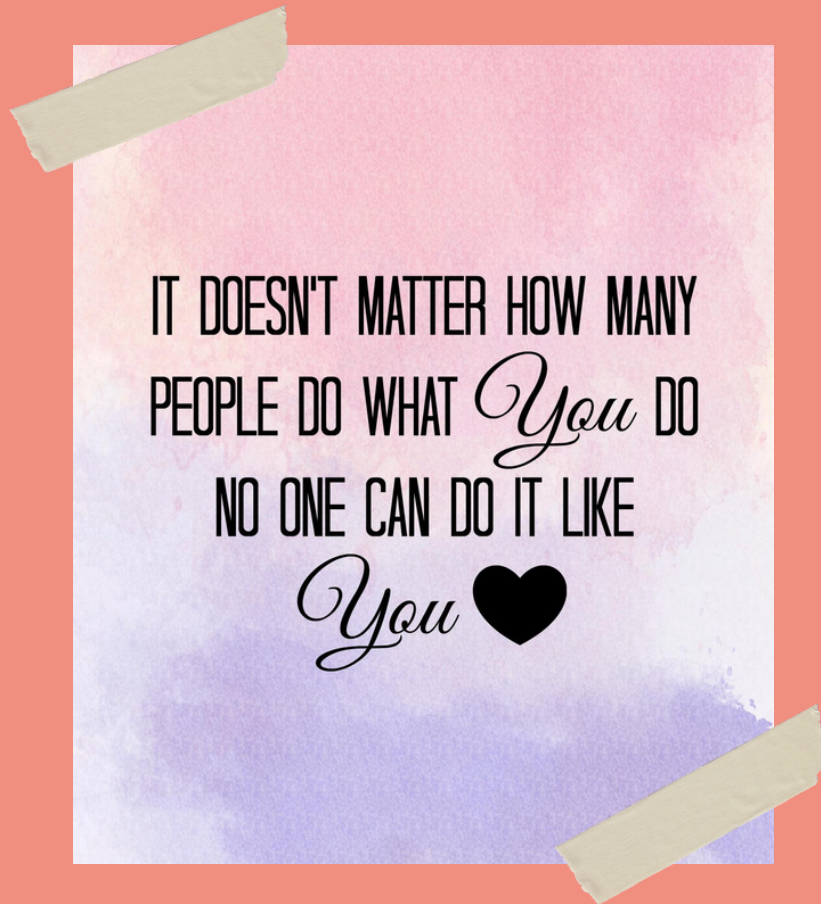
Who are you? Who do you strive to be? I loved a suggestion from Brendon Burchard (*brendon.com*) to identify **3 key words** that describe your personal self. 3 words that say “this is who I am.”

My three words are: **positive, energetic, determined**. I have put these words in my personal calendar on my phone, 3 times (recurring daily) with a pop-up reminder. As a result, three times every day, I see the words: positive, energetic, determined. This reminds me of who I am and who I strive to be.

So - who are you? **I encourage you to identify 3 words that represent you or who you are striving to be.** Add them to your calendar at 3 recurring times during the day and see what difference it makes!



Even though there over 7 BILLION people in the world - NO ONE is the same as you. **You are the ONLY one who is uniquely you.** Only YOU have your distinctive personality, your combination of strengths and weaknesses, and your experiences. Your talents, skills, abilities, and experiences can make a difference that is your unique contribution to your home, your family, your job, your community, and our world. Regardless of the messages people may send you through their words or actions, don't ever let anyone devalue you. You matter.



It is easy to see how negative comments and criticism deflate us and our enthusiasm. Positive messages help us feel good about ourselves. Positive messages are empowering. The same is true for your own self messages. You are constantly having an inner monologue. *What messages do you send to yourself?* Your inner dialog affects how you think about yourself and your environment.

Take ownership of your self-talk. Recognize what kind of communication you generate internally. Consciously give yourself positive affirmations. This morning look in a mirror and tell yourself:

I am talented!

I am smart!

I can do difficult things!

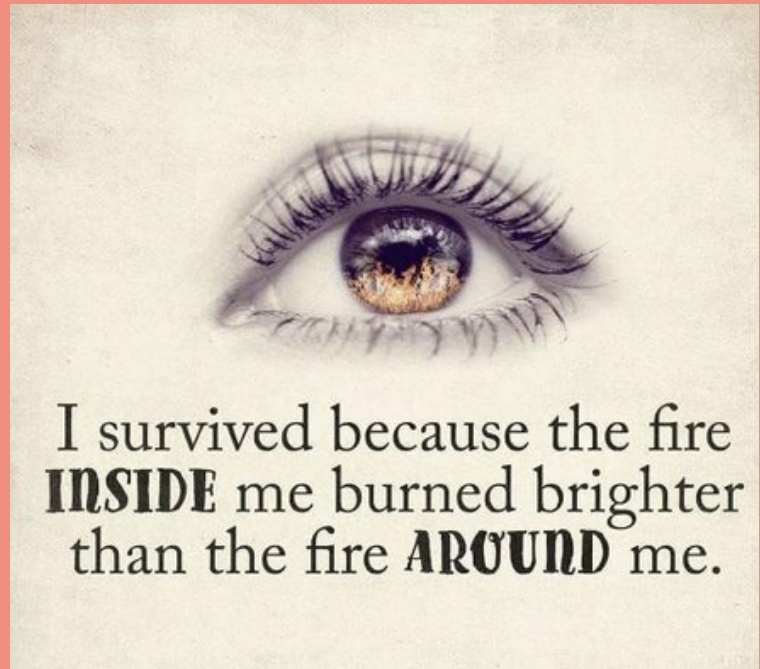
I can overcome challenges!

I can do this!

Often when things get really busy in our work or personal lives we feel like we are 'putting out fires' instead of proactively planning ahead. If we focus on the 'why' of what we are trying to accomplish (personally or professionally), we can find that fire within that will push through the stress and the external forces fighting for our attention.

What drives you? Find your fire within and share that light.

Instead of looking for someone else to give you opportunities - recognize that ***YOU are in control of making a difference in your life.*** Seek opportunities. Put forth your own best effort and push through the barriers in front of you. You can do it! You are capable and talented! Make your own success!



WHAT LIES BEFORE US AND WHAT LIES
BEHIND US ARE SMALL MATTERS
COMPARED TO WHAT LIES WITHIN US.
AND WHEN YOU BRING WHAT IS WITHIN
OUT INTO THE WORLD, MIRACLES HAPPEN.

-- HENRY DAVID THOREAU



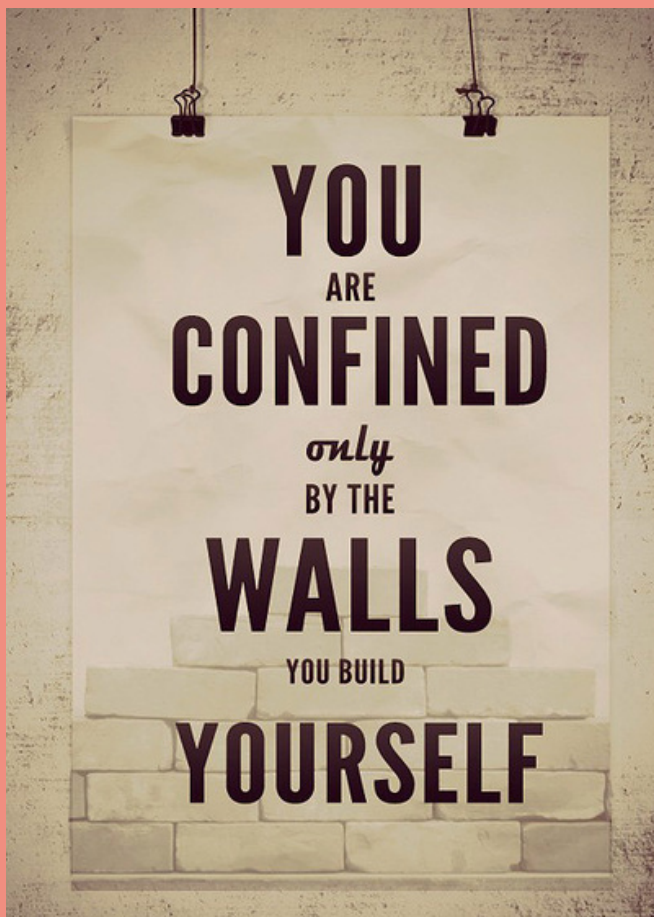
You are unique! Your skills and perspective are needed. **Don't follow the crowd.** Don't be afraid to do something differently than it has been done before. Share your capabilities and talents. **Share your passion.** Focus on the present and where you can make a difference with all you have to offer.

It is critical that you take care of yourself. Get enough sleep. Eat healthy foods. Exercise. Drink a gallon of water every day. Take time to pray/meditate. Read books/articles. **Every day - carve out time for YOU.** When you invest in yourself, you'll find you have time to be more effective at everything else.



We have stress tugging at us from all directions in our personal & professional lives. We can easily become discouraged/disheartened with the situations we encounter. One important truth that I often tell myself as I encounter these situations is that I can only control one person, and that is me. I cannot control anyone else's behavior/decisions. **I am, however, 100% in control of me.** Truly embracing this philosophy is very empowering & enables you to be more positive and have a brighter outlook on life & in your interactions with others.

What is holding you back?
Your past does not determine
your future. This is a new day
and a new week. You can do
and be anything. You are the
only one holding yourself
back. Get outside of your box
and your comfort zone.
You've got this!



Start today, looking at all the possibilities. What is stopping you? You are strong and powerful. Break down the walls that you've created. After all, you built the walls; you are in the best position to knock them down!

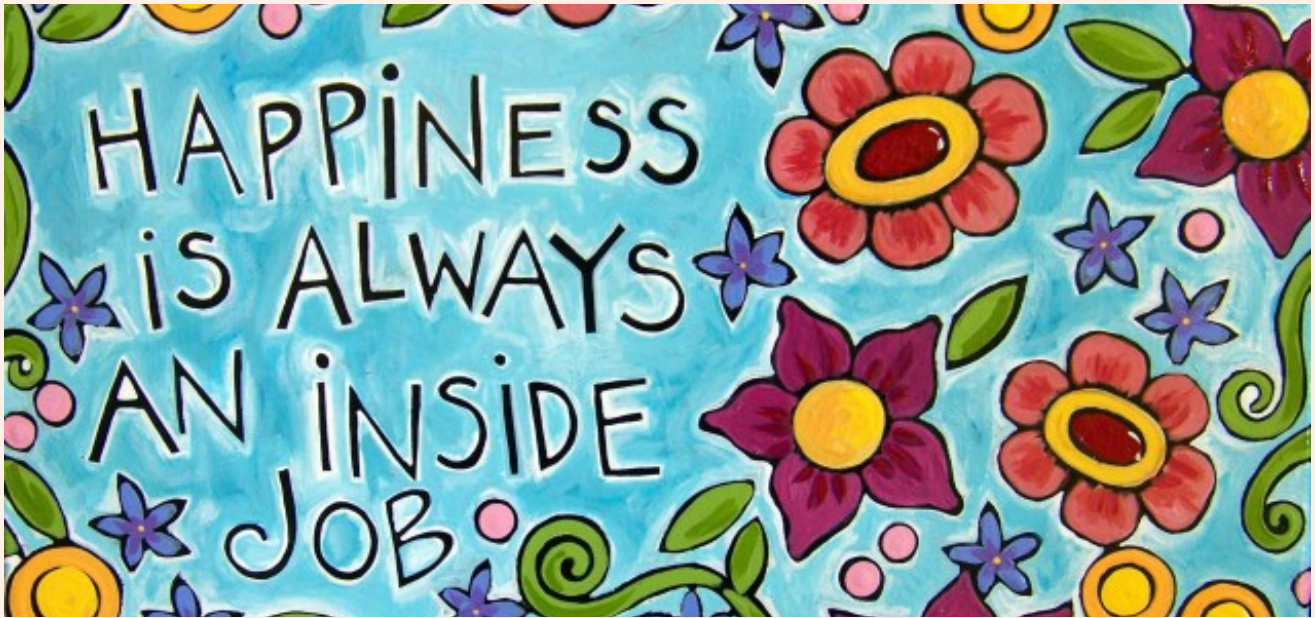
Is there justification to give up? – **Absolutely** – there is always a reason to quit.

Resigning from your position or your responsibilities is often the easy way out.

Instead of throwing in the towel – my challenge for you is to **dig deep** – do some soul-searching. There is a reason to keep moving forward and continue giving your best effort. Even if you cannot see the light at the end of the tunnel or the problems seem insurmountable, my challenge to you is to **focus and find that one reason to keep yourself grounded, optimistic and moving forward.**

It is easy to get overwhelmed as we look at all our responsibilities added to the goals we have for ourselves. **You have more power and are more capable than you know.** YOU can do great things! Believe in YOU and all that you are. Go astound yourself!

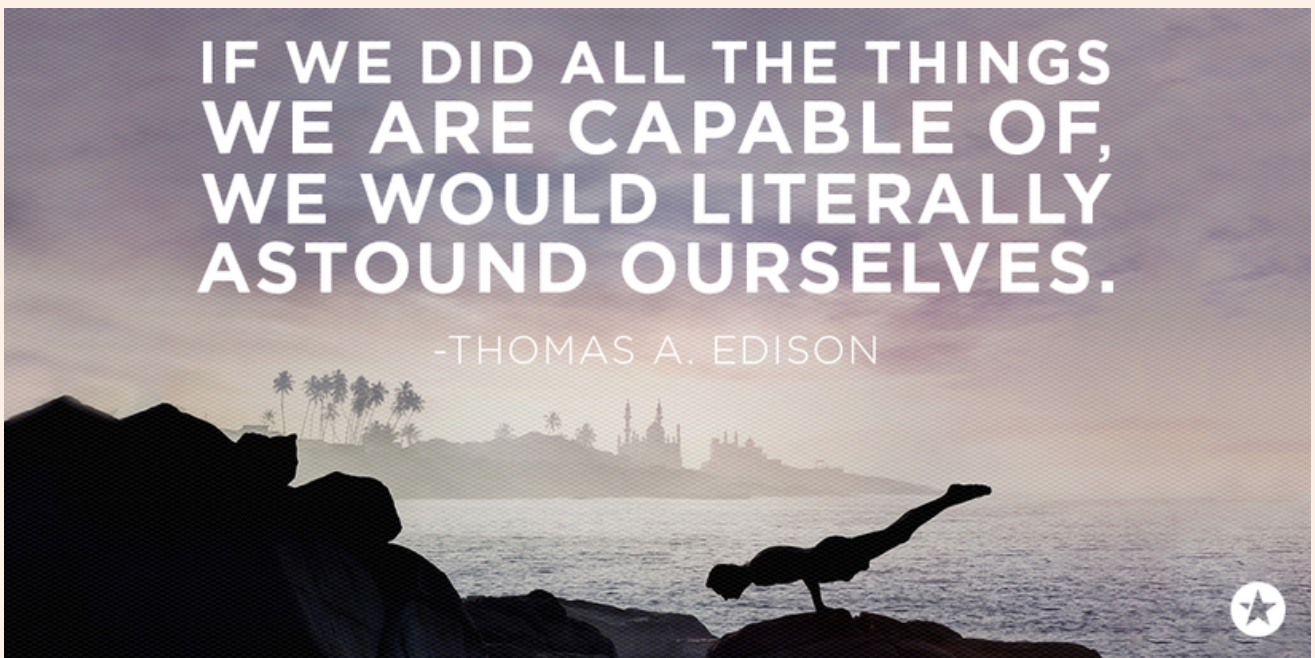




Our jobs have daily challenges outside of our control. There are never enough hours in the day and there never will be. Don't allow your circumstances to dictate your happiness or motivation. CHOOSE today to be happy and have a positive attitude. No one else controls your happiness - only you. Own it. Radiate it.

**IF WE DID ALL THE THINGS
WE ARE CAPABLE OF,
WE WOULD LITERALLY
ASTOUND OURSELVES.**

-THOMAS A. EDISON



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.

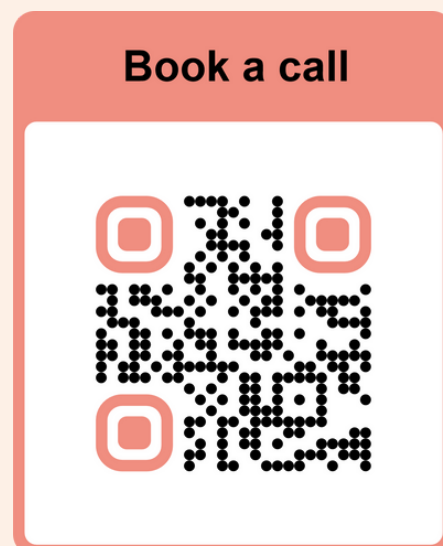
As a dedicated executive coach, I aim to **empower** individuals like you, who might be feeling stuck or uncertain, to **regain control** and stride confidently toward their dreams. Whether you seek clarity in your personal life, desire to achieve unprecedented success in your business endeavours, or 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 and **let's embark on this empowering journey together.** I can't wait to meet you.

Take care,
Stephanie





2023™

