



Manage Your Time, Build Your Life

Inspirational thoughts volume 2

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

Discover the motivation to take charge and construct the life you desire. These concise stories and inspirational quotes will reinforce your awareness of the limitless potential within you. As you read through these tales of empowerment, remember that your dreams are attainable, and your path to success begins with every moment you choose to manage effectively.

This collection of simple stories 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!



Pretty much everyone I know is **busy**.

We all have a lot of daily responsibilities and opportunities. It can be overwhelming. But, remember **YOU are in control of your priorities**. We all have the same number of minutes in a day. Each of us gets to decide where and how to use that time.

When you choose to do something, you are choosing to NOT do something else. It is YOUR choice. Let's stop defaulting to 'busy' and instead review our priorities and take ownership of how we have decided to use our time.

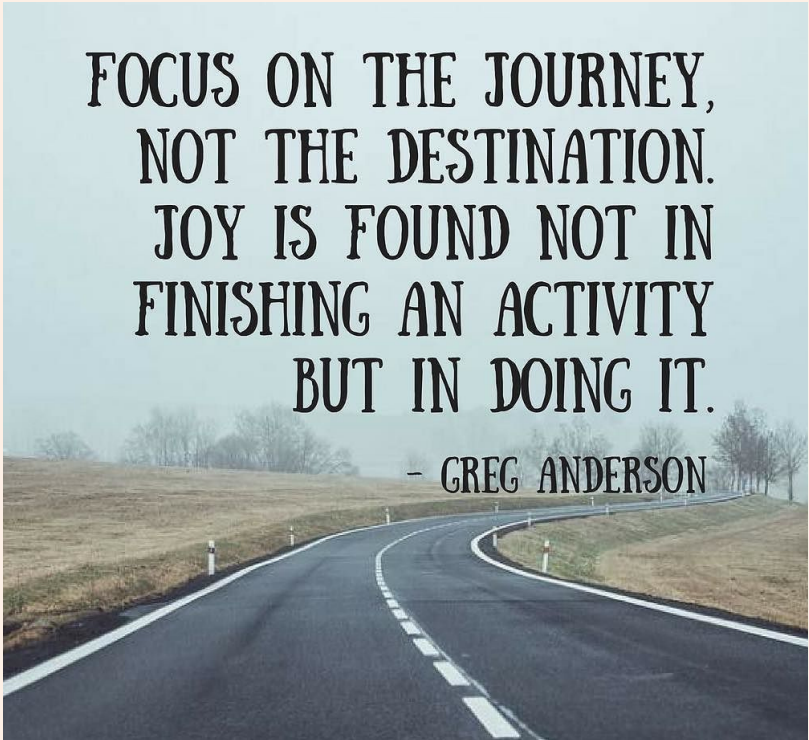

What are you prioritizing?



There's no such thing as being too busy. If you really want something you will make time for it.

Today is a new day. You can challenge the newness of it in the same way as you would with the new year. A new year represents a new beginning—a fresh start; an opportunity to set goals. Regardless of the goals and plans you have for this year, I would encourage you to leave your disappointments, hurt, and anger behind you.

Free yourself from the heavy weight of holding on. While it feels validating to be resentful toward someone who has hurt you, your negative feelings hurt YOU most. Starting the day fresh will enable you to channel your energy towards anything you want to achieve!



FOCUS ON THE JOURNEY,
NOT THE DESTINATION.
JOY IS FOUND NOT IN
FINISHING AN ACTIVITY
BUT IN DOING IT.

- GREG ANDERSON

I am a person who loves to do a lot of things and complete those things. I have to remind myself, however, that there are ALWAYS tasks to be completed and things to accomplish. The best way to grow and find happiness is not to focus all the attention on the completion of goals but on **enjoying the experiences and the people who are part of the journey.** When I am too focused on the deliverables, I miss out on important moments and connections. Joy in life isn't about the 'arrival' points or the boxes we check off the list. What can you do to focus more on the journey?

My gratitude goes to the women who were willing to challenge the status quo and enabled opportunities for all women today.

One of these individuals was Mary Wollstonecraft, one of the founding feminist philosophers who lived in the 1700s. She shed light on inequality through her writing and was an incredible example of bravery and strength. While we may feel our impact is small, each of us can make a difference within our own circles of influence to create a more equitable world.

Progression may seem slow, but every small step forward is progress. How can you make a difference?



“The beginning is always today.”

- Mary Wollstonecraft

Almost everyone I work with tells me that they have too much on their plate and what they really need is more time. Reviewing where you spend your time and actually logging in 15 minute increments will give you a lot of insights.

I love the concept of “the buyback principle” in Dan Martel’s book, Buy Back Your Time. Instead of hiring as the business grows, hire to buy back your time. Don’t delegate responsibilities that bring you joy or where you can use your unique talents. Instead, hire for and delegate the responsibilities that you don’t love and enjoy. For me, having cleaning people clean my home, buys back time for me to be involved in things I love doing and allowing the cleaning experts to do a much better job than I could ever do. How would you buy back your time?



For recurring responsibilities, change your definition of "done".

In Atomic Habits, James Clear shares that “the most effective way to change your habits is to focus NOT on what you want to achieve, but on WHO you wish to become.”

What type of person do you wish to become? What is something you can do today that the person you want to become would do?



Prove to yourself that you are the person you want to become by doing things that person would do.

Consistent, small behaviors aligned to who you want to be are the proof you need that you ARE that person.



“ALL GREAT
ACHIEVEMENTS
REQUIRE TIME”

- Maya Angelou

We live in an **'instant'** world where our needs and desires can often be quickly fulfilled. It is sometimes difficult to be involved in projects or work through deliverables that take time.

Gaining expertise and experience, however, doesn't happen instantly. Understanding other people and obtaining perspective takes time. Our sense of accomplishment is much greater and deeper when we put in the effort and attention to accomplishing our goals and objectives.

As we stumble, fall, learn, and take different approaches, we grow in our abilities, and our understanding, and can find joy in our achievements.

How are you investing in your future?

As much as I enjoy planning, I have to be able to adjust and modify those plans based on many factors outside of my control. With dynamic environmental conditions, we need to be agile enough to shift course or end our activities and begin new, needed courses of action.

In Liz Wiseman's book, ***Impact Players***, she shares that one characteristic of an Impact Player is that they are able to identify the **W.I.N.** - What's Important Now (in their organizations). By being connected to the current top priorities for the business, Impact Players can direct their efforts and passion towards making the biggest difference at any given time.

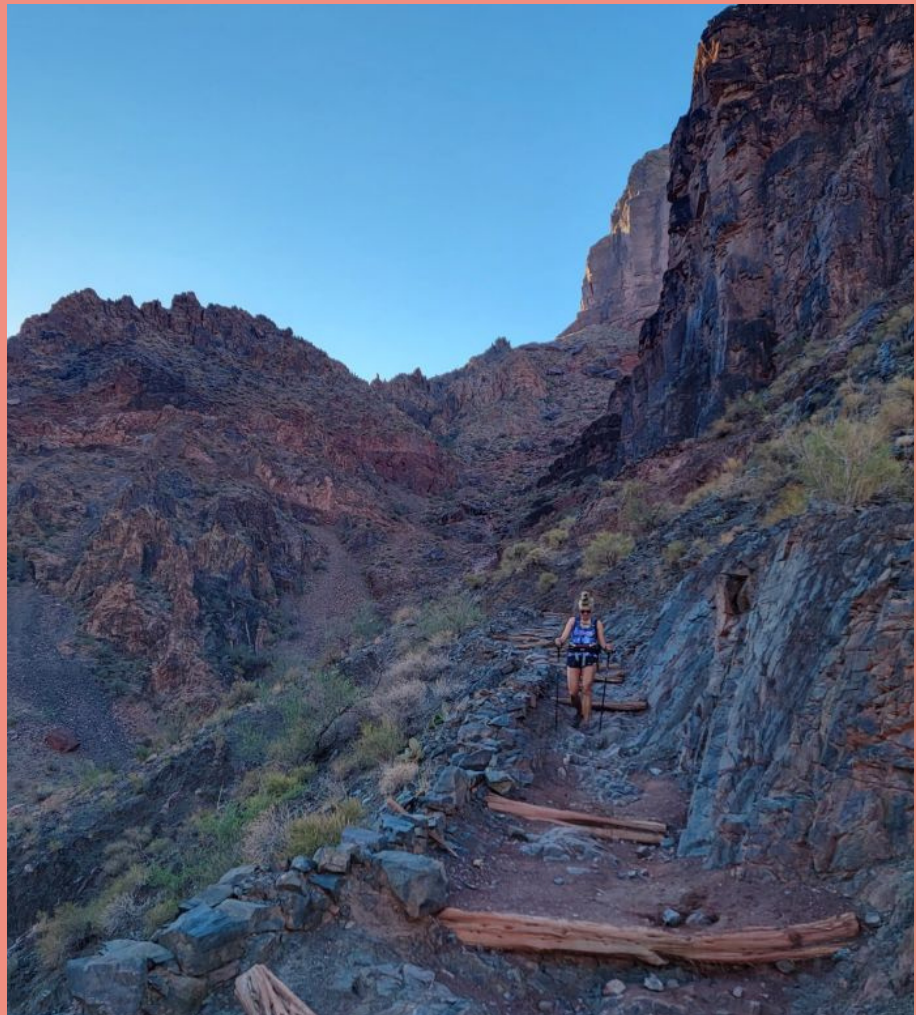
W.I.N.

WHAT'S. IMPORTANT. NOW.

As you think about where you should spend your time and energy, you will be the most impactful if you can understand and align with the W.I.N at your organization.

Have you used trekking poles when hiking? The Grand Canyon Rim to Rim hike was the first time for me. The poles prevented a couple of twisted ankles and a few potential falls. They absorbed some of the shock to my joints, kept me going at a constant pace, and my hands didn't swell.

Are there beneficial tools available to support you that you aren't accessing?



Certainly, you can achieve results without them but why not avoid known pitfalls and increase the likelihood of success? Some supportive tools that I need to use more consistently include: *mentors, delegation, continued learning, listening, and prioritization.* **Identify and utilize a tool to increase your productivity or success.**

We can do our best to plan and prepare. Inevitably, reality is rarely an exact match and we will have opportunities to make the best of unpredictable events. Even when obstacles seem insurmountable, we can continue progressing as long as we put one foot in front of the other.

Is there something you are avoiding because it seems you should prepare more? The path might be different than expected, but with a positive perspective and approach, you can gain from those steps and make progress.



Marcus Buckingham encourages us to *'find the love in what we do'* by first recognizing what we love doing in our work every day.

I love his suggestion for us to notice what we are doing in our work when the time seems to fly by as an indication of something that we love doing. I encourage you to do that this week – keep a journal handy and note the things that you love doing throughout the day and then look for ways to do more of those things!

We can learn a lot from the advice given to Enola (*Enola Holmes 2* on *Netflix*) who is fiercely independent.

Eudoria Holmes encourages her to find allies and individuals to help her with her cause for making a difference: **“Work with them, and you will become more of who you are. You speak with one voice, and you will make more noise than you could have ever imagined.”**

How often do we find ourselves like Enola (*alone* spelt backwards) thinking that we don't need other people and that we can drive change and make a difference on our own? While each person can make a difference – it is incredible how greater an impact we can make as we trust, collaborate, and work with others.



 MY GREAT TEAM!!

I am impressed with the late Queen Elizabeth II's resilience and adaptability. As the longest ruling monarch, she lived through many different eras and experienced a changing world. Through that time, she adapted and continued making global connections, bridging divides, and bringing people together.

“



It's worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change.

- Queen Elizabeth II

”

She could have easily chosen to retreat and move behind the scenes. I appreciate her example of resilience through the end of her life. This is one of my favorite quotes from her – and a great reminder that **small steps can have an enduring impact.**

What small steps can you take toward your goals?

PIONEER - noun pi-o-neer : \ ,pī-ə-'nīr \ : a: *a person or group that originates or helps open up a new line of thought or activity or a new method or technical development* b: *one of the first to settle in a territory.*

We can be pioneers in small ways within the scope of our influence. We can redesign a process to make something more operationally efficient; we can establish new methods to obtain desired results. We each have a unique set of talents and experiences and that individuality is all we need to use our imagination and skills to create something different.

Even if your new line of thought or activity makes a difference in the life of only one person, you are a pioneer. *Use your unique talents to be a pioneer!*

EVERY TIME YOU ARE
TEMPTED TO REACT IN
THE SAME OLD WAY,
ASK IF YOU WANT TO BE
A PRISONER OF THE
PAST OR A PIONEER OF
THE FUTURE.

DEEPAK CHOPRA

You don't have to look hard to find plenty of research and studies on the incredible health benefits of sunshine and light. What I find most powerful, however, is my own personal experience with light and how energizing it is each year as the days get longer through added sunshine. I am happier and healthier when I have daily exposure to the sun.

HEALTH BENEFITS OF THE SUN



Prevents Vitamin D Deficiency



Regulates Body Temperature



Fights Stress and Insomnia



Reduces Mortality Rates



Provides Relief From Skin Disorders



Provides Relief From Neonatal Jaundice



Helps Rheumatoid Arthritis and Osteoporosis



Heals Wounds



Helps Fight Seasonal Affective Disorder



Reduces Chronic Pain and Body Odor



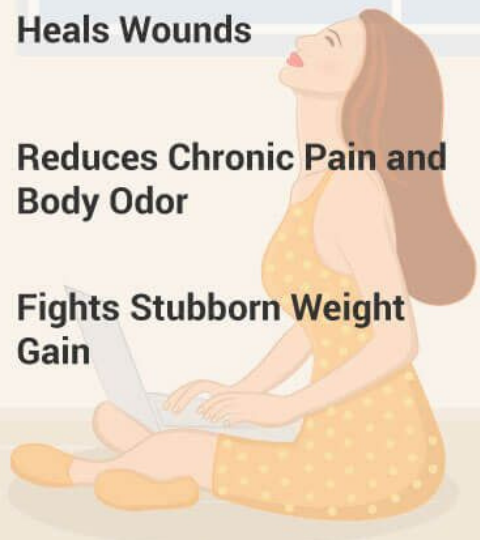
Maintains Your Circadian Rhythm



Fights Stubborn Weight Gain



Additional Health Benefits of the Sun



Get outside today, despite the temperature, increase your serotonin and take advantage of the immune bolstering, mood boosting, and immunity increasing benefits of that beautiful sunshine!

Here is a shout-out to my daughter who overcame many obstacles to graduate from law school. I'm impressed with her tenacity and focus to push through all the challenges to accomplish her goal! She is a great example for me of continuing to put one step in front of the other towards your end goal even as you step over the rocks in the way or need to take alternate routes when you encounter barricades.

Each of us has dreams and goals.

Don't allow the obstacles (*even though they are valid*) to prevent you from moving forward.

Baby steps are still steps.

Identify something within your control that you can do to **move closer to your goals** and dreams.



mo-men-tum | \ mō-'men-təm 2 : *strength or force gained by motion or by a series of events*

How are you doing on your goals for this year? Are they still just thoughts or wishes? Give yourself space for consistent, scheduled time to start actions to begin moving you forward.

Let the law of motion and the power of momentum set you into forward progress. It is up to you to take the first steps to set yourself in motion and **consistently pedal to get that positive strength and force to propel you forward.**

Visualize what you want to achieve and set your focus. Identify what you need to do and then **actually DO IT**. While you will hit bumps and roadblocks along the way, your consistent, daily actions will provide the momentum to move you forward!



Are we sitting back in our lives seemingly observing our situation and how things are playing out? Or are we jumping in the game, fully participating in the experience? If we are in the game, our knees might get scraped up and we may get a concussion or break a bone. Along with the pain, however, fully participating in life is so much richer and more rewarding in the relationships we form, and the lives we enrich.

Sitting at the sidelines may seem safer, but truly we could still be hit by an errant ball or have food spilled on us by another spectator. While we cannot control many circumstances in our lives or jobs, we can definitely control our perspective and how we engage in our lives.

How can you participate more fully in the experience? Get on that field and be in the experience! **Be a player – not a spectator!**

**Choose how you live your life.
You are in control.**

I Choose...

to live by choice, not by chance
to be motivated, not manipulated
to be useful, not used
to make changes, not excuses
to excel, not compete
I choose self-esteem, not self pity
I choose to listen to my inner voice,
not to the random opinion of others.

Research has shown that we NEED things in our future to be optimistic and excited about. The ability to anticipate is positively correlated with the intensity and frequency of happy moods, self-esteem, and optimism.

Anticipation is a powerful, positive emotion that can help us lead happier lives. I love always having a vacation planned in the future as it is exciting to anticipate the upcoming event.

We can, however, get joy and happiness out of anticipating smaller things on a daily basis. Anticipating a project completion, meeting a friend for lunch, spending time with family, or collaborating on a new project.



Identify something that you're looking forward to and embrace the positive emotion and energy that comes with that anticipation.

24 hours - 1440 minutes - 86400 seconds. **We all get the same.**

I remember early in my career, I was overwhelmed because I was working long hours and just couldn't get everything done. I received impactful coaching at that time which is still valid today. **We CANNOT get everything done.** It is not possible. Instead of focusing on everything, we have to prioritize what we will get done and the level to which those things are done.

Oftentimes we can do something '*good enough*' instead of '*our best*'. Sometimes we need to skim the pre-read for a meeting instead of delving into it because it is a lower priority than the presentation we are leading later that day or the child who is home ill. The best news - **We CHOOSE how we spend those 1440 minutes.**

Instead of feeling like your schedule is out of control and you are pulled in a thousand different directions, change your mindset - **CHOOSE** what you are going to focus on and when. Changing our mindset is empowering. When you are feeling overwhelmed - *take a deep breath and focus on what YOU choose to do next.*



Sometimes it is easy to take on an assignment half-heartedly because it isn't something we wanted to do or because we have something else we'd rather be doing. *The time will pass and the assignment will happen regardless of our attitude and approach.* But remember - choosing to fully engage in the endeavour with a positive attitude will make it **more enjoyable and increase the probability of success.**

Where are you focusing your thoughts, time, and energy? The things we think about and focus on actually become magnified in our lives. Instead of focusing and enlarging feelings of fear, anger, blame, helplessness, or complacency - center your thoughts and energy in a positive direction on actionable things **YOU CAN DO**. Each of us has a great capacity to make a difference - whether that be in small ways or grandly visible ways. You are the one who decides what you'll focus on. *Where will the center of your magnifying glass point today?*



My husband and I had the opportunity to scuba dive in the Blue Grotto in Florida. A portion of the dive goes through a dark cavern to a depth of 100' below the surface. I was nervous to dive that deep into the dark cave in a place I had never been before. We met another set of divers who shared with us that they had completed the dive many times. They offered to guide us through the cavern depths and back to the 50' depth section. I immediately felt better about the dive. With their support, we navigated the depths easily with no issues.

Whenever we venture into uncharted territory, it is helpful to **find someone with experience that we can trust**. I have benefited from many mentors in my career who have generously shared their time and experience to help me gain confidence, stretch, and grow. Whatever direction you'd like to go, **identify someone you respect whom you could ask to mentor you through the next phase of your career**.

And, this is also a great time to offer your time and support as a mentor to someone else who could benefit from your experience and support.

Success isn't automatic. There is no one path to success - but you have to strive for success in order to achieve it.

You can't stand still. You have to risk failure in order to experience success. You have to do things without being certain of the outcome. I challenge you this week to take that leap of faith - *jump toward where you want to be.*



Dr. Sahar Yousef, in her research on *“Achieving Peak Productivity Through Better Focus”*, shares incredible insights and quick hits that can benefit us in our goal to be more productive and focused.

One such impactful change we can all easily make is to turn off almost all of our phone notifications. I didn't realize that the smartphone capitalizes on our human need to be valued. As a result, the notifications (for positive and negative events alike) generate dopamine for us because they validate that we are needed and important. Those notifications distract us because we want that dopamine hit. Turning off the notifications during at least part of our workday enables us to eliminate distractions and give our full focus and creativity to the outcome we strive to accomplish.



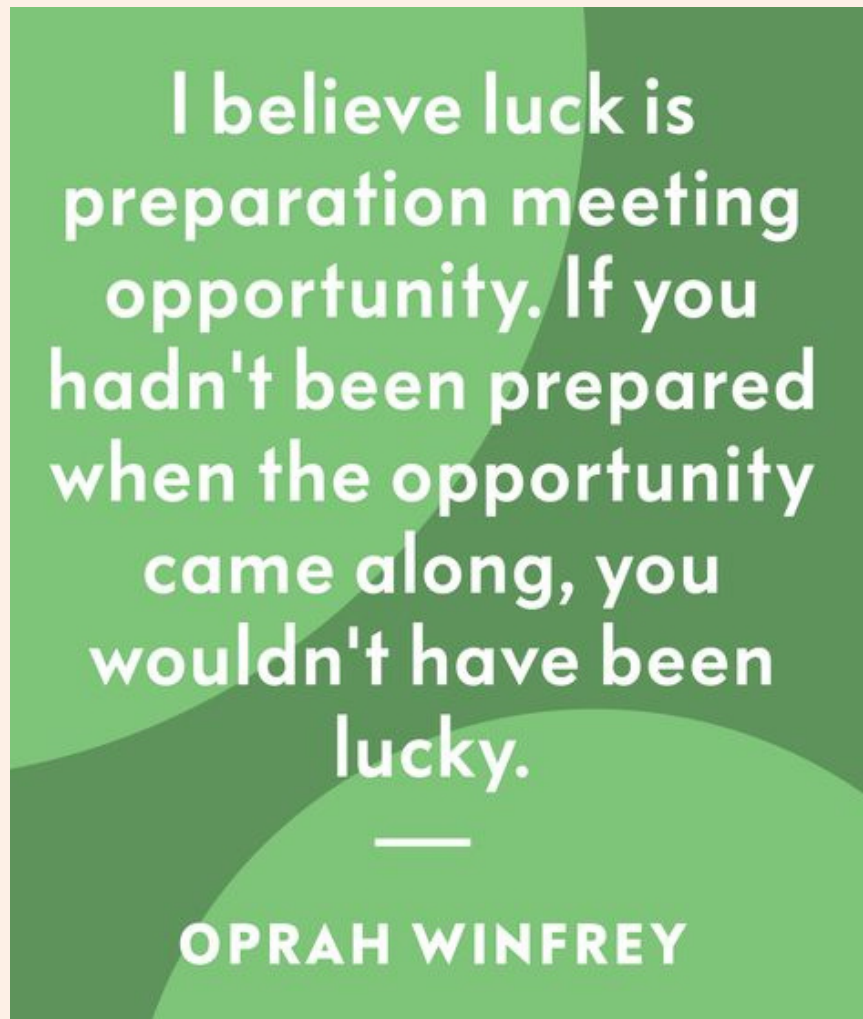
Tony Schwartz spoke at our work conference about the importance of managing and renewing our energy to combat the languishing feeling many people are experiencing.

You may feel that you are too busy to take a break, exercise or eat right. The truth is, if we are continually refuelling our energy across our physical, emotional, mental, and spiritual dimensions, we will be more productive and feel better. All too often, we fall into the trap of thinking that we are being more productive because we are doing many things at once (multitasking) or because we are spending more time at work.

Getting enough sleep, exercising, eating right, taking work breaks, appreciating others, prioritizing, meditating, keeping commitments outside of work, and living aligned with our sense of purpose, all increase our energy and capacity for success.

LUCK - the force that seems to operate for good or ill in a person's life, as in shaping circumstances, events, or opportunities.

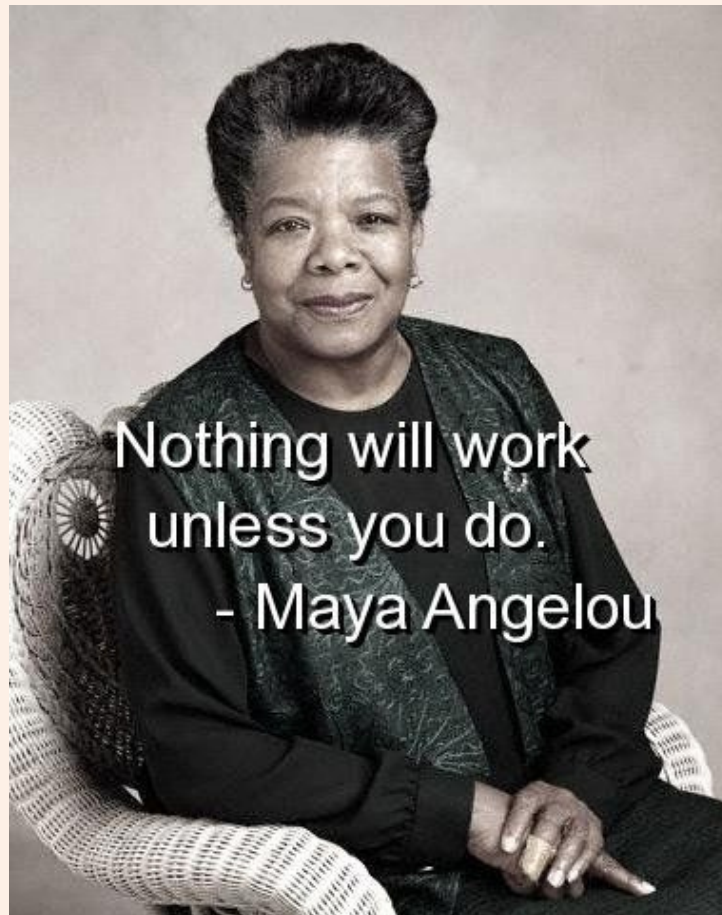
What are your thoughts about luck and success? I believe that luck is what you make of it - having a great attitude, focusing on relationships, working hard, and controlling what you can control - will all increase your luck.



*When we focus on what we can control and keep a positive attitude, opportunities will come our way. **Identify what you can control in your situation** and focus on doing the best you can at that and see what outcomes unfold!*

Recall something that you worked really hard for. You put in the time, money, energy. You researched, struggled, and had setbacks. But you worked hard.

Not everything we work hard at works out. But, the things we work hard at are things we remember.



When we have given our best effort, we either have breakthrough discoveries/experiences or we have no regrets. **Growth comes through our efforts.** Today is a great day to take action. Jump into something with two feet – turn over the rocks; take the risks. It may not work out – but no matter the outcome, you gain something!



Instead of beating yourself up for not progressing as fast as you had maybe hoped or for dropping the ball - focus on the steps you have taken so far this year - even if those steps were as minimal as just deciding on your area of focus.

Often we get overwhelmed with our goals as we focus on the outcome we want to achieve or we give up because we have an inevitable setback.

Identify something you can do today towards your goal. Even the smallest step still represents progress. Recognizing that you are taking a step towards your resolution will allow you to focus on the positive energy that comes with progress. **Take those baby steps** - one step at a time. Don't feel like you are 'starting over', rather focus on the fact that you are taking another step in the direction of your destination.

How is your home office looking? Are you surrounded by clutter? I have found that when I have a clean desk with everything in its place, I feel more energized and productive. There are many things outside of our realm of control; the space where we work in our homes is something we can control.

Join me in setting aside some time to organize your home office this week and see if that helps increase your joy at work.



We want to be a smashing success in all areas of our lives. We want to know we have considered all the options and have made the perfect choice. The world is moving quickly and if we take too much time before making decisions, we may find that there is no longer a need for such decisions or that the time has passed for the decision we struggled with.

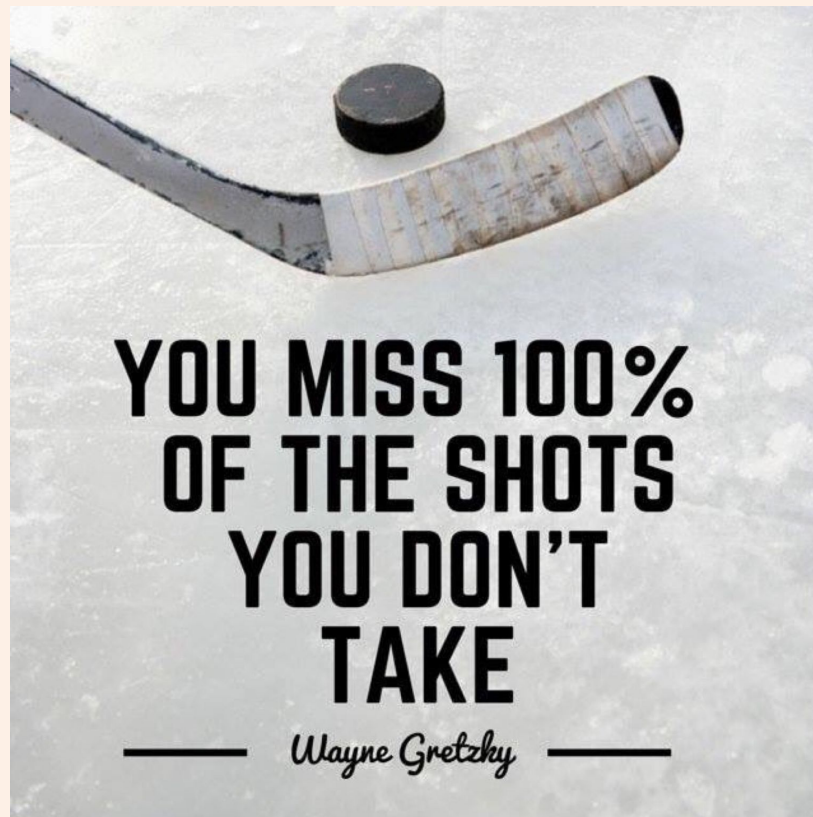
Trust your instincts and those you work with. It isn't worth waiting for the perfect solution – which may never come. Good enough is good enough for most everything. *We don't need perfection – just good enough.*

Hikers who commit to climbing **Mount Everest** don't expect a smooth journey. They expect it to be hard and *push them to the end* of their endurance.

We, likewise, set goals and take on challenges or are given opportunities in our lives. We should not be surprised when these events are hard and push us to the edge of our previous capabilities. When we are feeling overwhelmed, it is great to remind ourselves that we are up for the challenge at hand and that we are going to achieve new levels of growth as a result.



Change your mindset to appreciate the true value of those “cold, dark nights on the side of Everest.” Your goal is the summit and you can reach it!



What barriers are holding you back from moving forward with your ideas or plans?

One of my favorite questions to ask others is ***'what is the worst thing that could happen?'*** In most cases, I find that the answer is something they can live with. While it can be motivational to think of the worst thing that could happen, it is also important to consider all of the great possibilities and potential. Nothing in life is guaranteed.

Every day you get to choose what you prioritize and what risks you take. In our fast-paced world, even if you choose not to step outside of your comfort zone, you may find instability with your underlying assumptions. Your worst-case scenario may occur, but things may also be better than you could have imagined. In the meantime, if you move forward, you can experience new things, develop new relationships, and learn and grow through the process.



Routines and habits are the key to consistency, which is the key to achieving goals. **A habit** is an action you do frequently and automatically in response to something in your environment.

As you focus on your goals this year—work to make them habits. **Pair the behavior you want to make habitual with something that you already consistently do to help begin the habit.**



What do you want to be known for? What is your passion? What is your 'why'? As you reflect on these questions know that your brand is being built every day, in every interaction. Even if your interactions haven't reflected who you want to be, you can start TODAY to take the steps to change those perceptions.

It will take time, but brands aren't built in a day. There is no time like the present to synchronize your outward behaviors with your inner goals.



Do it now.

Sometimes "LATER"
becomes "NEVER".

So often we procrastinate and put off tasks, goals, dreams, and relationships with the excuse that we are too busy or have other priorities.

What is holding you back from making those connections with other people or pursuing your dreams?

Maybe it won't be the same barrier in the future, but there will always be some excuse for not moving forward. It's a new week and a new day. **Don't procrastinate.** No excuses; take a risk and move forward today.



EVEN WHEN YOU FAIL, YOU CAN
CHOOSE NOT TO GIVE UP, BUT
RATHER DISCOVER YOUR COURAGE,
PRESS FORWARD, AND RISE UP.
THAT IS THE GREAT TEST OF THE JOURNEY.

ELDER DIETER F. UCHTDORF

Life is definitely a journey. I love this quote referencing The Hobbit and what we learn from the enthusiasm of Bilbo Baggins as he pressed forward despite setbacks and huge obstacles.

We all have challenges, disappointments, and failures. **You choose what you do with your experiences.** Make the choice to learn and push forward with strength and courage. **Focus on what is ahead of you;** don't be constrained by what is over and done.

You have a desire to succeed,
accompanied by motivation,
determination, and an internal drive.

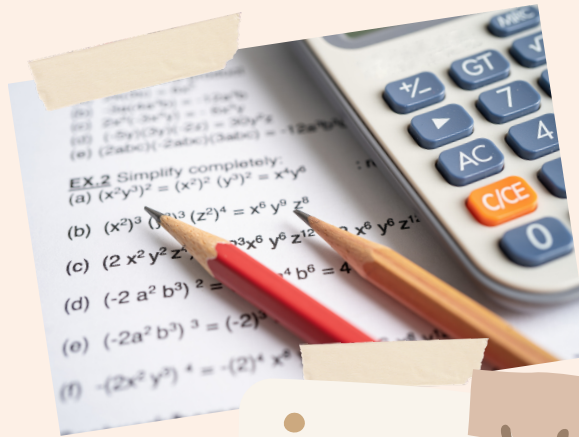
Take that inner desire and belief in
yourself to move forward.

Despite the inevitable missteps,
ACTION is what will allow you to
succeed.

**It's time to get moving on your
ambition.**



**Ambition
is the first
step to
success.
The second
step is
action.**



Not all success can be measured quantitatively.

Relationships and connections are equally, if not more, critical for success. **Connect with someone today.**

Intangible intellectual and emotional connections make a difference!

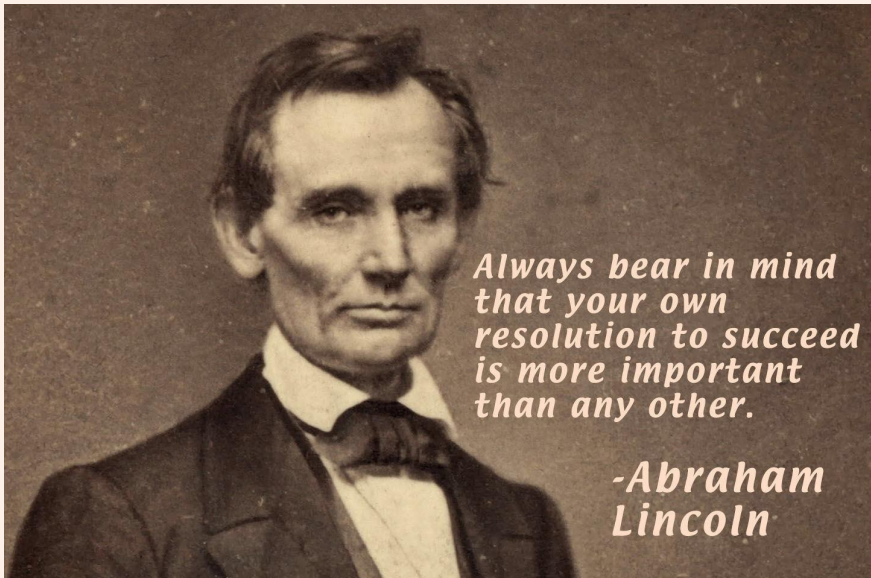
"Not everything that counts can be counted."

William B Cameron

Life Is Like A Book.

Some chapters are sad, some are happy and some are exciting, but if you never turn the page, you will never know what the next chapter has in store for you.

Keep turning the pages and find the good even in the hard pages of the book (=life).

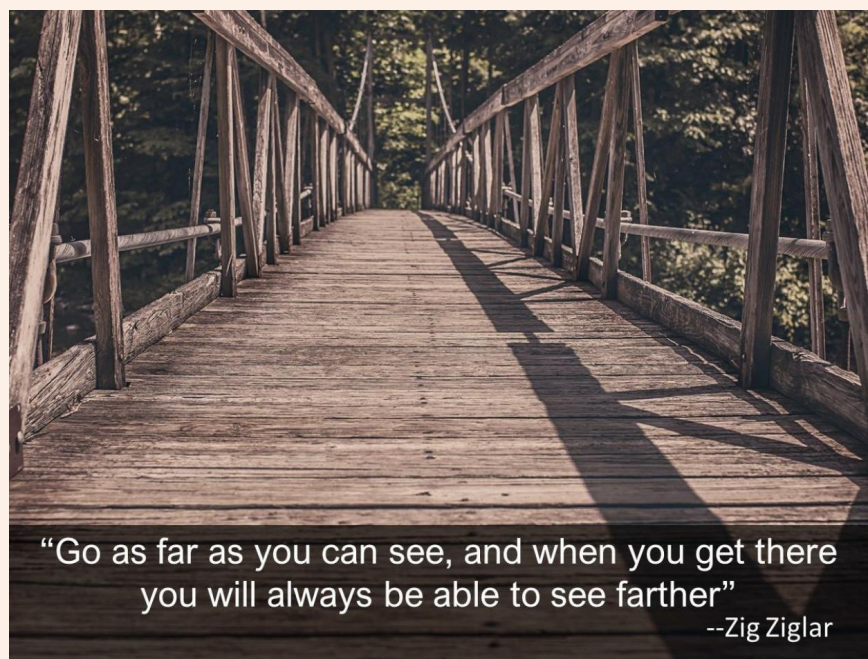


*Always bear in mind
that your own
resolution to succeed
is more important
than any other.*

*-Abraham
Lincoln*

You have talents and experiences unique to you. Despite the setbacks, don't lose your determination to succeed. You control your mindset, your attitude, and your work ethic. **Don't give up!**

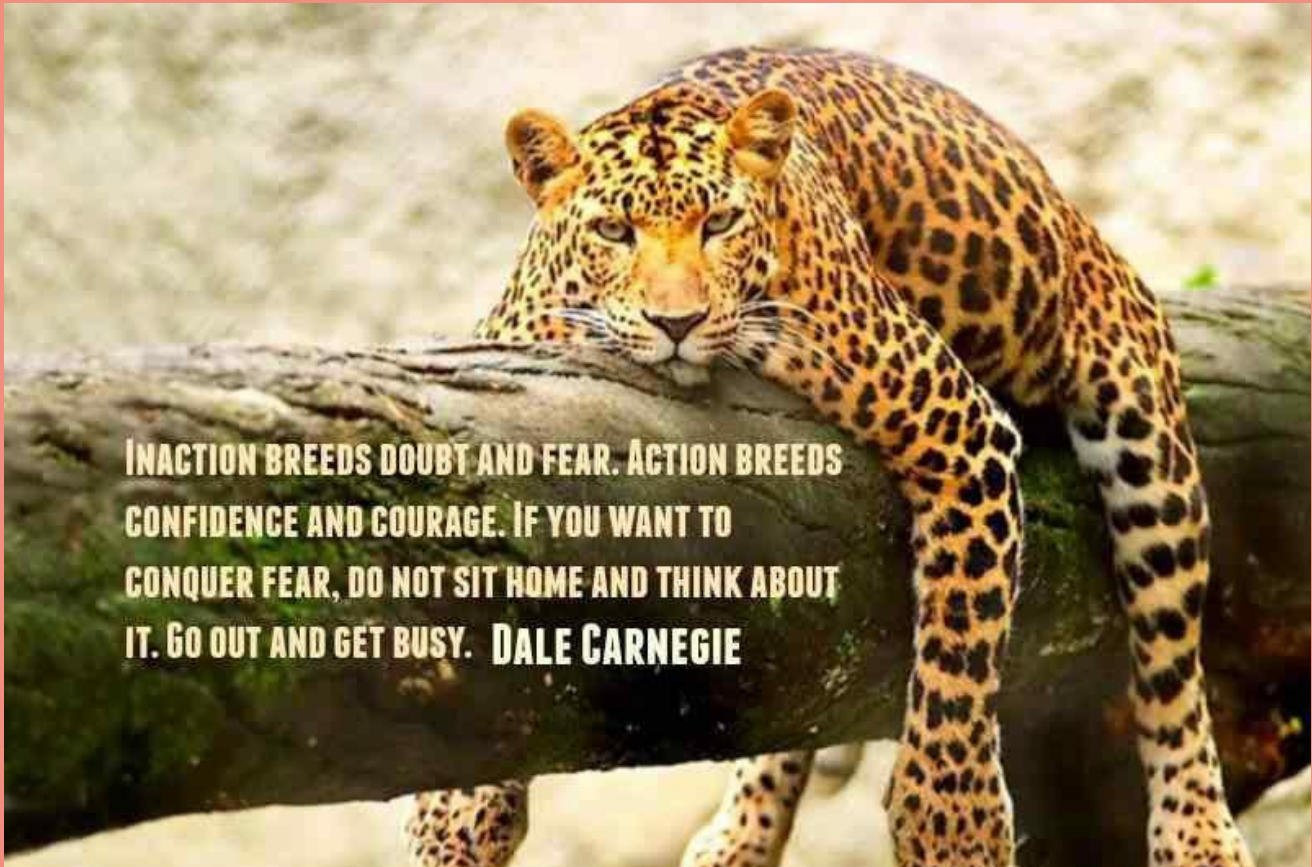
Don't allow your goals to overwhelm you - **take them one step and one day at a time.**



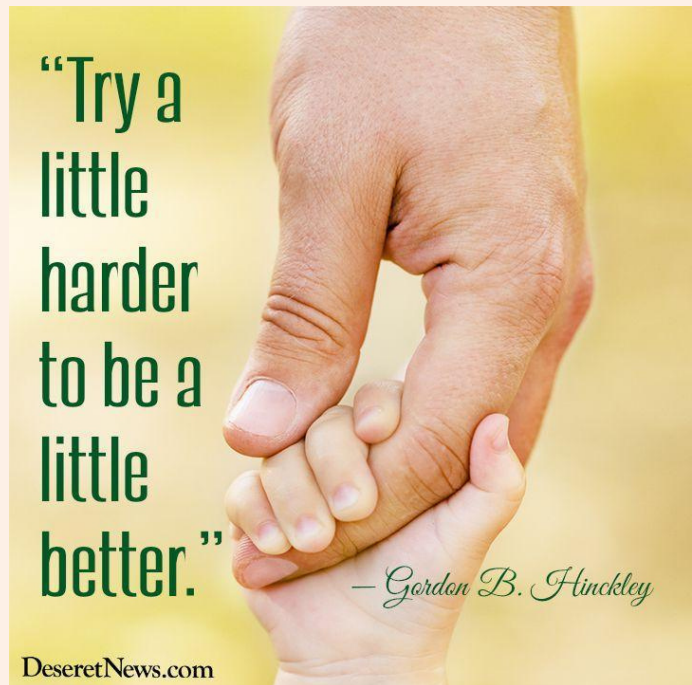
*"Go as far as you can see, and when you get there
you will always be able to see farther"*

--Zig Ziglar

YOU have the power to make a difference in your life, family and career. ACTION has the power to propel you forward. Even if you don't succeed exactly as you had planned, if you keep a good attitude - you will definitely gain something in the process.



Some things in life are effortless, but most things require you to exercise initiative and effort in order to accomplish both great and small things. Don't expect things to be 'handed' to you - be willing to work hard. If you are not on the right track, realign; if you are on the right track, move forward - ***don't get stuck sitting still between destinations!***



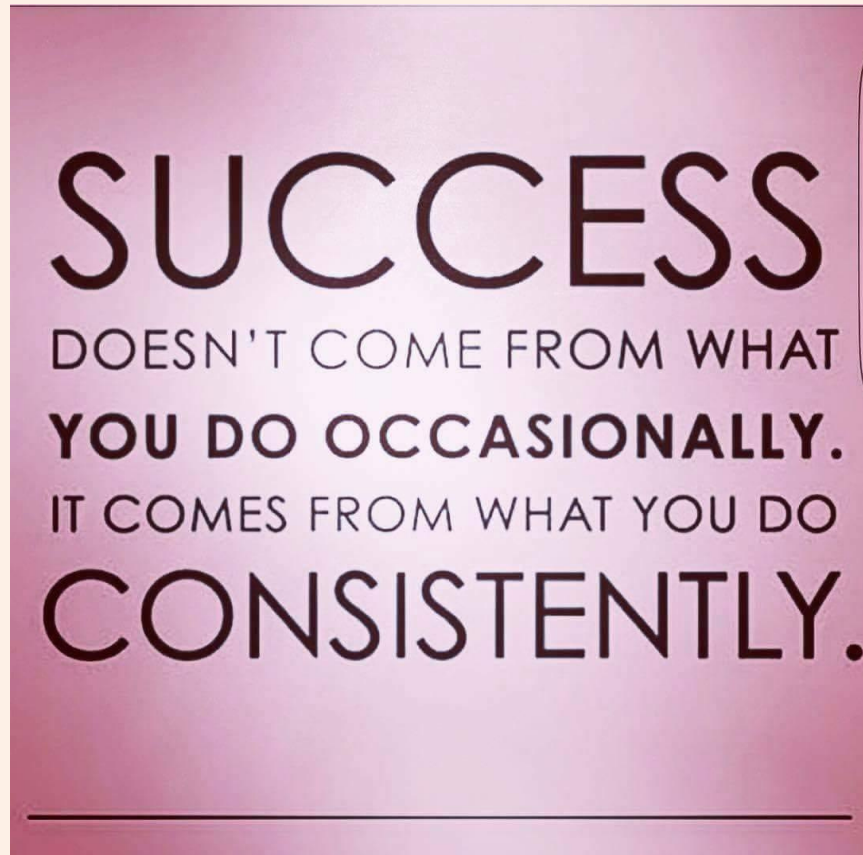
Growth, improvement, and success all happen step-by-step and day-by-day. Today, just make a conscious effort to do something small a little better than you've done it before. ***Doing something small a little better is something we can each accomplish every day!***



YOU are the only one who can change your life, your attitude and your circumstances. **YOU have to put the effort in**, risk failure, make connections, and try again when you fall. Happiness doesn't find you - you determine your happiness.



We live in an immediate results world. While it is important to have a sense of urgency and to respond and react quickly, it is the things you do every day and the consistent focus that will drive your long term results.



Inspiration requires action.

Great ideas and eureka moments arise from working hard every day. I have found that when I am thinking hard about an issue often ideas come when my subconscious continues to process ideas while I am doing something else later - like exercising. Even time spent staring at a blank screen thinking about a problem, or the time spent in discussion surrounding a challenge, can be the catalyst to inspiration.

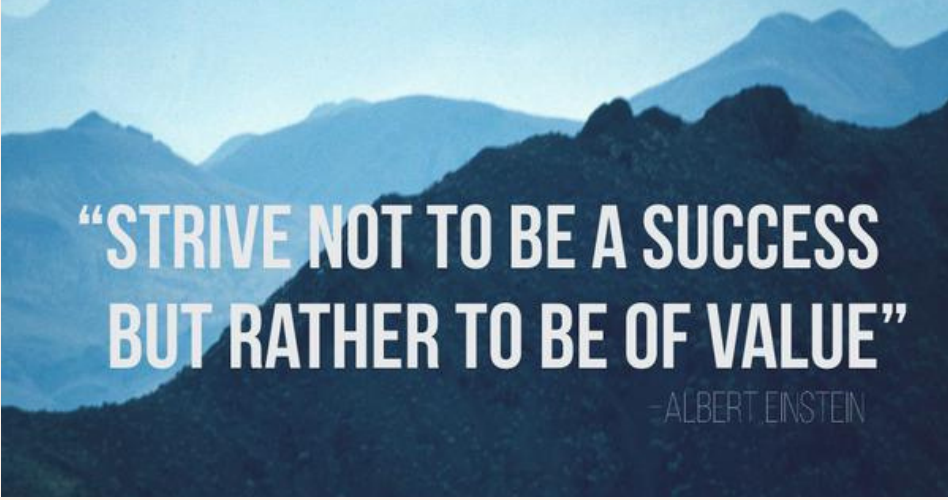
Get to work and find that inspiration!

A quote on a textured, light-colored background. At the bottom, there is a horizontal strip of green grass growing from a wooden plank floor.

IF THE GRASS LOOKS GREENER ON
THE OTHER SIDE, STOP STARING.
STOP COMPARING, STOP COMPLAINING,
AND START WATERING THE GRASS
YOU'RE STANDING ON.

Instead of comparing your job or life to anyone else's, choose today to **focus on what you can do to find happiness and fulfilment in your current job** and life.

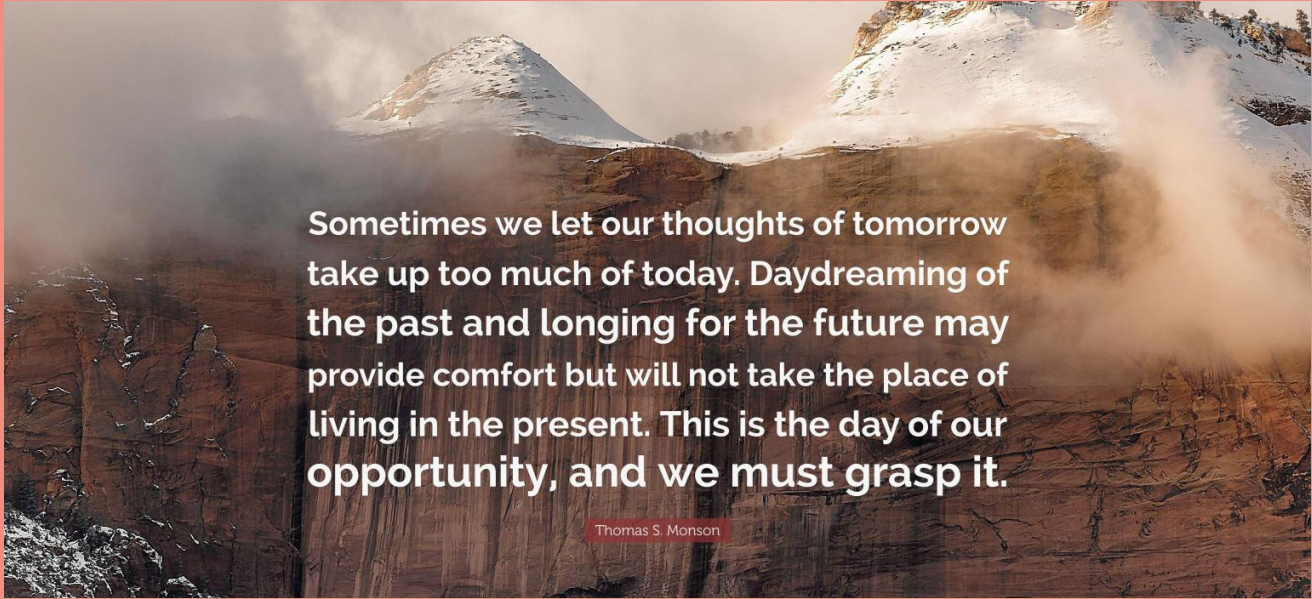
Too often people switch jobs or make major changes only to find the same dissatisfaction with their new environment.

A quote by Albert Einstein set against a background of blue-toned mountains. The text is in white, bold, sans-serif font.

“STRIVE NOT TO BE A SUCCESS
BUT RATHER TO BE OF VALUE”

—ALBERT EINSTEIN

What is the difference between being **a success and being of value**? In my viewpoint – success is focused on the end goal and an achievement or an accomplishment, while value is a positive contribution or a constructive benefit. You can certainly add value every day, but you may not be successful each day. **Where can YOU add value?**



Sometimes we let our thoughts of tomorrow take up too much of today. Daydreaming of the past and longing for the future may provide comfort but will not take the place of living in the present. This is the day of our opportunity, and we must grasp it.

Thomas S. Monson

It is easy to be nostalgic and enlarge our memory of past successes. It is also fun to have goals for the future and dream big about what we can accomplish.

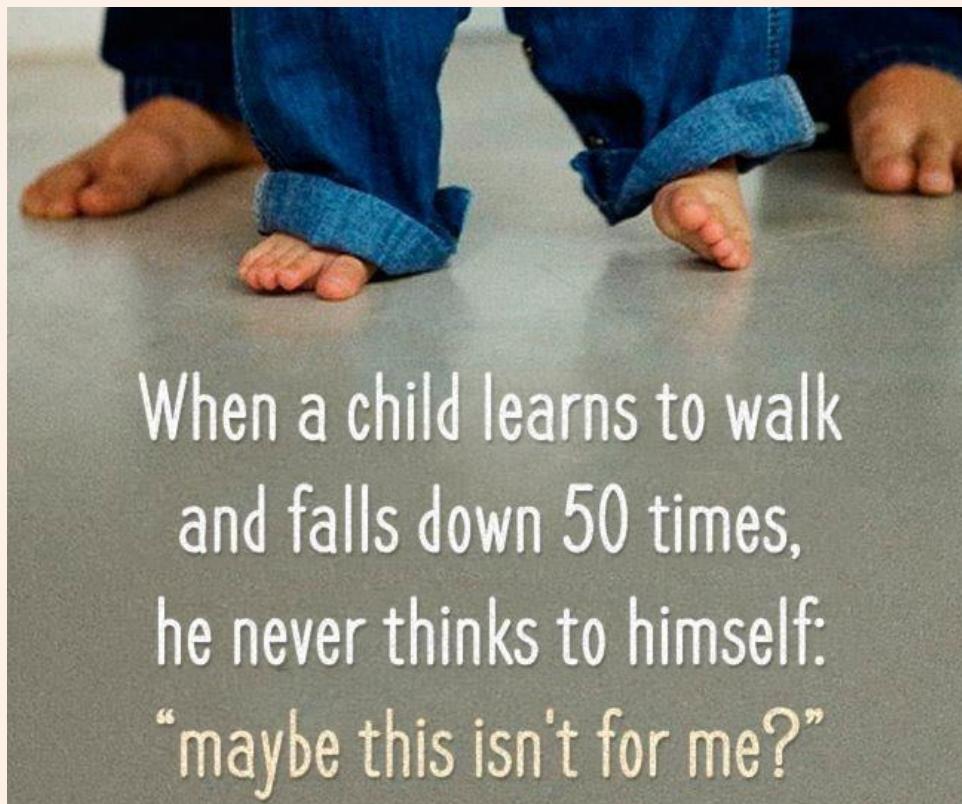
While it is important to appreciate the past and plan for the future, **TODAY is here and now.** We have to live in the present and focus on what we can do to make a difference TODAY!

What will you do with your DAY today?

Forward motion is energizing and once it gets momentum is hard to stop. After we make decisions and plans, it is important that we act on them and move forward. While it is important to be on the right track - we'll go nowhere unless we take action. **Get moving and get that momentum started!**

TENACITY - Synonyms for this powerful word include: *persistence, determination, perseverance, doggedness, strength of purpose, tirelessness, indefatigability, resolution, resoluteness, resolve, firmness, patience, purposefulness, staunchness, steadfastness, staying power, endurance, stamina, stubbornness.*

Despite the challenges or obstacles you face this week - be tenacious!



Every day in our lives we face mountains we must climb and descend. Sometimes they are small hills we can easily scale. More often, however, they contain treacherous terrain and require us to get dirty, stretch and grab on as we pull ourselves up to the next foothold. We might fall several times as we descend. We may even get injured. Every time you climb up and go down a mountain you gain strength and perspective that helps you be more prepared and more experienced in facing the next peak and valley, and in helping others do the same.

5 Daily Reminders

1. I am amazing.
2. I can do anything.
3. Positivity is a choice.
4. I celebrate my individuality.
5. I am prepared to succeed.

Instead of dreading the climbs or drops in front of us, face them as opportunities. The cramps in your legs, the stomach pains as you rehydrate, and your sunburn can be viewed with disdain and anger or you can accept them as part of the journey and instead look back on the growth you've achieved and the views you've experienced in the process. It's time to challenge yourself and take advantage of hiking up the next mountain!

While you might feel overwhelmed and it may not seem like you will succeed, success comes one step at a time. Taking one step at a time gets us closer to our goals and objectives.

Those first steps build momentum and get other people excited to join in the process.



What comes to mind when you think of Power?
For me, I immediately think of **strength and ability**.

We have power over *our attitude,*

our decisions,

how we spend our time,

how we interact with others.

Despite variables in our jobs and lives over which we have

little or no influence, we absolutely have control

over our own actions and responses.

In every situation, you have power.



Is there something you've been wanting to do that you just keep putting off until *'the time is right'*? Are you waiting to plan that next vacation until your work schedule is less busy? Does it seem like it will be easier to begin your new exercise plan/eating habits/meditation, with the new year?

We can endlessly deprioritize our goals and our plans while we are focusing on all of our urgent responsibilities. **Truly there is never an *'easy time'* to do something you'd like to do.**



Take action this week to prioritize that 'thing' that you've been postponing – put it on your calendar and commit to getting started!

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.

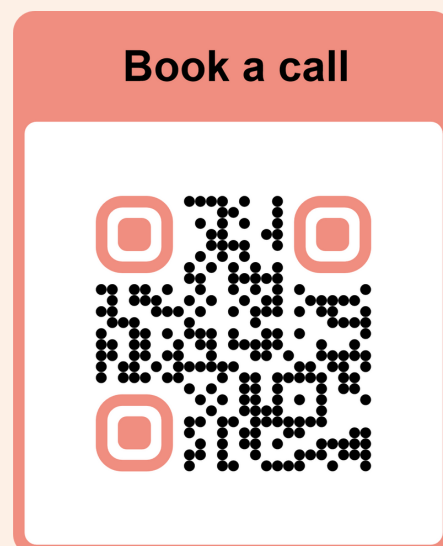
As a dedicated executive coach, I aim to **empower** individuals like you, who might be feeling stuck or uncertain, to **regain control** and stride confidently toward their dreams. Whether you seek clarity in your personal life, desire to achieve unprecedented success in your business endeavours, or 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™

