

# SIX STEPS TO ACCESSING *Clarity and Confidence*

**Hi, I'm Suzy!**

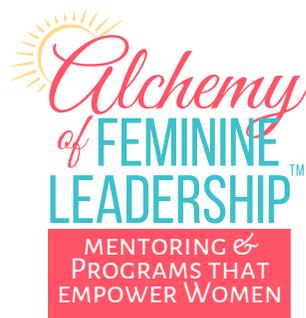
*For the majority of my adult life I lived in a state of **overwhelm and self-doubt**. I pushed hard to feel like I was enough, that I was doing enough and believed that "busy equals success" - constantly striving for more, in order to feel some semblance of accomplishment and appreciation from others.*

What I eventually discovered is that how **women approach the quest for confidence and clarity - actually sets women up for exhaustion, depletion and overwhelm**. This realization led to the creation of my **Six Success Principles** to call in *Clarity, Confidence and Success*, without a cost to your well-being.

My curious nature, recently led me to a conversation with a talented writer, whose book I had enthusiastically read while on vacation. **I wanted to know how her self-published book, went from being sold out of her truck, to being picked up by one of the largest publishing houses in the world** (think JK Rowling of Harry Potter fame - ya, big!), with a two-book deal.

*As I listened to her story, I realized that she lives by the Six Principles of Success. This allowed her to access clarity and confidence and carry her mission forward to success without a cost to her well-being.*

**We sipped tea and talked, while she splendidly proved to me that with these core principles in place (the very ones I'm about to share with you) —clarity of mind, along with success as you define it, is very possible, if not inevitable.**



"These Six Principles of Success and the uber clear, thought-provoking, practical way you communicate them is brilliant, Suzy. Fresh, doable, positive. A lift to my morning. Thank you!"  
~Kaci Cronkhite, Author, *Finding PAX*

*Liberating Women from the burden of "not enough" and the myth of "busy equals success."*

# Six Steps to Access Your Clarity & Confidence

As you read these six steps that highlight a non-supportive and a supportive approach to success...what resonates with you and your story?

## Step 1: Clarity

Years ago, even though I was a 'go-getter' and appeared to have it all together the concept of clarity had not yet entered my world. I lived with mental chaos, overwhelm and believing that to be successful, one must juggle many balls and say "yes" to everyone and be doing everything.

*My author friend, channeled her energy in a singular direction so that her efforts were not diluted by distractions (aka, mental chaos) and juggled only one ball – the research and writing of her book.*

## Step 2: Conviction

If I had been asked about my level of conviction to growing my business, I would have said it was great, but really my conviction was fueled by a fear of failure and a desire to be liked and appreciated – by everyone!

*Her conviction was driven by purpose and passion – this is the magic wand for forward movement.*

## Step 3: Confidence

My confidence was shaky, and largely influenced by societal inherited beliefs. I had the bar set high and nothing I did was ever good enough.

*Not my friend, at least not anymore. Her confidence was influenced by her internal guiding light – not the influences of other people.*

## Step 4: Compassion

I oozed compassion, that is, for everyone except myself which meant boundaries were non-existent and at times left me feeling resentful.

*Her compassion for the people's lives her project was touching, plus her compassion for herself to fulfill her dream, allowed intuition and empathy to pave the path that kept her mission moving forward.*

## Step 5: Connection

I thought of myself as a good connector – I love people, but I often felt threatened by competition or anyone I deemed 'better than me' (which was just about everyone) which made fostering healthy collaboration difficult.

*Her ability to connect while being 'congruent with herself,' allowed her authentic self to shine. This opened door after door and eventually led to opening the door to a publishing deal writers dream of.*

## Step 6: Contribution

I contributed all over the place, completely depleting my energy and never asking myself if what I was contributing to was in alignment with my core values (because I had not defined my core values) and completely neglected 'contribution to self'.

*Her contribution to humanity came from knowing that this book she was determined to write, would touch many hearts and to fulfill her desire, she stayed focused and trusted the process.*

**On the next page you will learn the powerful benefits of each of these steps - and why compassion, connection and contribution often becomes your obstacle to health, wealth and success.**

# The Six Principals of Success

*Woman have been socialized to do it all...*

As such, leadership often extends from compassion, connection and contribution - A top of the pyramid approach that leads to depletion, imbalance, burnout and a dilution of efforts and impact.

The Alchemy of Feminine Leadership™ mentoring and course framework, inspires a bottom up approach - The building of a strong foundation that brings forth 'healthy' compassion, connection and sustainable, regenerative contribution and the ability to achieve and accomplish with much more ease.

1. **Clarity** emerges when you let go of the clutter of limiting beliefs, ineffective actions, unmet needs, and the “shoulds” of others, all of which lock you in perpetual overwhelm. By learning how to disentangle yourself, you can tap into your clear sense of purpose to accomplish more with ease.

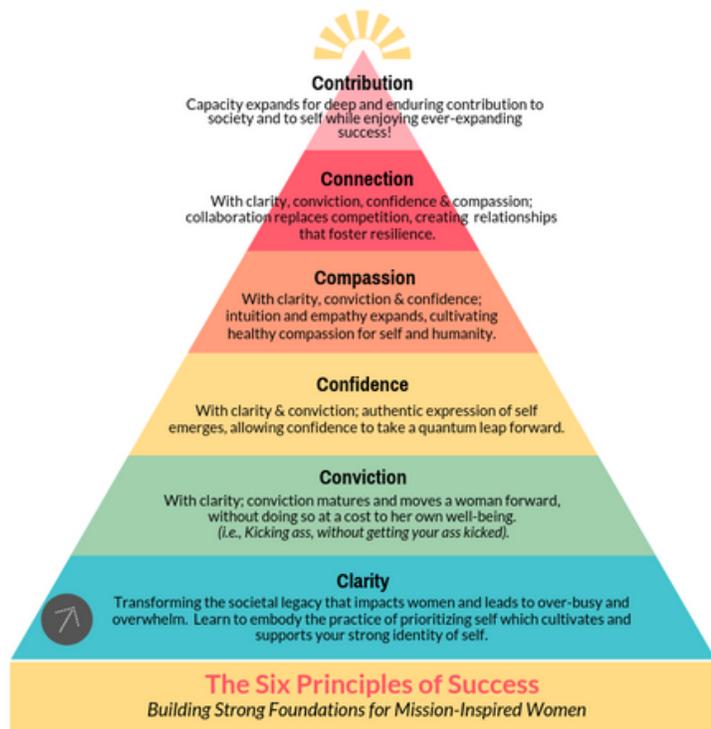
2. With the clearing of emotional clutter your devotion to your mission strengthens, what emerges is an unwavering **conviction** and focus on what's most important—both to the contribution you're called to make in the world, as well as to yourself as the one who's uniquely called to lead this change.

3. With your heightened focus on your purpose, and no longer swimming in a sea of other people's expectations, you see yourself as the smart, caring, and capable woman that you are. This shift in **confidence** is noticeable, tangible and takes your leadership to a whole other level.

4. Awareness of the ever-shifting emotional landscape of others without reacting, getting lost in it or falling into fixing, transforms and now you can sail smoothly through turbulent waters with your mission guiding you like a north star; all while feeling genuine **compassion** for yourself and others, which creates a compassionate and supportive culture.

5. As your **connection** with self strengthens your ability to authentically connect with others grows exponentially. This naturally fosters trust and from trust, collaboration enthusiastically emerges. Together you can create more than you ever could individually.

6. With your strong foundation in place, the innately feminine traits of compassion, connection and contribution, that often lead to overwhelm and busyness, are no longer an obstacle and become your strength. You now have spaciousness for curiosity, creativity, joy and this shifts mission led women from self-sacrificing to soul-centered sustainable and regenerative **contribution**.



# The Benefits of Embracing the Six Success Principles

**Women are innately nourishers, givers and pleasers.**

*All beautiful traits that often lead to over-giving, over-offering and overwhelm.*

**Whether it's motherhood, leadership, entrepreneurship, friendship or relationships...without a solid platform of clarity, conviction and confidence to stand on; *success and accomplishment comes at a cost...or not at all.***

**These are the benefits of investing time in yourself, to build your solid foundation - *harnessing your clarity and confidence expands your capacity to let your light shine and move your mission forward with enthusiasm and much more ease!***

- Anxiousness is replaced with calm.
- You are more engaged and present.
- You have more energy -- for your own life and for the work that's so important to you.
- You respond with creative action instead of reaction.
- You make wise choices based on discernment.
- You know your true 'yes' and it guides you as you make the decisions that unfold your mission.
- No more running yourself and your organization based on the internalized beliefs of others!
- You no longer lose valuable energy stolen by thoughts of self-doubt, self-comparison and not being/doing enough.
- You stay in alignment with your integrity, identity and values even when faced with challenges.
- You know your why – you are clear about why you are doing what you are doing, which promotes healthy decisions and contribution to your cause.
- Healthy boundaries are in place, with yourself and with others.
- You use the word "no" wisely and often.

***What's one change you can make right now, to open space for clarity?***

*Hint: this usually involves saying "no" or letting something go.*

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