

11 Beliefs worth Adopting!

For Flowing with the Rhythm of Your Soul

[See Page 3 for Your 11 Affirmations]

Hello! I'm Suzy Carroll, Artist, Sabbatical Mentor, Coach and Consultant to entrepreneurial minded women. I'm so glad you're here and ready to tap into the power of affirmations.

2015 marked an end of an era. I sold my brick-and-mortar nutrition and wellness center and embarked on a yearlong sabbatical, "My Year of No." On my first day, with nowhere to go and nothing to do (or accomplish), I remember thinking, "*I have no idea what the rhythm of my soul is.*"

For five decades, I was informed by cultural influences – I showed up as a type A person (I am not), I was "on" 24/7 (so not me), and I said "yes" to everything (to be accepted), I pushed, and hustled my way into adrenal burnout.

Who am I? What's my rhythm? I discovered I need space and quiet time every single day to recharge.

I am not a 24/7 person (I'm usually the first to leave a party), I love people (in small doses), and I'm a one-thing-at-a-time woman (multitasking isn't good for me). Being in a room full of "energy" drains me (working from home supports me) - *but that's me...*



Who Are You? What's Your Rhythm?

The rhythm of your soul emerges by integrating new ways of 'being' that support the release of overwhelm, stress, worry, anxiousness, self-doubt, perfection, people-pleasing, and constant "proving" yourself to be enough.





As emotional encumbrances dissipate, clarity, confidence, and light-hearted ease take center stage. Your inner shine turns up. You're happy with who you are. You no longer compromise your well-being for anything or anyone. You are unapologetically you! *It's from this place that the magic of life creation happens!*

Belief is a powerful step in creating a life you love to wake up to. Becoming the conscious creator of your life. Below you will find easy steps to follow for integrating the power of "belief" for flowing with the rhythm of your soul!

STEP 1: Pause. Inquire. Ask.

If you had a magic wand:

What would you create?

What would you shift?

How would you feel?

By creating, shifting, and feeling different, what possibilities open for you?

STEP 2: Consider.

Are your magic wand changes "higher self" desires or ego-driven? What I mean is this: *What you want, is it derived from inner source desires to love yourself, be comfortable in your own skin, to be of service (without attachment to outcome), with purpose and passion as the catalyst?*

Or is what you want and desire driven by outer sources – the cultural conditioning of women that says you must prove, please others, and accomplish a lot, "to be enough?"

STEP 3: Mindfulness.

Without awareness, change is simply rearranging the furniture – it won't stick. Begin a mindfulness practice of your "doom loops." *What thoughts/messages are you telling yourself on a loop? What new "belief" can you repeat over and over and over - that's uplifting and supports your true self desires?*

"What has come alive in me that is calling my attention, that wants to be known?"

-Carl Jung (Founder of Analytical Psychology)



Reclaim Your Power, Passion, Pleasure, Energy and Time.

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STEP 4:

11 Beliefs for Flowing with the Rhythm of Your Soul!

Over a decade ago, I followed these steps I share with you. Whenever I caught a self-deprecating “loop” thought, I would imagine myself wiping the chalkboard clean and replacing what was written with my chosen ‘new’ belief. *It works! Consistency and repetition are key. Choose which one most resonates with you.*

1. I say "no" to what drains my energy - I am energized and well-rested.
2. I know when enough is enough and allow myself to pause, breathe and rest.
3. I make time for what's most important to me.
4. I prioritize my well-being. I choose joy over pushing.
5. The freedom, stability, and spaciousness in my life feel extraordinary.
6. I am comfortable with me; I am enough as I am.
7. My inner light shines brightly.
8. I wake up with enthusiasm to engage with the day ahead.
9. I say “no” to others (without guilt) and “yes” to myself.
10. My boundaries are firm and give me time and space for what's most important to me.
11. All things are resolving themselves harmoniously for me now. REPEAT OFTEN!



I truly walked my talk—right into a new chapter as an abstract artist! While I'm no longer coaching, I'm happy to recommend a few amazing coaches I know personally.

Feel free to visit www.suzycarroll.com to learn more!

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