

The Seven Principles of Soul-Aligned Living

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

And Leadership

Hi, I'm Suzy Carroll.

I'm curious, do you feel that women excel at compassion, connection, and contribution?

I sure do. However, these beautiful attributes also lead women away from an abundance of health, wealth, and happiness.

WHY?

As a woman, you're innately a nourisher, giver, and pleaser. All beautiful traits that are getting in your way of devoting time to what's most important to you.



HOW?

By people-pleasing, caretaking, over-offering, over-extending, doing it all for everyone, which leads you down a path of fatigue, depletion, and even resentment. *Sound familiar?*

My inquisitive nature led 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—yeah, big!), with a two-book deal.

As Kaci and I sipped tea and talked, she splendidly modeled how embracing the Soul-Aligned Success core principles cultivate clarity of mind and how success (as you define it) is possible—without a cost to your well-being.

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"These *Seven Principles of Success* and the 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*

The Seven Steps to Soul-Aligned Living & Leadership

To demonstrate accomplishment without a cost to your well-being, I use my former 'depleting' approach as an example, compared to **Kaci's intentional approach to soul-aligned living.**

As you read this, pay attention to what resonates with you.

Step 1: Clarity

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 and overwhelm—proud of my multi-tasking capabilities and believing that to be successful, I needed to juggle many balls and say “yes” to everyone!

Kaci channeled her energy in a singular direction so that her efforts were not diluted by distractions (aka, mental chaos), she was focused and devoted to the research and writing of her book.

Step 2: Conviction

Had I been asked about my level of conviction in 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 (exhausting)!

Kaci's conviction was driven by purpose and passion—the magic combination for forward movement that supports well-being.

Step 3: Confidence

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

Kaci has done a considerable amount of inner work, and it shows. Her confidence was influenced by her internal guiding light—not the influences of other people.

Step 4: Courage

To the outer world, I imagine I was seen as courageous, but inside it was fear of failure, of not being seen, of criticism that was fueling courage.

Kaci's courage was fueled by higher energy, not the lower energy of fear. It was this level of courage that took her book from being sold out of her truck to one of the largest publishers in the world. Inspiring, huh?!

Step 5: Compassion

I oozed compassion—that is, for everyone except myself, which meant boundaries were non-existent. As exhaustion settled in, I felt resentful of anyone not "over-doing" as much as me.

Kaci's compassion for how her project would impact others, along with compassion for herself, allowed her to pave the path that kept her mission moving forward.

Step 6: Connection

I considered myself a good connector, after all, I love people. But I often felt threatened by competition or anyone I deemed "better than me." This debilitating belief made it difficult to foster healthy collaboration.

Kaci's ability to connect while being "congruent with herself" allowed her enthusiasm to shine. This opened many doors and eventually led to opening the door to a publishing deal most writers dream of.

Step 7: Contribution

I contributed all over the place, depleting my energy and my impact. It didn't occur to me to ask myself if my contributions were in alignment with what was most important to me, and I completely neglected "contribution to self."

Kaci's contribution to 'what's most important' came from knowing her book she was determined to write would touch many hearts. To fulfill her desire, she stayed focused and trusted the process.

UP NEXT: THE DEVELOPMENTAL STAGES OF THE CORE PRINCIPLES

Applying the Seven Core Principles

As you apply the principles of soul-aligned living and leadership, joy becomes your baseline way of feeling. Inner stillness replaces fear, worry, guilt, and anxiousness. **No longer at the mercy of previously hidden emotional blocks**, the power you projected to the outer world is re-owned. You become the majestic mountain – solid, grounded, and unwavering in your commitment to what's most important to you.

CLARITY emerges by letting go 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 tap into your clear sense of purpose to accomplish more with ease.

With the clearing of emotional encumbrances, your devotion to *what matter's most* strengthens, along with an unwavering **CONVICTION**—to the contribution you feel called to offer, as well as to yourself and your well-being.

No longer swimming in a sea of other people's expectations, you own on a deeper level, the smart, caring and capable woman that you are. This shift in **CONFIDENCE** is noticeable, tangible, and takes your leadership and life to a whole other level.

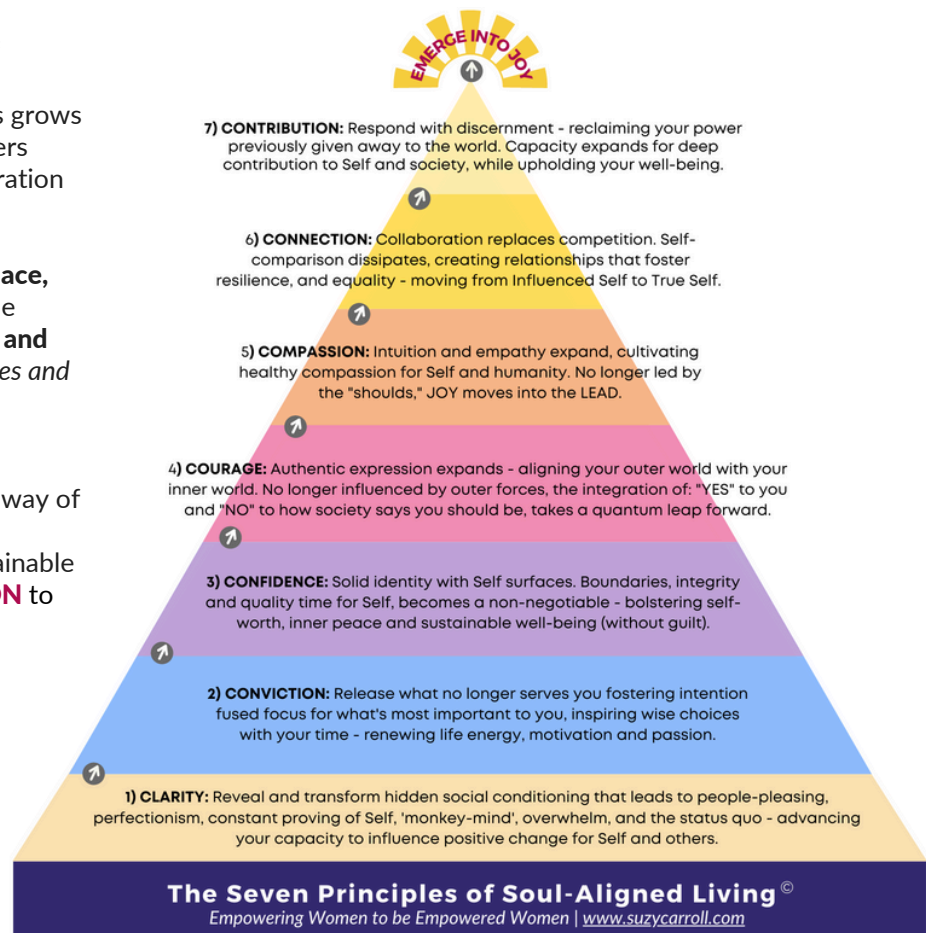
Like the Lion in the classic the "Yellow Brick Road" - after leaping across the chasm many times, confidence in your abilities and who you are as a person grows - and **COURAGE** takes hold. No longer led by outer influences, your inner "yes" (your ROAR) reverberates through every cell in your body.

You're aware of the ever-shifting emotional landscape of Self and others—but no longer react, get lost in their dramas, or falling into "fixing" mode. Now you sail smoothly through turbulent waters with "*what's most important to you*" guiding you like the north star. You feel genuine **COMPASSION** for yourself - creating a compassionate and supportive culture around you.

As your **CONNECTION** with self strengthens, your ability to authentically connect with others grows exponentially. This naturally fosters trust, and from this trust, collaboration enthusiastically emerges.

With this strong foundation in place, your innate and beautiful feminine traits of **compassion, connection and contribution** are no longer obstacles and instead become your strengths.

You now have spaciousness for curiosity, creativity and joy. This 'way of being' leads the shift from self-sacrificing to soul-centered sustainable and regenerative **CONTRIBUTION** to Self and to Society!



The Benefits of the Bottom Up Pyramid Approach

Spaciousness - Creativity - Ease - Ah!

Begin with Clarity - what's most important to you, while prioritizing your well-being, fosters sustainable contribution to Self and to society.

Imagine how different our world, communities, and family would be, if led by well-rested and well cared for humans!

CIRCLE THE BENEFITS YOU'D LIKE TO EMBODY

- Anxiousness is replaced with calm.
- You're 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.
- You are no longer driven by 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 are clear about your WHY, which promotes healthy decisions and contribution to your cause.
- Healthy unwavering boundaries are in place, with yourself and with others.
- You use the word "no" wisely and often.

*So tell me, how often do you say "I should," followed by "doing" that doesn't bring your JOY... and instead leads to overwhelm, resentment and fatigue?
There is a better way!*

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!



TO VIEW ARTWORK www.suzycarroll.com