

The One Question

THAT WILL TRANSFORM HOW YOU THINK AND HOW YOU FEEL



Hi, I'm Suzy!

Jungian Life Coach, Sabbatical, and Transition mentor, and recovered busyness addict and super striver!

I moved fast! I kept on top of everything (control obsession). I was a very involved mom, and my brick-and-mortar business was expanding rapidly. I served on three different non-profit boards (all at the same time), my house was tidy, the weeds were pulled, and I never stopped.

I appeared to have it all together to the outside world, but inside was an entirely different story.

And then I hit a wall - one that took me down physically and forced a stop. The silver lining is that I began weeding my inner landscape - I learned to release the busyness, to stop pushing and people-pleasing... and create space to hear and feel what served me best.

With the voice in my head that said, "you should..." no longer present, the noise in my mind, was turned down, and I not only heard things, I felt them and integrated the wisdom into my life. *This is exactly what happened when a friend shared this quote:*

"Above all else, I want to see things differently."

ACIM (A Course in Miracles), Lesson 28



THE ONE QUESTION

The recession years were my time of reckoning - the stress was immense. How was I going to keep my business viable, retain my staff, continue with our mission of education, and support the practitioners who were growing their businesses within the walls of my nutrition and wellness center... while retaining my sanity.

The answer came in the form of a question, a spinoff from the quote my friend had shared with me. I embraced this question and had it on repeat for an entire year. *This question raises your self-awareness, elevates mindfulness, and shifts reactive states into thoughtful action.*



How Can I See This Differently?

We all possess an inner guidance system. But for many, the guidance system is overloaded (and inoperable), with the busy, whirlwind, running on the hamster wheel, monkey mind way of living perpetuated by the social conditioning of women.

When you ask this question, it's akin to pressing the pause button. It takes you out of a reactive state of mind and helps you see things from different angles and perspectives.

The Course of Miracles also says, "A miracle is a change in perception."

TRY THIS: When you're frustrated, angry, sad, stuck, fed up, feeling overwhelmed, or about to "lose it," take a deep breath in and ask, "how can I see this differently?"



Tip:

Depending on the situation, ask:
"How can I do this differently?"
"How can I feel this differently?"



Opportunity

As our country healed from the recession, and as I healed from my need to 'control' obsession this question led to the decision to sell my business at the end of 2014.

Stepping into the *space of pause* and seeing things differently was paramount to selling a business on the heels of a recession, debt free, with profit, and home free.

2020 - When "Home Free" became Homebound.

As despair took hold around the world, I used this question to stay out of fear, to call forth compassion and empathy... and to discover ways I could serve.

From the space of pause, an idea came to me - I created a mini-course called: *Resistance to Resiliency (Shifting Uncertainty into Opportunity)*. For a few weeks, several women gathered via zoom for 30 minutes (honoring our bandwidth with the sudden changes) twice weekly to learn, share and connect. *Just what nervous systems needed to recalibrate for resiliency.*

I no longer teach this, *but offer this up as an example of what happens when you ask "the one question."*

THE ONE QUESTION...



Moves you from stuck to unstuck.

Leads to a healthier way to approach conflict.

Helps you discover an answer that may surprise you.

And... takes you on a journey that would have otherwise not been seen.

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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