

HOW TO CREATE A DEEPLY SATISFYING LIFE



Revelation



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KNOW YOURSELF

When you understand yourself you are better able to control your emotions and reactions because you see things through a clear lens rather than a cloudy one.

Self-awareness is the conscious understanding of your personality, emotions, actions, likes, dislikes, etc. It's being aware of how you work from inside out rather than outside in.

There are many ways to become more self-aware, here is a 5 step process you can follow to get started:

- **Pay attention** to your thoughts and actions and how others react to what you say and do.
- **Ask** yourself questions about those thoughts and actions, such as: Why do I feel that way? Do I really believe that or did I pick that up along the way and accept it as my own belief? Is this fear and insecurity talking or is this request really over the top?
- **Revisit** past situations that left you confused, scared, or hurt and try to better understand what happened.
- **Learn**, take your new knowledge and let it sink in deeply.
- **Apply** this practice every day to help you better navigate your world.



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WORK WITH YOURSELF

Once you know more about who you are and how you work, what you like, believe and what is important to you, you can begin working WITH yourself rather than against yourself by making decisions that support your preferred way of navigating the world. Every day. With big decisions and small ones.

Say yes when it feels good to say yes (or pushes you to grow). Say no when it feels best to say no (for whatever reason). Create the structure you need.

When you make choices that encourage you to live well and feel good, you start, well, living well and feeling good...and it shows!

And there is no doubt that your peaceful glow and boundary bubble will inspire your sphere of influence (including your kids) to honor and value themselves and others. This ripple effect can actually help others improve their lives for years to come simply because, through you, they learned it could be done.

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EXPRESS YOURSELF

There are times when it feels hard to be honest, with others and yourself. However, the more honest you can be about how you feel, what you want and don't want, and what you need, the more often things will work out in your favor.

Here's an example. My parents owned a car dealership for about 20 years in our hometown. The dealership employed about 45 people at any given time. I remember my parents being frustrated when employees would be upset about something but either they wouldn't communicate it or would only tell part of the story. My parents wanted to help solve problems and make the dealership an enjoyable place to work, although if communication was lacking, they couldn't support their team effectively.

I carried this knowledge into every single job I had. I always tried to be upfront and honest when I saw a problem or felt frustrated. I was always respectful and discerning, but through the benefit of my parents' experience as employers I wasn't afraid of getting fired for voicing my opinion or communicating an issue. My perspective was that the supervisor, manager, CEO would want to know so they could help support their team and their business more effectively. Once the conversation was had, it was in the hands of leadership to decide how to move forward.

I never lost a job for communicating with leadership so I expanded this perspective into my personal relationships as well. Always trying to be kind, discerning and respectful, and of course knowing when to communicate and when to hold my tongue.

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BE THE DOMINANT ENERGY

You might think this sounds a little combative, however being the dominant energy means not letting others dominate your energy rather than dominating someone else's energy.

This isn't about competition it's about boundaries and standing firm in your convictions.

See the difference?

Practices that can help your energy become stronger include:

- Meditation and focused breathing
- Releasing judgement of others and situations
- Practicing loving detachment by removing yourself from destructive conversations
- Staying big picture and looking at situations from all sides
- Creating boundaries that feel comfortable for you

Sure, this is a little easier said than done. So start small. Each action will support the next.

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FOSTER CONNECTIONS

The need for connection is deep and innate. As modern life sped up and technology offered us the ability to do more our focus shifted to external achievement at a big cost to our mental health.

We tend to downplay the importance of fostering connections with self, others and Source (something bigger than yourself, whatever you believe that to be), but as a society we are realizing that these connections are important to our very survival.

There are many ways to foster connections, here are some that can get you started on your path to reconnection:

- **Meditation** has been used for thousands of years as a self-regulating tool and catalyst for self-awareness, self-management, improved personal and professional relationships and improved cognitive function.
- **Bring YOU back into your life** by doing more of what you enjoy. And not just in your home life, your work life too. It can be as simple as making sure you have your favorite pen handy at all times. Incorporate your version of joy whenever possible.
- **Find your community** of like minds and engage with them often. Doing this offers you the chance to be seen and valued in a way that connects to your very spirit and the spirits of others.
- **Connect with the bigger picture** by taking walks in nature, going to church, making art, gardening, writing, listening to music, whatever gets you dialed to your Source of fuel and inspiration.

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MANTRA:

I AM RESPONSIBLE
FOR HOW MY LIFE
FEELS

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CPC, Reiki Master, Speaker, Trainer

My mission is to help people better understand themselves and the world around them so they can create a life that feels deeply satisfying.

After nearly 20 years in the business world as a marketer and trainer, I decided to switch careers and do the work that had been calling me since I was 12 years old: helping people feel good. Sure, it sounds simple, but we all know how complex it *really* is.

The principles and concepts I share are ones I have tested and incorporated into my life on a daily basis for the last few decades. They have improved my mental health, my relationships, my ability to navigate stressful situations, and understand the difficult people in my life.

My work is inspired by my personal & professional development journey and a deep desire to live up to my full potential in all ways. My one-on-one sessions and coursework combine decades of study and practical experience on human behavior, mindfulness, interpersonal dynamics, spirituality, and energy healing.

I'm founder of RevelationU, an education firm focused on self-awareness and personal growth, and co-founder of Marysville Wellness with the lovely and very talented Carissa Cantrell, LMT.



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