

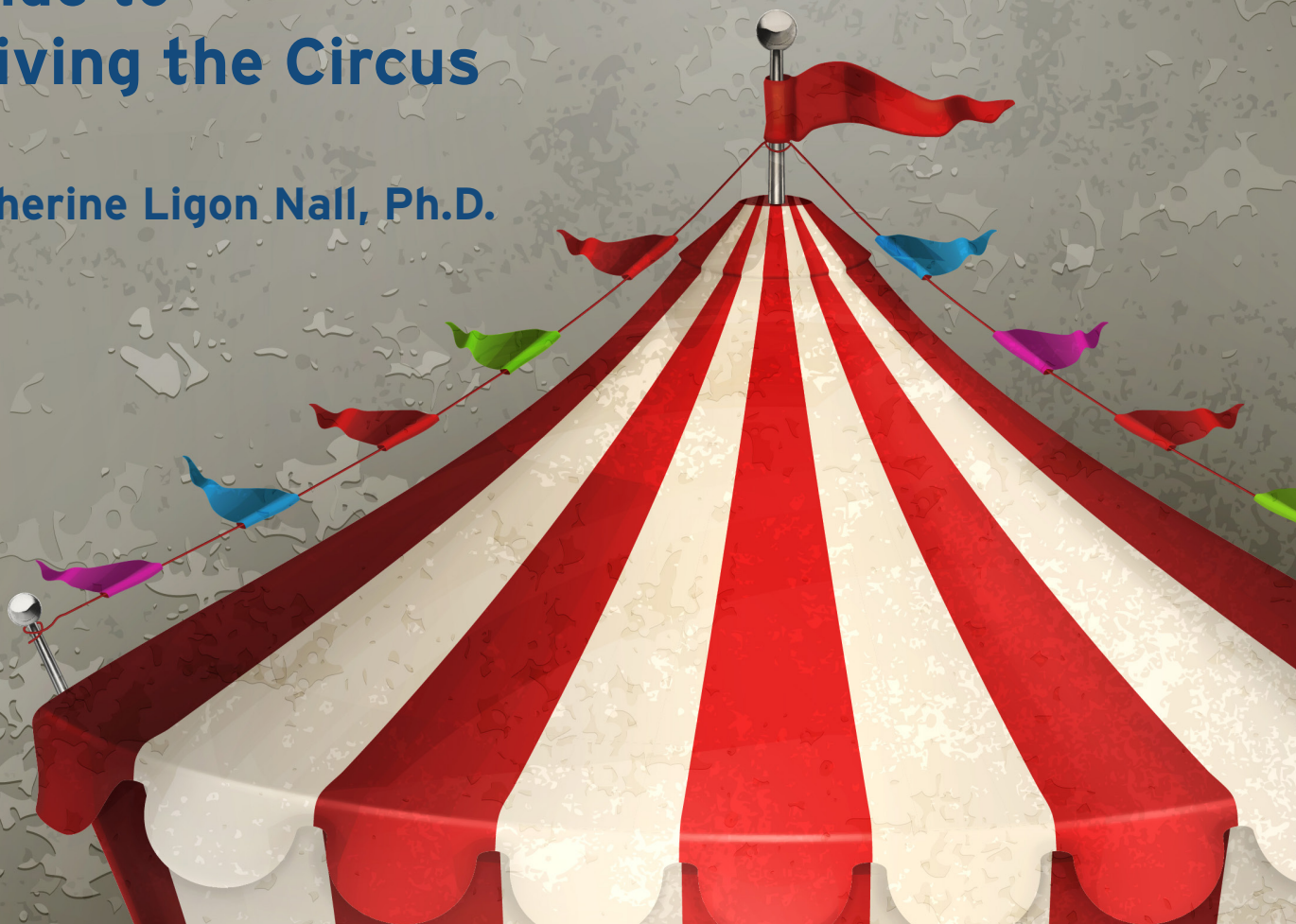


CR8 UR F8

Life On Your Terms

**A Guide to
Surviving the Circus**

By Katherine Ligon Nall, Ph.D.



Permission

How to Live Life On Your Terms



Permission [per-mish-uh n]
Authorization granted; formal consent.

YOU ARE GRANTED PERMISSION TO...

CR8 UR F8

STOP THE WHEEL

Have you seen the hamster running around and around and around on its exercise wheel with no real progress? Sometimes we feel like the hamster: work, family, work, bills, work, obligations, work, and on and on and on, repeating every day?

How do you catch your own breath?

You can catch your breath.

You can breathe.

In fact, you can release stress and enjoy your short life more by CR8 UR *F8*!

This book explains how to CR8 UR *F8* and gives you permission to catch your breath. The eight facets you CAN control in your life: Function, Foundation, Family, Friends, Finances, Fitness, Faith, and Fun!

Permission to breath. Aaah!

Permission to live.

Permission to live life.

Permission to live life on your terms.

Permission to live life on your terms.

My life focus is helping people like you to discover what you can learn how to control and how to control it.

The main cause of stress is a sense of lack of control.

Once you identify what you can control, your stress levels feel manageable.

This book is for you to see what you can control, what stress you can release, what parts of life you can enjoy. Once you review these ideas, feel free to contact me at Katie@NallEdgeCo.com about continuing this conversation. Waiting to hear from you.

INTRODUCTION

LIFE ON YOUR TERMS

“Until you make the unconscious conscious, it will direct your life and you will call it fate.” – C.G. Jung

Some say that fate (*F8*) is beyond our control – in fact, some would say our lack of control is the definition of fate. “Que sera sera, whatever will be, will be,” are the words to a once-popular song. But there are aspects of our lives we CAN control, parts of our lives we CAN manage. This book gives you gives you direction, control, and comfort.

This book gives you permission to breathe.

With these eight life facets, you gain greater awareness of the components that comprise your life. The increased awareness awakens you from the hypnotic state most of us embrace as we turn the hamster wheel.

Taking time to review these familiar concepts can result in more energy, more focus, more excitement, and more breathe in your life.

ARE YOU READY TO REGAIN CONTROL?

RECALL THE MOMENT

“Men are not prisoners of fate, but only prisoners of their own minds.” – Franklin D. Roosevelt

You know the feeling – everything used to be ‘comfortable’ in your life and now it no longer is. Your full plate of activities no longer satisfies you – instead your life is spilling over, causing you to run faster and faster and faster and ... to clean up all life’s messes. Life is controlling you and your time instead of you controlling your life, and ultimately, your fate (*F8*).

What happened to the days of knowing what you wanted and getting it?

Where and when did your control slip away? Was it when you ‘settled down’? How about when you took the new job? Or lost the last job? This book awakens you to your lack of control, assists you to identify what exactly is out of control, and advises you on methods to regain control of your fate (*F8*) again.

ARE YOU READY FOR LIFE ON YOUR TERMS?

THE F8s

F1: FUNCTION: WHAT IS YOUR LIFE FUNCTION?

F2: FOUNDATION: MAINTAINING YOUR EDUCATION

F3: FAMILY: WHO DO YOU NEED TO LOVE MORE?

F4: FRIENDS: WHO DO YOU WANT IN YOUR CIRCLE OF FRIENDS?

F5: FINANCES: HOW MUCH IS ENOUGH?

F6: FITNESS: HOW CAN YOU IMPROVE YOUR HEALTH TODAY?

F7: FAITH: WHERE IS YOUR FAITH JOURNEY TAKING YOU?

F8: FUN: WHAT CAN YOU CELEBRATE TODAY?



F1: *FUNCTION*

“When it comes to life, we spin our own yarn, and where we end up is really, in fact, where we always intended to be.”

- Julia Glass, Three Junes

When we meet someone for the first time, we ask: “What do you do?”

Consider the first word of *F8: Function*. What is your *Function* in life? Are you working in your dream job – you know, the one you knew you would grow up and ‘live happily ever after living’?

If you are not in a fulfilling career, you have options. You can find and embrace your ideal career once you know who you are and identify your unique contributions to the world.

My resume reads like a New York bus schedule—every four years I not only change employers, I radically change careers. From elevator operator, to ‘roach coach’ (mobile dining truck) driver, door-to-door sales, owning a computer company, and to radio show host, I bounced around.

When I discovered the secret to matching my personality with a job description, my life changed! With the assistance of a career coach, I found a job in unexpected field based on my personality type instead of my training. Each morning I woke excited to be paid to do what I enjoyed – what a difference!

WHAT IS YOUR LIFE *FUNCTION*?



F2: FOUNDATION

**“I am the master of my fate; I am the captain of my soul.”
- William Ernest Henley, Invictus**

Without a firm *Foundation*, you cannot build.

Without the correct training or experience, you cannot grow into the career of your dreams.

What does your career require? Education? Experience? Contacts? Your dream career determines the necessary *foundation*.

If you need additional education, you live in the best of times! Finding answers of *foundation* requirements for your *Function* is easy with today's connectivity on the Internet. In addition to your nearby college, there are online options - including some free college credits! You can also opt for the 'Abraham Lincoln' method of self-study through MOOC (Massive Open Online Course) or test through CLEP (College Level Examination Program).

Determine not only what is needed to earn your ideal *Function*, but also what is needed to keep and stay afloat in your ideal *Function*. Stay in the learning mode!

Emotional intelligence can be one of the most important *Foundations* needed, sometimes more so than knowledge, skills, or ability. Maintaining non-productive habits may keep you from your dream position. Sometimes it is not what we need to know, but rather what we need to let go. Continual life-long learning builds on the *foundation* needed to maintain and grow your *function*.

Sometimes it is about what we need to unlearn.

ARE YOU KEEPING UP WITH YOUR EDUCATION FOUNDATION?

F3: FAMILY

“Amor Fati – “Love Your Fate”, which is in fact your life.” – Friedrich Nietzsche

The third segment is *Family*: both your family of origin and the adult family you create.

Your *family* of origin includes: parents, step-parents, siblings, aunts, uncles, grandparents, cousins, and others who were a part of your childhood.

As you mature, select a partner, and create a *family*, consider your relationship with your most important person, with any children, and every relative associated with your *family* of creation.

Of course it is easy to love the lovable *family* members. Your challenge is to honor the *family* members you may not even like (every *family* has at least one!).

I tried to escape, ignore, and divorce a challenging person from all aspects of my life. She returned, usually resulting in my feelings of loss of control. After I acknowledged her role in my life, accepted her for who she was, and most difficult of all, loved and appreciated the gifts she gave me, she no longer controlled me and my feelings.

Finally, bless your *family* members with your most precious gifts: time and attention. On average, couples spend approximately two hours together each week day. We spend more time with our work personnel than we do our *family*!

WHO DO YOU NEED TO LOVE MORE?



F4: FRIENDS

**“To change the fate of one individual is to change the world.”
- Terry Pratchett, Soul Music**

If *family* of origin is the group of individuals you did not choose and yet they molded your life, then *Friends* are your favored group of individuals you select to shape you, your perspectives, and goals.

Friends are attracted to similar attributes, attitudes, and activities. When you are ready to change some aspect of your life, consider befriending someone who has qualities you desire in yourself. For example, if you want to increase your exercise time, find a *friend* who is an active exerciser.

Remember: “Be the *friend* you would like to have.”

As you generate a circle of *friends*, friendships require energy, time and nurturing to be maintained. Consider others who look to you to be their *friend*, and be open to reciprocate.

Cherish and nurture friendships and their value and support will sustain your entire life.

WHO DO YOU WANT IN YOUR CIRCLE OF FRIENDS?

F5: FINANCES

**“When fate hands us a lemon, let’s try to make lemonade.”
– Andrew Carnegie**

Who has ‘enough’ money? What is enough?

Some say it doesn’t matter how much you make, rather how much you keep.

How much do you save?

Are you running in your career cage only to pay your banker?

Finances are one of the last unspoken frontiers.

My clients share the intimate details about their lives before they begin sharing their finances. Parents are more reluctant to discuss family budgets with children than explaining the facts of life.

To improve your financial position you must know your current finances.

There are two ways to increase your financial position: increase income or decrease expenses. “Sleep well or live well” means you can sleep at night when you live within your means, or you can spend all your money today to live well today.

One friend makes \$30,000 annually and has over \$750,000 in savings. Another friend makes \$150,000 and is always B-R-O-K-E. What is the difference between the two friends?

My first friend lives on \$20,000 and my second friend spends \$200,000 a year.

Where are you financially and where do you want to be?

HOW MUCH IS ENOUGH?



F6: *FITNESS*

“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”

– Gautama Buddha, Sayings Of Buddha

A wealthy person cannot purchase health, but a healthy person can become wealthy.

Your health is defined by F6: *Fitness*.

Consider *fitness* as: (1) what and how you breathe; (2) what you eat; (3) what you drink; (4) how you move; (5) how you rest; and (6) what you think (www.morter.com/six.php).

Thomas Edison predicted, “The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease.”

At least one, if not more, of these six *fitness* indicators needs your immediate attention.

For over five years, one physician after another tried to determine the cause of my anemia.

At the oncologist, I was told I have sprue – another name for celiac. I control sprue by avoiding gluten. Five days later my five year search for a cure was found to be my diet!

When you improve one facet of your life, the change impacts all others. Consider identifying one area of fitness and devote 30 days to improve the specific area with a friend. You will see residual improvements in other areas of your life.

HOW CAN YOU IMPROVE YOUR HEALTH TODAY?

F7: FAITH

**“You should sit in meditation for twenty minutes every day unless you are too busy; then you should sit for an hour.”
- Zen adage**

The seventh piece of F8 is *Faith*.

Regardless of your feelings about spirituality, the importance of knowing what you believe, what holds you together when everything around you is falling apart, serves as a critical source of balance. Science indicates spirituality improves our lives. Daniel H. Pink’s *A Whole New Mind* summarized scientific studies conducted at Duke Univ where people who pray regularly were proven to have lower blood pressure, on average, than those who do not.

Other studies found people who pray (or meditate) reduce their risk of death from heart disease, suicide and some cancers. Additional research has shown active participants in *faith* communities heal faster, live longer, and have more fulfilling lives.

What comes to mind when you think about your spiritual self? It has been said “Religion is for those who want to avoid hell, while spirituality is for those who have been through it.”

Faith is a journey. As an adult, you choose a *faith* that resonates with you. The act of searching is part of the journey. Find others who feel peace with their *faith*, search, listen and discover.

WHERE IS YOUR FAITH JOURNEY TAKING YOU?

F8: *FUN!*

**“If fate doesn’t make you laugh, you just don’t get the joke.”
- Gregory David Roberts**

**“This I conceive to be the chemical function of humor: to
change the character of our thought.” - Lin Yutang**

One of the hardest segments of *F8* for overachievers to address is the last one: *Fun!*
Sometimes it’s too easy to complete the last item on your list, only to move directly to the next
challenge without taking the time to celebrate your success.

Celebrate!

Find something *fun* to do with your family, your friends, do something *fun* with career contacts,
or while you are working on your *foundation*. Or just enjoy life every day - what’s stopping you?
You know, you can celebrate your *F8* daily while you are creating it!

HOW CAN YOU CELEBRATE WHERE YOU ARE TODAY?



YOUR NEXT STEP

CR8 UR F8

LIVE LIFE ON YOUR TERMS

"I shall seize fate by the throat." - Ludwig van Beethoven

By defining the eight facets of your life you can control your *F8*. Like a road trip, controlling your *F8* needs a destination. Before we move toward our destination, we need to know where we begin - where are we?

It's time to live life on your terms.

Life is short.

It's time to live life.

Are you ready to search your *F8* and live?

It's time to live.

If you are ready to find out more about *F8* and share the concept with others, let's get together.

It's time to breathe.

You'll find out about introspective activities, discussions, interactive games, and more information to guide you in controlling your *F8*. It is all available to you either through coaching, keynote speaker, or training.

It's time.

For more information on Controlling Your *F8*, to arrange speaking engagements, or just to visit, email me at Katie@NallEdgeCo.com.

READY TO CR8 UR *F8* TODAY?

ABOUT KATIE NALL, Ph.D.



Just like nearly everyone you know, I have at least one chapter in my life I would like to rewrite.

Life has taught me anger, resentment, or regret does not change much of anything. But there ARE parts of life that can be changed through other methods.

Sharing this knowledge is a passion for me.

Helping others reduce stress by identifying what can be controlled is a passion for me.

Educating those who are ready to discover different ways to move to the next level is a passion for me.

Deciding what is the best way for you to receive my assistance is also a passion for me.

I am available for:

- Keynote presentations
- Workshops
- Coaching
- Training

With my diversity of *function* (careers), *foundation* (education), *family* situations, *friends*, *finances*, *fitness*, *faith* and *fun* in my life, there is a high probability of relating to you and your situation.

I look forward to hearing from you.

Katie@NallEdgeCo.com

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Resources:

www.fearlessbranding.com

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