





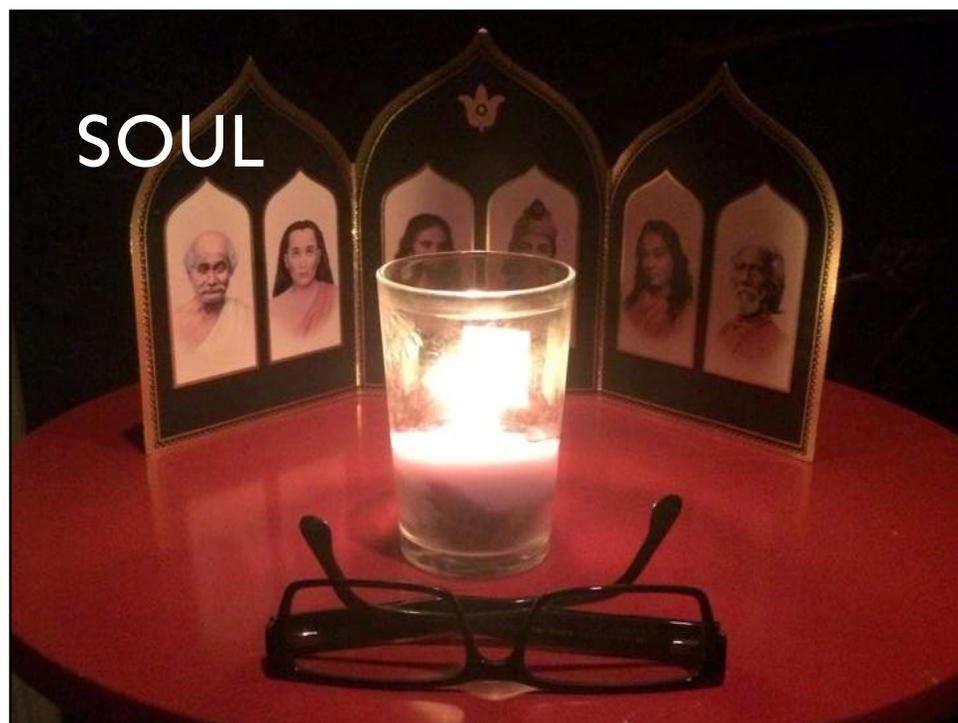
**YOUR 2014 PROJECT**

THURSDAY 02.20.14  
MONTHLY EPISODE 001  
HAPPINESS, WINTER, HABITS

**LAURA NEFF, PCC**  
NOURISH, LIFE LEADERSHIP

**CPCC:** "Certified Professional Co-Active Coach" ([CTI](#))  
**PCC:** "Professional Certified Coach" (via [ICE](#))  
**CGCL:** "Certified Group Coaching Leader"











**Kristoffer Carter**  
@thisepiclife

I'm about to flip the script on this  
[#Retrograde](#) [#Mercury](#) business  
and just start f\*cking everything up  
ON PURPOSE.



**Kristoffer Carter**  
@thisepiclife

Be strong, Ohio Arctic brothers & sisters. Your internal weather is all that matters.



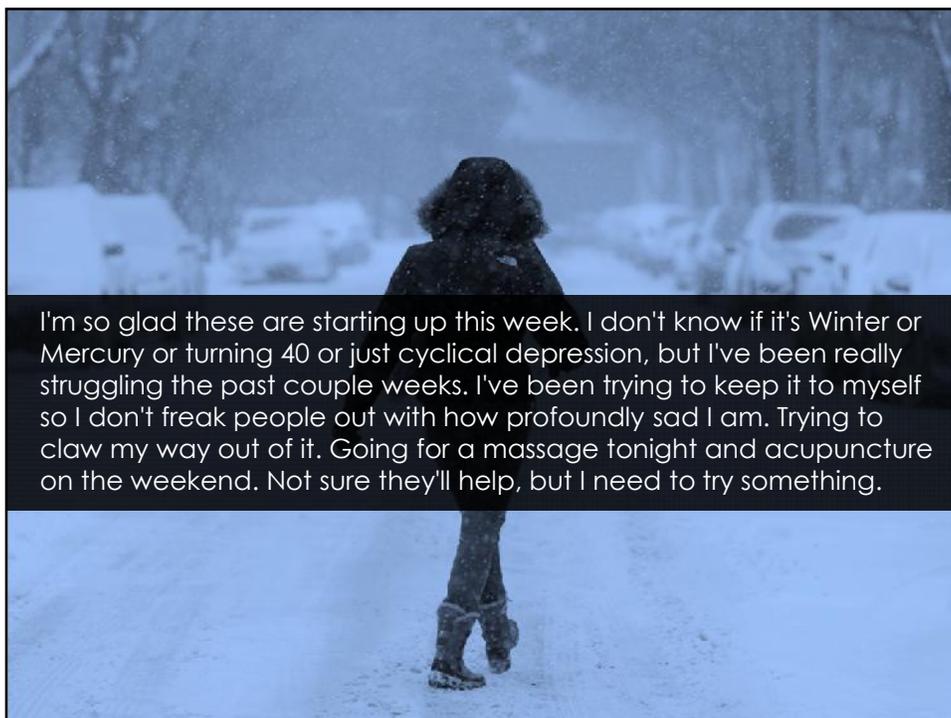
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WHAT YOU DON'T  
CHANGE YOU CHOOSE.

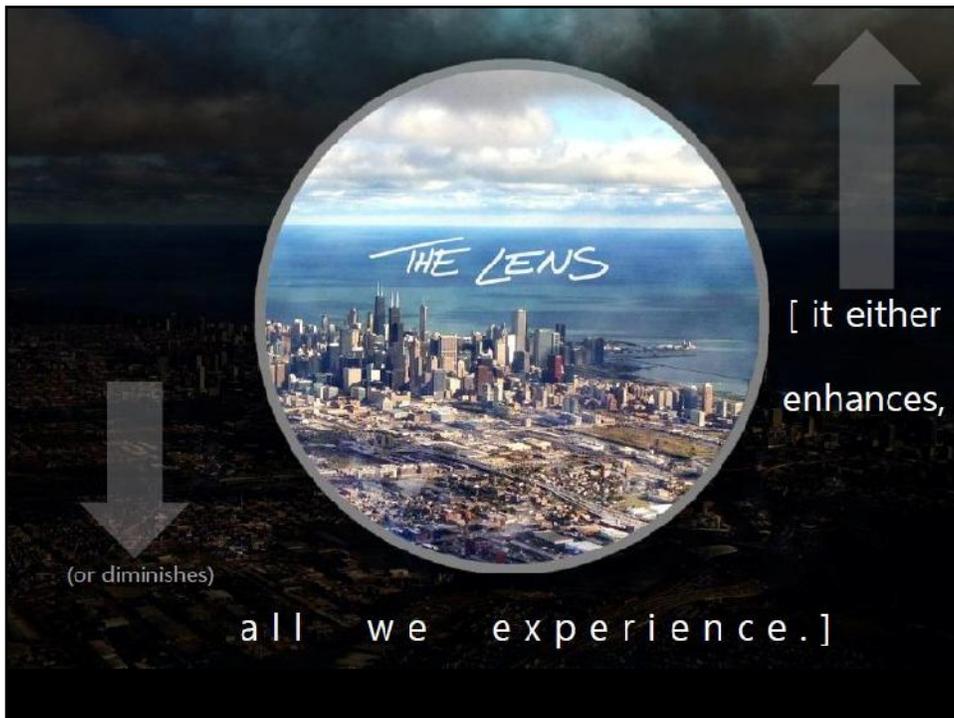
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SISTER PREETI

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I'm so glad these are starting up this week. I don't know if it's Winter or Mercury or turning 40 or just cyclical depression, but I've been really struggling the past couple weeks. I've been trying to keep it to myself so I don't freak people out with how profoundly sad I am. Trying to claw my way out of it. Going for a massage tonight and acupuncture on the weekend. Not sure they'll help, but I need to try something.



I AM A LIFE SCIENTIST, **PASSIONATELY** EXPLORING WHAT IT MEANS TO BE A HUMAN BEING.

MY RESEARCH INVOLVES FINDING **INSPIRATION**, WONDER AND **WISDOM** THRU VARIOUS CREATIVE ENDEAVORS, IN **SERVICE** TO ALL.

MY METHODS ARE **CURIOSITY**, **COMPASSION**, AND **CONSCIOUSNESS**.

MY DISCOVERIES LEAD ME TO **JOY**, **GRATITUDE**, **ADVENTURE**, AND ULTIMATELY, **PEACE**.

GREG

THE LENS

I LIVE WITH **LOVE** AND **GRACE** AND **GRATITUDE...**  
I AM HUMBLED BY THE MIRACLE OF MY SITUATION

AND MY BODY IS ME  
SHINING THRU  
AS I LOVE MY GLOBAL FAMILY...

DEBRA

THE LENS

I AM COMMITTED TO MY WELL BEING.  
TO LIVE CONSCIOUSLY  
TO SERVE THE PROCESS OF EVOLUTION  
WITH INTEGRITY

WITH COURAGE I CONSISTENTLY EMBRACE MY FREEDOM  
TO CREATE, GROW, AND EXPERIENCE JOY.

I AM ETERNALLY BECOMING, LIVE WITHIN MY PASSIONS,  
AND INSPIRE OTHERS TO DO THE SAME

JASON, LA

THE LENS

**GOT LENS?**  
HIT OUR REPLY LINE!

**1** Dial: (512) 827-0505 Ext 4124

**2** LET IT RIP! \*5 Min Limit\*

first name, city, lens statement



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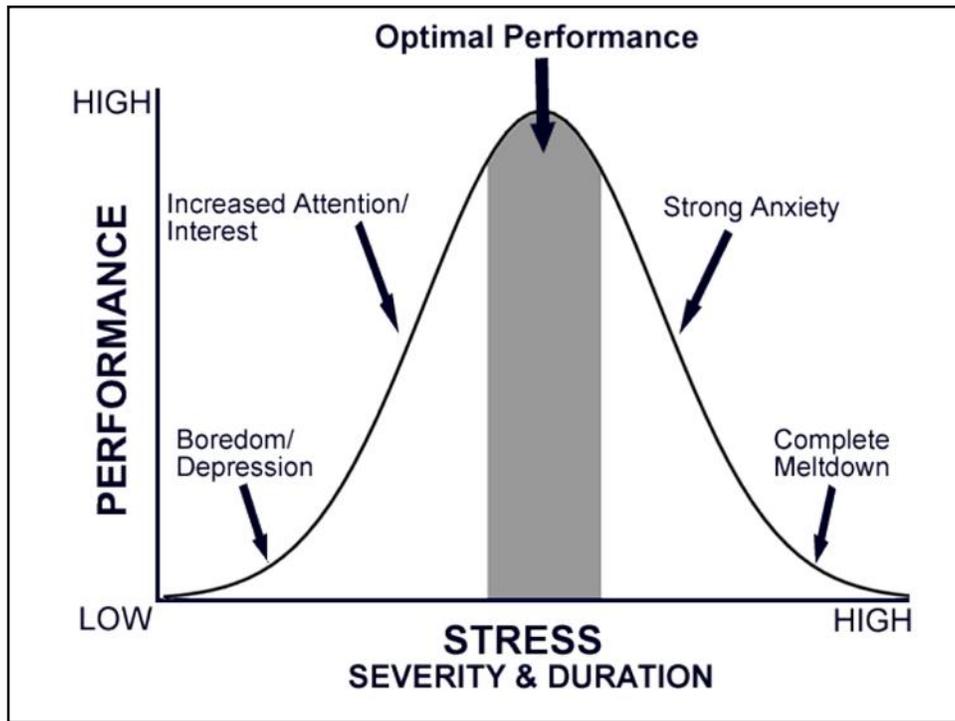
**Travis Bradberry, Contributor**  
Use emotional intelligence to boost leadership performance.  
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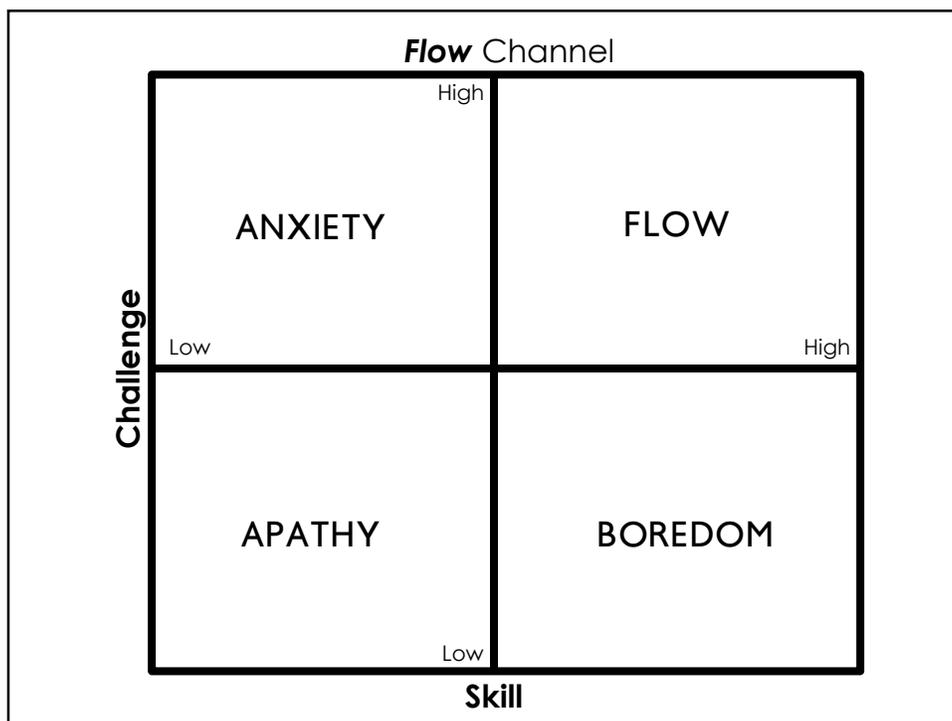
LEADERSHIP | 2/06/2014 @ 8:23AM | 958,001 views

## How Successful People Stay Calm

51 comments, 29 collec-cut

The ability to manage your emotions and remain calm under pressure has a direct link to your performance. [TalentSmart](#) has conducted research with more than a million people, and we've found that 90% of top performers are skilled at managing their emotions in times of stress in order to remain calm and in control.





“ You have to decide what your highest priorities are and have the courage - pleasantly, smilingly, nonapologetically - to say 'no' to other things. And the way to do that is by having a bigger 'yes' burning inside. ”

— **STEPHEN COVEY**

# 4 STEPS

- 1** You have to begin where you are. Usually in the **Negative-Specific**
- 2** **IMMEDIATELY** pivot to a more general lens. Let's call it the **General-Negative**
- 3** Once we gain our footing in the general, let's **build a bridge to the positive**, or **General-Positive**
- 4** Once you are **firmly rooted** in the General-Positive, it's time to get **Positive-Specific**

Abraham-Hicks

A photograph of a person walking away from the camera in a snowy, open field. The person is wearing a dark coat and boots. The background shows snow-covered trees and a hazy sky. A text box is overlaid on the top left of the image.

**1** You have to begin where you are. Usually in the **Negative-Specific**

I've been really struggling the past couple weeks. I've been trying to keep it to myself so I don't freak people out with how profoundly sad I am. Trying to claw my way out of it. Don't know if it's Winter, Mercury, turning 40, or cyclical depression...

2

**IMMEDIATELY** pivot to a more general lens.  
Let's call it the **General-Negative**

Whatever it is, there is a lot of change happening around me, and in the world. Weather just feels intense. Isolation is more common in Winter. Tougher to get out and connect. Could use a couple hours outside in fresh air each day, or around some new people...

3

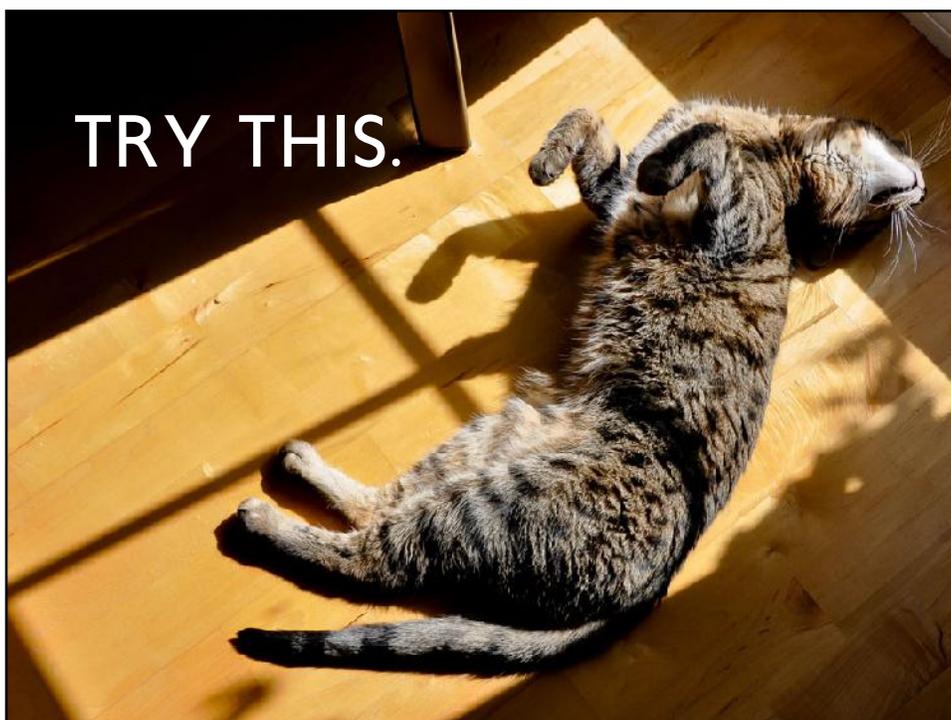
Once we gain our footing in the general, let's  
build a bridge to the positive, or **General-Positive**

These periods come and go. I'm lucky to at least recognize the bullshit. Awareness is key. I care enough to recognize I need to make some tweaks to take extra special care of myself in these harsh conditions. Nobody can say I don't care more than ever about my well-being and happiness. I've recently tasted what it feels to be my most vital, creative self.

4

Once you are **firmly rooted** in the General-Positive, it's time to get **Positive-Specific**

Since these periods are in fact temporary, I can control my experience and shorten the rough patches. I can try to focus solely on the things that bring me joy. My life is more full of inspiring people than ever before, and that makes me grateful. Maybe I'll look into being a baby cuddler at the hospital. That would be so cool. I'm going to channel this anxious energy in a productive direction around the house. Fuck it, I'm throwing a party. External conditions don't determine the amount of love in my life. I do.

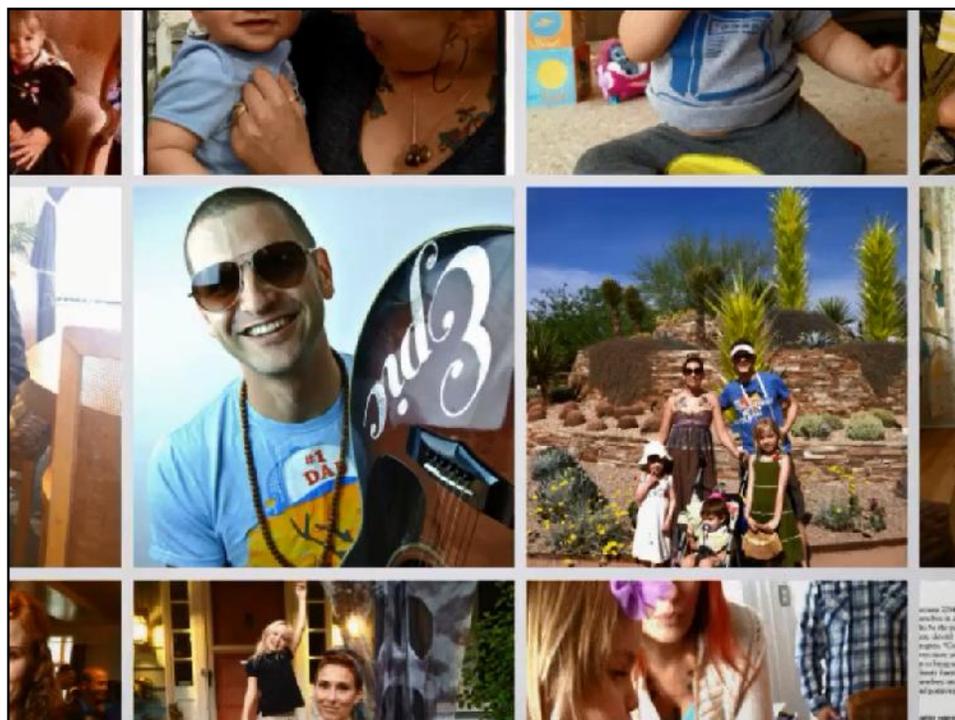


TRY THIS.



TRY THIS.





# Q&A

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MONDAY FEB 24TH



# Radio Enso

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**LISTEN LIVE:**

**MONDAYS, 6PM PACIFIC/9PM EASTERN**



THIS *Epic* LIFE

BE WHO YOU ARE. WHEREVER YOU ARE.

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