

# THE A TO Z GUIDE FOR BEING YOUR UNIQUE SELF



You don't have to read the entire guidebook –  
pick a letter, any letter, and begin right now to  
*savor* the connection of your body, mind and soul,  
*improve* your relationships,  
*feel* healthier and  
*radiate* your uniqueness today and every day!



Does this sound familiar? You're blasting through life at Mach 5 with your hair on fire. Then you experience rare, unexpected moments of rapt attention on questions that seemingly appear from nowhere and take you by surprise:

1. Is it worth it?
2. What am I really chasing?
3. It feels like something is shifting in me. What is it?

That's where I was a decade ago. I made a decision, and that was to give myself permission to stop and honestly consider the questions that were bubbling up from within. My soul responded with such pain and anguish, I could only sob. That was the beginning of my journey inward – and it has been the most fascinating and gratifying journey of my life.

Here's what I've come to believe: when the student is ready, the master appears. Why do I believe it? Because for the past decade, the masters appear in my life when I'm ready – or almost ready! It has become an integral component in my belief system, and it has my complete trust and respect. My responsibility is to acknowledge the experts or masters for their wisdom and to be available to receive their guidance, questions, suggestions and experience.

How is this relevant to you? An expert is a specialist who offers wisdom and solutions in the form of personal knowledge, skill and/or guidance. My clients value my advice and are open to paying top dollar for my opinion, experience and knowledge. Why? Because I deliver on my promise. They pay attention to what I have to say because they want what I have.

This is my gift to you today – to provide you with my wisdom, experience, suggestions and questions that will inspire you during this adventure called life. I am gifting this A to Z Guide to you for two reasons:

1. To save you a ton of time, money, and energy
2. To feed my soul by sharing what I've discovered

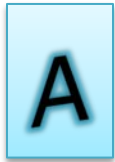
I love being my unique self and making a difference in the lives of others, making a great income and enjoying myself. I truly believe that you can manifest anything you want if you focus on it and have a successful plan to follow.

My invitation to you is to now gift yourself the joy of being your unique self!



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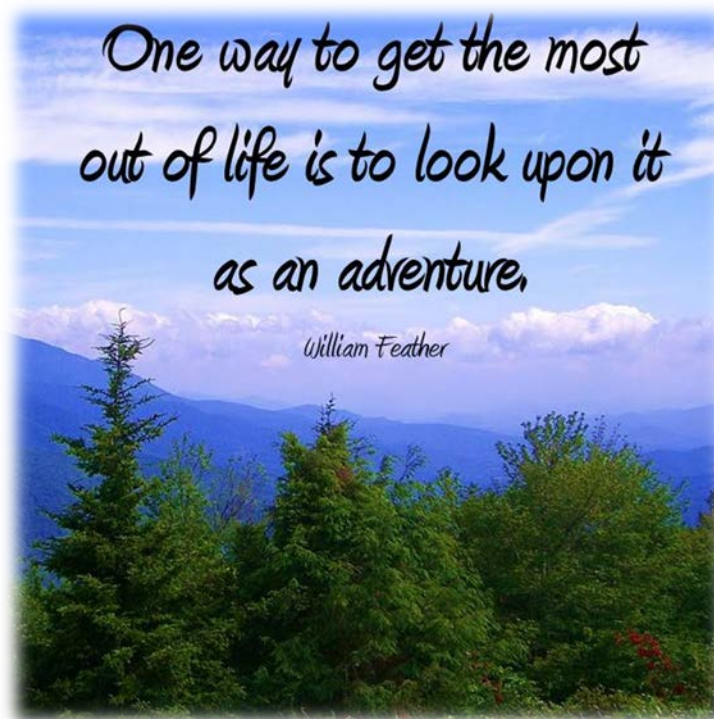


## AWARENESS

Do you want to veg out on the sofa and watch mind-numbing TV? Do you want to step out of the race and hide? I can relate – doing nothing can be very appealing, and it has its place. However, is it every weekend? Every evening?

Try this instead: flip on your awareness switch. For fun, do something new, different and unexpected that is completely *unstructured*. Be fully aware without structure. Here's what I mean by unstructured: no schedule, no rushing, no meeting up with friends, plenty of fresh air. Maybe a leisurely stroll around the park, on the beach, in the meadow (we're not counting steps here!) – and truly connect with your body, mind and soul.

Be fully present, in the moment, in the now. Forget about next week – it will arrive soon enough. Invite your awareness to the party, so you can enjoy yourself this very moment!



# B

## BABIES

Go to YouTube and do a search for “babies laughing.” Click on one – any one – and within seconds, you’ll be laughing too. It’s irresistible! When they laugh, their entire body is involved. At that moment, all they know is pure happiness.

Their unencumbered belly laugh is a reminder to us that we, too, can laugh and enjoy every aspect of how great laughing feels!



**Bonus Tip:** This is a great activity to do with someone special in your life. Share the happiness!





## COLORING BOOKS

I'm totally hooked on this one – coloring books. It matters not if the books you choose are for children or adults. Want to really indulge? Buy yourself a set of pens or pencils that are *ONLY* to be used *by* you and *when* you are coloring.

Yes, I know – it sounds silly. Yet this has been one of the most therapeutic activities of my adult life.



Bonus Tip: [Amazon](https://www.amazon.com) is a great resource for coloring books of all shapes, sizes, styles and levels of difficulty. Also, many Barnes and Noble stores have a section for “grown-up” coloring books.



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## DAYDREAM

Here's your ticket for an immediate vacation. Picture yourself floating on a cloud – it's a beautiful, warm, sunny, breezy day – and let your mind wander, wherever it wants to go. Just go with the flow – there's no destination, timeline or deadline. It's a double win because it's free *and* fast! And here's a bonus tip: it's particularly effective when you are stressed, anxious or overwhelmed.

Take a mental vacation right now by daydreaming, and you'll be surprised at how much better you feel when you come back to earth!





## ENERGY

It's everywhere in the universe, and it's easy for us to tap into – anywhere, any time – to give us an energy boost. Rather than rushing to the espresso machine or dashing out for a sugar boost, try this. Casually walk outside, find a patch of grass, take off your shoes and wiggle your toes in the coolness of the grass. Feel the strength of Mother Earth entering your body through your toes, and feel the warmth of the sun penetrating every muscle, fiber and cell of your body. Feel the connection; savor the soulful sense of well-being. When the weather isn't conducive, the next best thing is to visualize yourself taking that stroll outside.

The beauty of this is that your mind doesn't know the difference – it's just as easy to become absorbed in this activity as it is when you read a book or watch a movie.



# F

## FURNITURE

Do you feel like you're in a rut, stagnant or lacking excitement? Try rearranging the furniture in your office, bedroom, living room, any room! It will give you a new perspective, shake you out of the routine and engage your creativity. Before you know it, you'll be looking for new wall art, an area rug, or a pillow for the sofa. Give it a try. What the heck, you can always put everything back where it was – and do so with a gratifying sense of trying something different and breaking out of your routine.

What else can you think of to help you see your world from a new perspective?



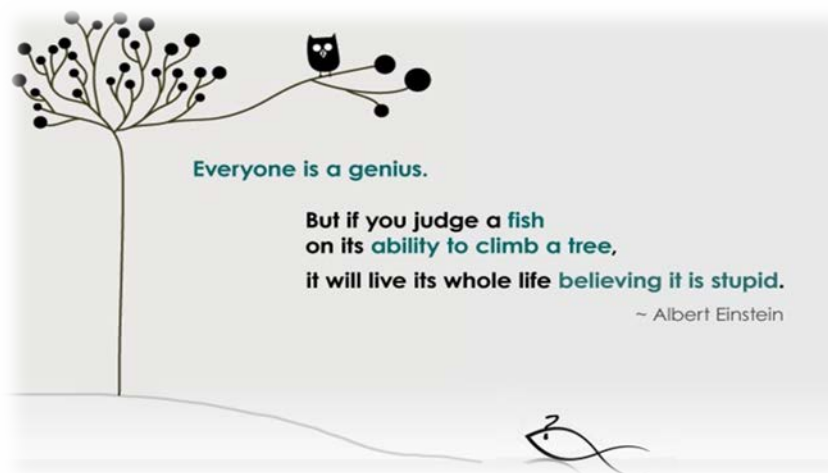




## GENIUS

**Warning:** at first, you may feel a bit uncomfortable doing this – just accept it and do it anyway! Find a safe, comfortable, quiet space. Relax, close your eyes and ask your soul this question: “how can I use my genius?” You may have to repeat it a few times while remaining totally quiet and still. Notice you’re not asking the “what” question (*what* is my genius?) It’s purposefully the *how* question. This eliminates the need to get lost in the *what* by presupposing you know what your genius is.

You’re merely tapping into the unlimited power of the universe to provide you with suggestions as to how you can best utilize your genius. Please note: this is not a one-time-only activity!



**Bonus Tip:** In a coaching engagement, we would delve into your genius with gusto! You are such a unique person, and there are aspects to your genius you don’t even know you possess!



## HUM

For all of you hummers, congratulations! And for you up-and-coming hummers, take in a deep breath and exhale; relax, and know that you are completely safe! There is no audience, no judge; this is not a competition. You can hum along while listening to your favorite tunes or hum a nonsensical tune that has no rhythm, melody or pattern.

Try it right now – just hummmm. Notice the sensation between your lips and the importance of breathing so you can continue humming. Feel your lungs expand and contract. Take another deep breath in and exhale.

Congratulations – you did it! Is that a smile teasing the corner of your mouth?

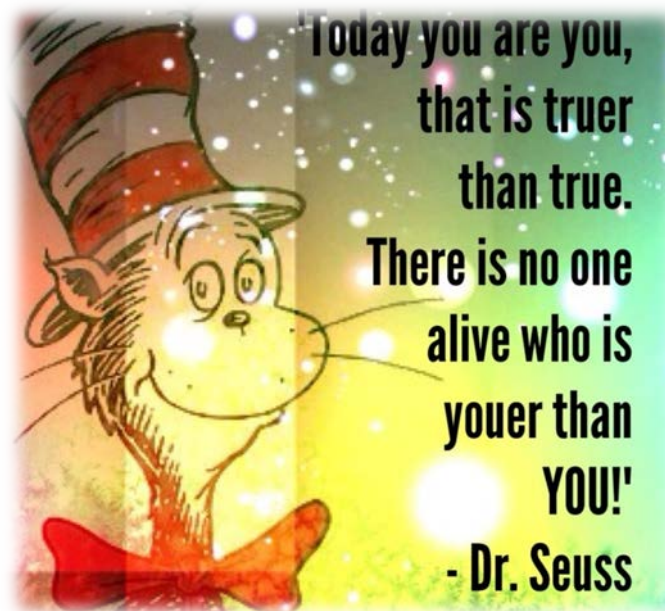


# I

## INTROSPECTION

When you have a deeper understanding of yourself, you have a greater capacity to be more of who you are. More of who *you* are, not who someone wants you to be, or who you think someone wants you to be.

Introspection is the pathway to your authentic self – that would be your Self with a capital “S”! I have found it most beneficial to spend time each day in introspection – my intention could be one of discovery, knowledge, understanding, awareness and/or validation that I am being my authentic Self. Try it and have fun – remember, this is not a race or a contest. It is your life!



Bonus Tip: The books authored by Dr. Seuss are not just for children!

# J JUNK

If you have junk that's cluttering your living space or junk that's cluttering your mental space, it's time to get rid of it. We all have it – it's a byproduct of life. For some it may be just one messy drawer, for others a closet, garage or storage space. It's easy to see when we're open to seeing it.

The mental clutter is not as obvious and yet can be even more troublesome in our lives. Stay with me; I know, this can be a bit unnerving. Here's an example of both types of clutter: You're contemplating getting rid of something and your inner dialogue kicks in with "What if I might need it next year?" or "Bernie loved that chew toy." (Bernie is your friend's dog – the friend who moved away last year) or "I can't get rid of that – I just can't."

You've spent a lifetime accumulating junk – it didn't happen all at once. So you can't expect to be rid of it all at once. The best way to manage the clearing-out process is to chunk this down to bite-size pieces – maybe clean out one drawer, a cupboard or one box in the garage. Take it slow and easy, pace yourself, and you'll make steady progress. Taking on too much at one time can overwhelm you, which defeats the purpose.

Regarding the mental clutter, you know what that is – it blurs your vision, distracts you and prevents you from making decisions that will give you the future you crave. My suggestion is to make notes as you uncover the clutter and, when you're ready, let go of it; throw your notes in the trash or the shredder.





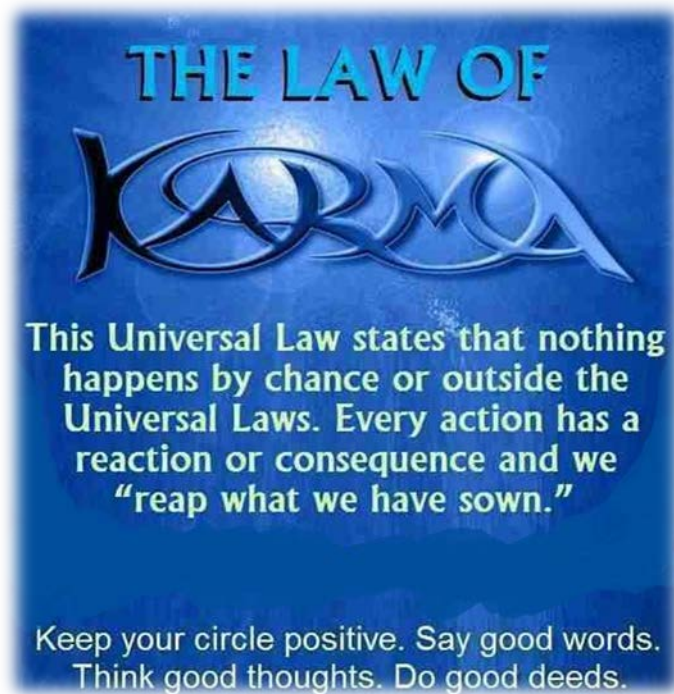
## KARMA

Experts tell us that karma is the sum of a person's actions in this and previous states of existence, viewed as deciding that individual's fate in future existences.

This works for me – sort of. Being a proponent of free will, I am of the opinion we can change our future by making different decisions and taking different actions.

Here's an easy way to share your karma with others: engage in random acts of kindness. You are feeding your soul by giving, and the unsuspecting recipient enjoys your gift with surprise and pleasure. How cool is that?

The plaque below says it all for me – keep your circle positive.



Bonus Tip: There are 12 Universal Laws, including the Law of Attraction. Do a search on this, and you'll have oodles of sources in a flash!



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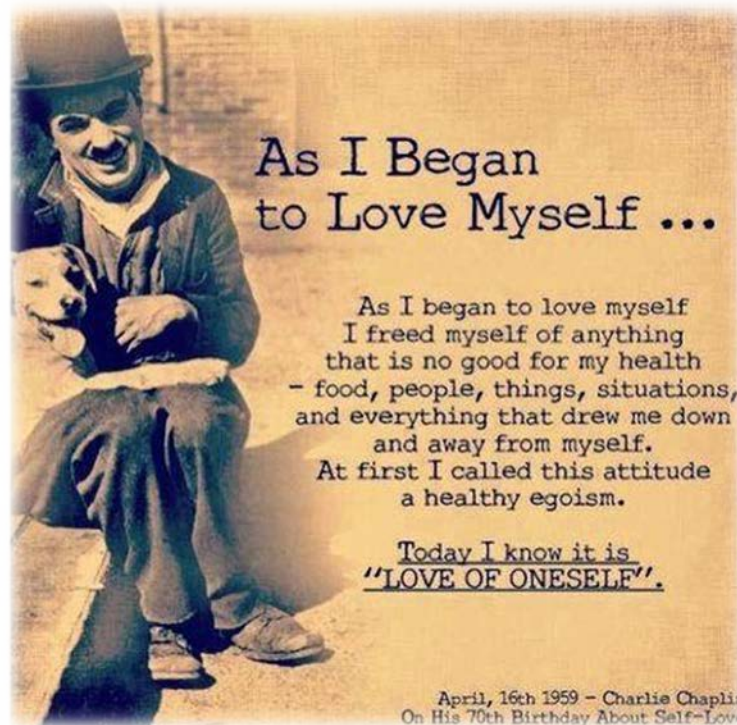
## LOVE

This four-letter word has a multitude of meanings and levels of meaning. Love is a variety of different feelings, states, and attitudes from interpersonal affection (I love her) to a momentary sensation (I loved that meal.) It can be used to describe an emotion, an attraction and an attachment.

In this instance, my focus is on self-love. Loving oneself is, by far, the most important state of being we can achieve. It is essential to love ourselves so we can accept love from others as well as love others.

Here are four suggestions I share with my coaching clients to begin the journey of loving yourself:

1. Let go of your inner critic, and hire a cheerleader.
2. List your positive attributes, and purposefully use them each day.
3. Support yourself with positive affirmations.
4. Know the dangers when self-love is not present.





## MEDITATION

In the past, when someone mentioned meditation, I cringed. No matter how hard I tried, I could not meditate. My mental chatter was nonstop, random thoughts flying through that interfered with my concentration. Finally, I gave up even trying. Meditation was not for me.

In his book [\*Karma Buster\*](#), Joe Nunziata provides a refreshingly new perspective about meditation. His suggestion made meditation possible for me. The key is to open my mind rather than struggle to shut it down. Forget about focus and go into the feeling. Feel my breath, feel my lungs expand, feel the sensation and power of breathing – it is a life-giving force!

Yes, I know it sounds very woo-woo, and yet it works! I'm here to tell you, yes, you can meditate and reap the benefits in all aspects of your life.





## NOURISHMENT

We nourish our mind and body each day – hopefully with healthy, wholesome goodness. (Sounds like a commercial!) Here's the question – do you nourish your soul each day? Do you provide healthy, hearty wholesomeness so your soul can thrive and flourish?

Here are some suggestions to get you started on nourishing your soul:

1. Be emotionally honest with yourself; when you're not, you will feel the pain.
2. Let go of judgment – judging yourself as well as others hurts your soul.
3. Meditate, engage in silent contemplation and invite the voice from your soul to come forth.





## OPEN YOUR MIND

Open your mind to whatever words come in. Give your judging, critical inner voice the day off and truly listen to your soul. You are a genius – you have special gifts, talents and skills that no one else on earth has.

Suggestions that may assist you in opening your mind:

1. Three times each day, pause and spend one minute in gratitude.
2. Ask the universe to open your mind and your soul to receive abundance.
3. Be willing to see your world from another perspective – to see the world of others from a new perspective.
4. Let go of the limitations that are holding you hostage by asking for release and opening yourself up to possibilities.





## PLAY

When you think of playing, do you think of children? Most of us do because that's the age we were when we learned how to play – yes, we learned. We learned to play “nice” with others; we learned to play by ourselves when others weren't around. Playing is a skill set we developed and may have been misplaced over the years as we became adults.

I invite you to dust off that skill set, bring out your playfulness and start having some fun each day. Get creative; try something new, consider all options, and be open to any and all suggestions that may come to mind.

Remember, this is all about playing – not winning, not beating the clock, not competing. The sole purpose is to have fun – each and every day. At the end of the day, do a quick flashback: identify what you did for fun, and anticipate what you may do tomorrow for fun! The only restrictions are what you impose on yourself.

My challenge to you: have fun for at least five minutes each day. Are you willing to accept my challenge?



**Bonus Tip:** Schedule a play date with friends, and surprise them with an unexpected activity. It's so totally fun, and they have the added bonus of anticipation!





## QUESTIONS

Years ago, one of my clients “crowned” me the Queen of Questions – and I have a rhinestone crown! What I cherish most about this title is that it captures one of my foundational beliefs: that the answers we seek to live a happy, healthy, rich and rewarding life are within each of us. The key is in asking the right questions so that the answers will surface.

As your coach, I ask you the questions that will bring forth your answers – your authentic, honest, soulful answers. Not my answers or another person’s answers. This is your life, your experience and your adventure. Here are some examples of questions that will start your adventure inward:

1. What is your definition of success in relationships, business, and life?
2. If you could let go of one thing today that would give you peace, what would that be?
3. Have you made peace with your past, or is your past dictating your future?
4. What do you need to make your future what you want it to be?
5. What do you want most in your life?
6. Do you love, cherish, respect and appreciate yourself? If yes, how? If not, why?





## RESPECT

Extending politeness or deference to a person is showing respect for them. My parents taught me to be respectful to others. What I didn't learn was how to respect myself. My inner critic was quick to talk to me in a disrespectful manner. My inner judge was quick to find me "less than" and unworthy. I listened to the messages and, over time, came to believe each one. Pain, sadness and shame were the result.

When I became aware that I was just reinforcing those untruths, it was quite a shock. This was a pivotal moment in my life – coming to the awareness that what may have been my truth in the past did not have to be my future. I learned that respecting myself was the fastest, most direct route to gaining the respect of others.



Graphic: <http://therespectinstitute.org/respect-360-etaining/>



## SOUL

What is your definition of soul? Please take a moment and write down your definition.

Getting in touch with your soul, living a soulful life, wanting your soul to be felt are of such a personal nature, no two definitions are the same. That's part of the beauty and contributes to the mystique of the soul. Where does it reside? Where do you feel it? What experiences touch your soul?

This aspect of my lifelong adventure is far from complete. I have moments of soulful living – that's when I'm able to harness the wellness within me and see the world with such clarity. And then there are the moments that completely eclipse that clarity with a shroud of doubt, shame and fear. How could I claim to be living a soulful life and yet be plagued with such demons?

A masterful therapist kindly and gently provided me with the answer: I can live a soulful life without being perfect. Wow – that was an aha moment. Permission to be true to myself, honor my soul and live with fact that I am human and will never be perfect.

And that's when I am most soulful – accepting, respecting, forgiving and loving.



Bonus Tip: As your coach, I would invite you to revisit your definition of soul from time to time. What I learned is that as I got more in touch with the riches held in my soul, my definition evolved – as did how I thought of my soul.



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## TRUTH

One truth I've learned on this incredible adventure called life is this: what was my truth yesterday, last week, last decade may not be my truth today, tomorrow, next week or in the next decade. My truth is what I know today, right now. And, hopefully, I will know more tomorrow.

Truth changes with facts and knowledge. The world is not flat, the sun does not sink into the ocean, and the atom can be split. As we learn and understand more about ourselves individually, our truths will change. As experiences shape our life, our truth will change.

One of the challenges we have in discovering or uncovering new truths about ourselves is our resistance to change. Let's face it, change can be disconcerting, unsettling, disruptive and even scary. What's a person to do?

My suggestion is this: embrace it – all of it, from the troubling to the scary. Accept it – and take action anyway. Making the transition from what was to what can be is taking action on faith, trusting yourself and believing that the truth on the other side of the adventure is well worth the experience.

What is your truth?





## UNPLUG

Recently, the word “unplug” has taken on a new meaning – to unplug from the electronic devices that seemingly run our lives. In the “olden” days, the word “unplug” referred to items requiring electricity – such as an iron, the TV or an electric pencil sharpener.

For our purposes here, let’s deviate from the norm and the new normal by thinking about unplugging from another perspective.

If you want to go deep, what beliefs are you holding that keep you plugged into being stuck or holding back? What limitations have you imposed on yourself that have you tightly bound? What is required for you to break free? Cut the cord? To unplug so that you can be more of who you are?



Bonus Tip: Are you toying with the idea of what would it be like to disconnect from the world for a time? I would encourage you to give it a try – you might just like it!

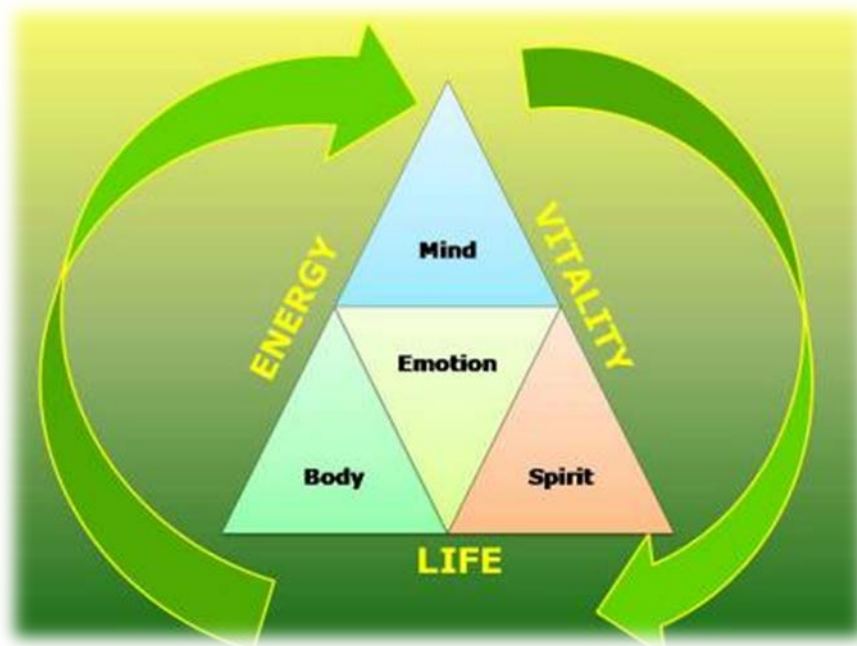




## VITALITY

I love everything about this word – how it sounds, how my mouth feels when saying the word – and yes, what the word represents to me. Vitality is the ability to live and develop, evolve and endure.

There's a fluidity implied in the word – the opposite of being stagnant. For years, I searched for work/life balance and ultimately discovered it did not exist. What I really sought (without realizing it) was to achieve a healthy balance with my body, mind and soul. The body/mind/soul balance enabled me to achieve emotional balance because our emotions are the center of the pyramid, and they touch all the other components.



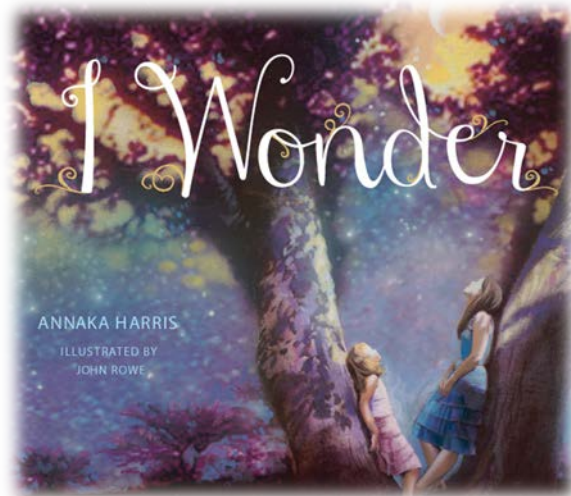


## WONDER

The first time you rode a bicycle without training wheels . . .  
The first time you noticed the stars . . .  
The first time you saw fireworks . . .  
Your first kiss, first love . . .

When we are filled with a sense of wonder, everything is right with the world. At that moment, it's impossible to feel anything but wonder. For me, wonderment is the stage after curiosity. Curiosity is standing at the door of wonder and contemplating what might reside over the threshold. It's magical yet real, mystical yet of this world.

My wish for you is to step into the wonder of yourself and the life you could be living. If this is too much of a stretch for you, then start with engaging your curiosity in such a way that you feel safe and secure, yet courageous and willing to experience something new and different. Your curiosity was alive and thriving when you were a child, and it's still there. Extend an inviting hand to your curiosity for the wonder of seeing where it takes you.





## XENIA

I was surprised at the number of words that begin with the letter “X.” I chose xenia because it is a type of coral found in our oceans. Coral plays such a critical role in keeping our oceans thriving and healthy. Essential yet unprotected. Necessary and vulnerable. Easily damaged and slow to recover. Needs nourishment and a healthy environment to thrive.

Might you consider the similarities between the xenia coral and your soul? How can you create a healthy environment where your soul can thrive? Are you willing to do that for yourself?



Bonus Tip: [Click here](#) to see more examples of xenia coral.

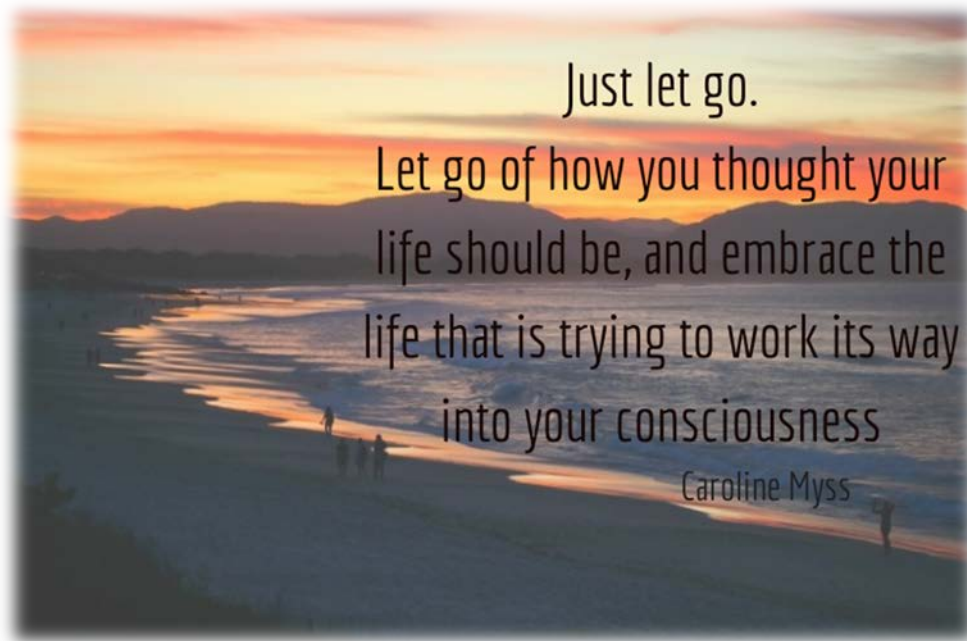


## YEARNING

What do you yearn for? What is missing in your life that would significantly impact how you feel about yourself, your relationships, your profession, your very being? What does your soul yearn for?

Having the sense of yearning is like having a goal on steroids. It can be a driving force, a north star and a road map all wrapped in a desire that is so strong it refuses to be eclipsed by the obstacles.

It is unyielding and ever-present.



Bonus Tip: Caroline Myss is one of my favorite people. [Click here](#) to learn more about her.



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## ZENITH

And with zenith, we reach the end of our journey together to living a soulful life. Your soul is your constant companion, ever-present and never wavering. It asks for nothing and yet, it will give you the world when you attend to it. My invitation to you is to think about your soul, what it means to you; make the distinction between your soul and ego, soul and psyche.

Your soul is waiting patiently for your attention and intention. Open your arms and embrace your soul with love and compassion, tenderness and understanding. Welcome its divine essence in your life, and be prepared for miracles to happen within you.

Thank you for the wonder, uniqueness, curiosity and awareness of knowing that there is more within than you can ever imagine!!





I hope you enjoyed reading *The A to Z Guidebook for Living a Soulful Life* as much as I enjoyed writing it.

For the past decade, this has been my message: whether talking to an audience of one or one thousand, my goal is for you to have a fresh perspective of yourself, your life and your soul.

It was a struggle for me to maneuver through the shadows dark places and land mines of life to emerge into the sunlight and begin living a soulful life. And it is so worth it! It is my pleasure and purpose to be an inspiration and motivational resource for women who seek to connect with their soul so they can experience more joy, love, peace, contentment and fulfillment in their life.

Our world is volatile and in chaos. We can change this when we connect with our souls; we can achieve inner peace and harmony. To achieve this connection, we don't need a big vocabulary, special clothes, or all sorts of fancy equipment. All we need is H.O.W. – this may be familiar to some of you:

H: honesty  
O: openness  
W: willingness

My soulful prayer is for you to find your H.O.W. and embark on your adventure of living a Soulful Life.



A handwritten signature in cursive that reads "Susan".

If you're ready to take the next step in finding your happiness, then you'll want to schedule your complimentary [EXPLORE | EXPAND | ENRICH](#) session with me.

This is my gift to you and during this discovery session you'll learn specific actionable steps you can start taking immediately!

*How cool is that?!*

Schedule your session now so you don't miss this amazing opportunity – a \$250 value.

Click here: <https://meetme.so/SusanBock> Click on the first option Explore Expand Enrich.

You only have one future, so make it the best you can imagine!



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## Resources:

Books: click on the title for immediate purchase on Amazon

[Anatomy of the Spirit](#) Caroline Myss

[Karma Buster](#) Joe Nunziata

[The Why Café](#) John Strelecky

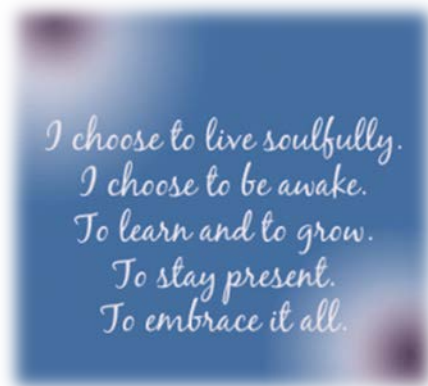
## Websites:

<http://www.one-mind-one-energy.com/12-universal-laws.html>

<http://therespectinstitute.org/respect-360-ettraining/>

Are you ready for more?  
Do you need inspiring?  
Is your soul talking to you?

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"Begin to see yourself as a soul with a body rather than a body with a soul."  
Wayne Dyer



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