

FROM THE BOOK, *COMPOSE YOUR SOUL: HOW TO TURN YOUR DAILY CHAOS INTO CALM CONTROL*

# NOTICE



DISCOVER YOUR PRE-EXISTING CONDITIONS SO YOU CAN TAME THEM

**ANGIE NUTTLE**

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*Composing your soul isn't a 3-step process that can be built overnight. It takes deep reflection, brutal honesty, and the willingness to accept that you have unique DNA.*

*-Angie Nuttle*

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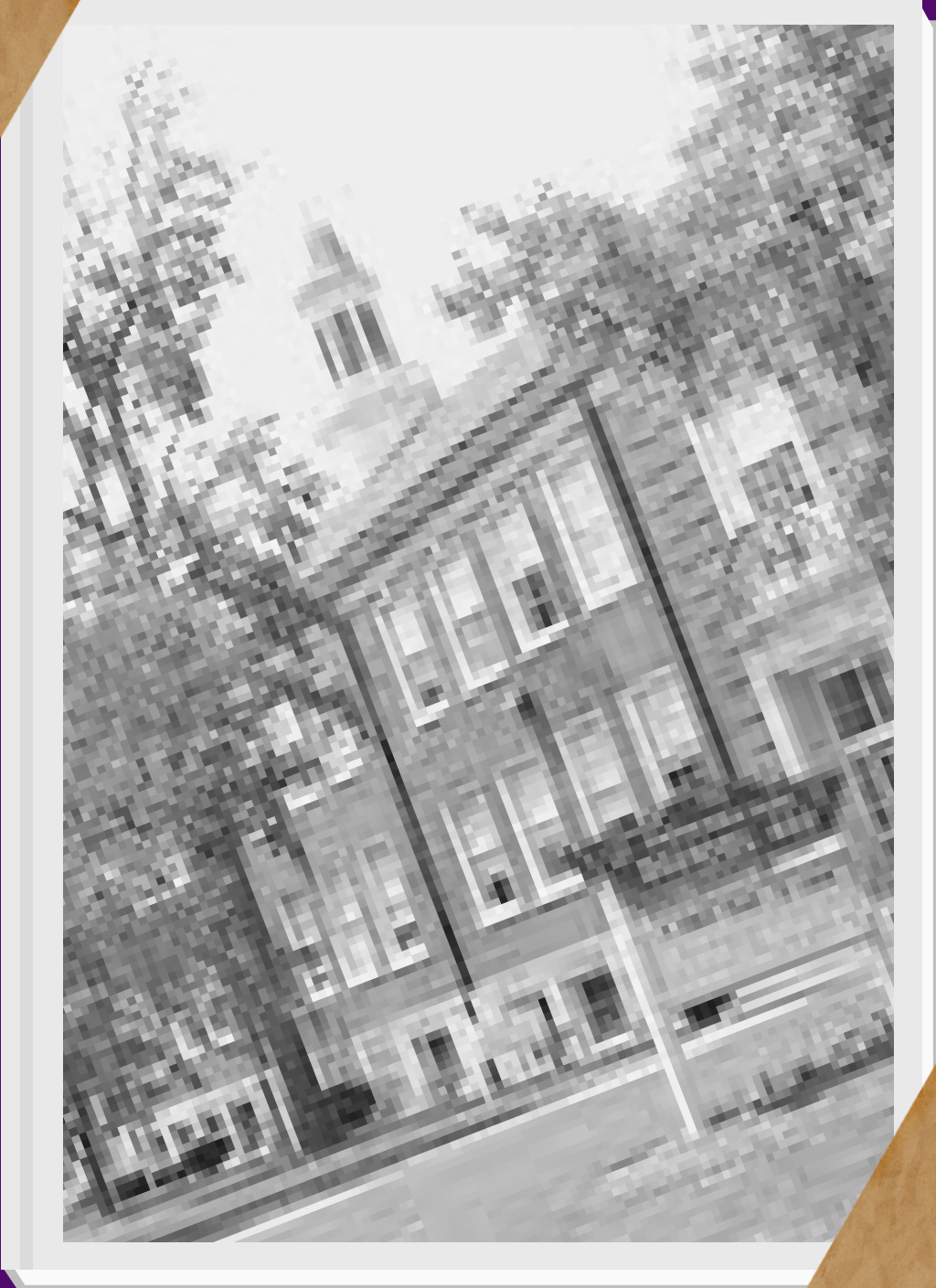
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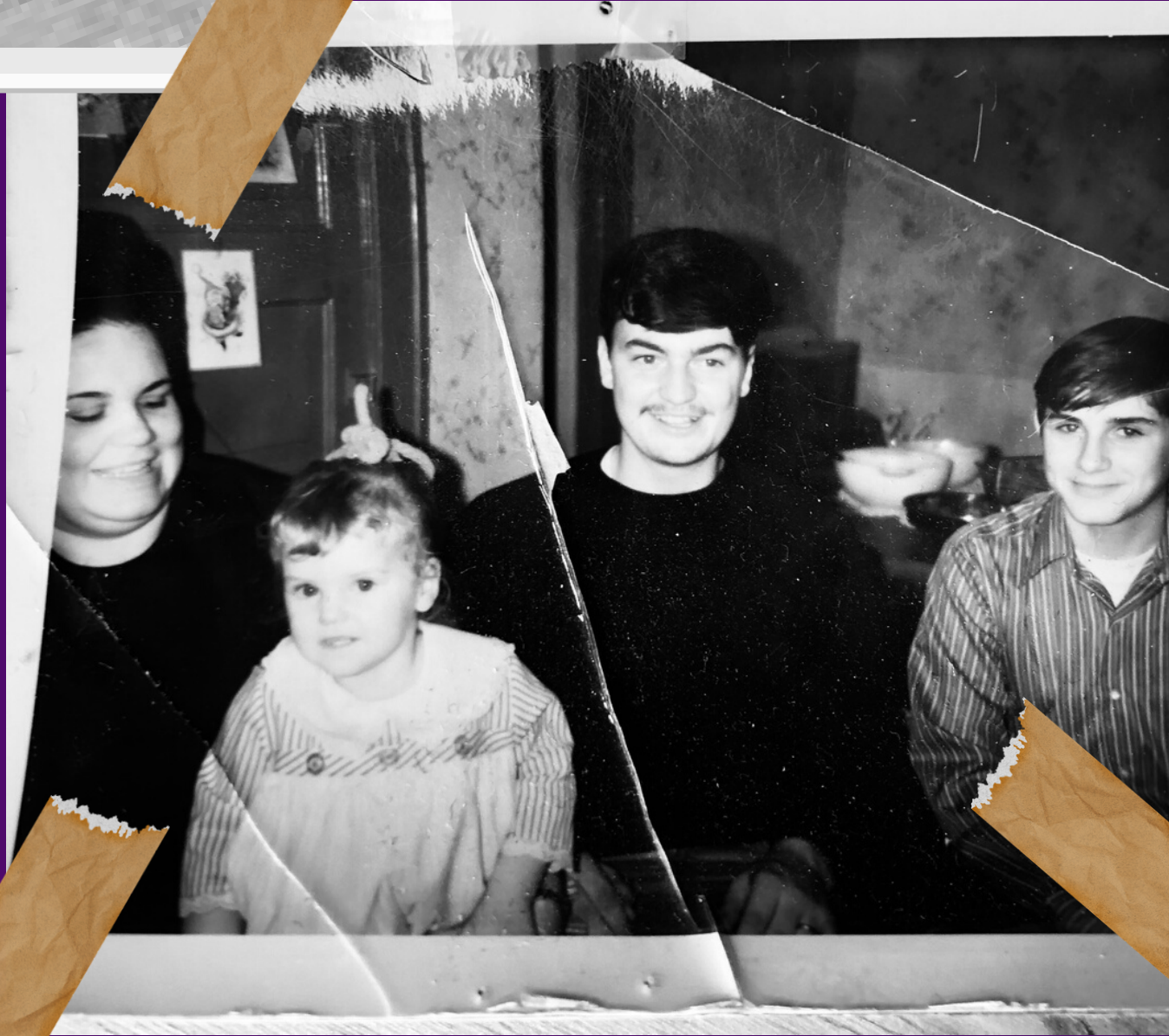
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# INTRODUCTION



Christian Park School,  
Indianapolis, Indianat



Angie Nuttle at Age 3 with Grandma Dixie, Dad  
(Ronald Houchins), and Uncle Kent Wells.



## INTRODUCTION: HOLT AVENUE

*"Everything we do today is kindled by something that happened to us in the past."*

"You're not the boss of me."

It's a position I've held since I can remember. My mind is flooded with vivid memories of my first quest for independence, freedom, and a composed soul. It started at the mature age of 3.

I decided one day that I was going to school. I gathered my golden books, *The Three Pigs*, *Goldilocks and the 3 Bears*, and *Little Red Riding Hood*, and headed down my street, Hoyt Avenue. My teenage Aunt Rosalie, who lived on the same Indianapolis street with my grandma, poked her head out of the door. My recollection is this:

"Where are you going?"

"I'm going to school."

"Oh. Okay." She shrugs, and goes back inside. I think she has a boyfriend in there.

That was easy! I trot along to English Avenue toward Christian Park. My mind goes back to a few weeks earlier.

*I was with my dad and uncle, standing out in the rain with a big black umbrella as they played basketball. We had been to this park several times before. The park was known for its big wading pool, and my*



## INTRODUCTION: HOLT AVENUE

*mom took me there a few times. We stopped going because a bully kid stole my towel and my mom's way of handling the conflict was to never come back. I was okay with that decision because on the same day, there was a giant worm in the wading pool, and I refused to get back into the water. Two traumas in one day was enough for me to stop being fixated on the pool.*

*It wasn't until basketball day, however, that I discovered the school. Let's face it, watching two grown men fight to put a ball into a hoop in the rain is not exciting for a preschooler. Naturally, my attention wandered, and the school was an easy focal point.*

*The prestigious brick building seemed huge and mysterious. There was an instant connection between me and that building, and I was determined to somehow explore it with full curiosity. I wasn't aware of any age or capability limitations at that time, so I didn't know what I didn't know. I dreamed that I was in it wandering the halls. I imagined that there were other kids there playing, making art, and getting delicious snacks. The more I created the vision, the stronger my drive became to get into that building.*

So, here I am, a 3-year old kid, looking at this magical place from across the busy street. It's real. Without thinking about it, I skip across English Avenue to the other side.

Now, any parent would be horrified knowing their preschool age child just crossed a busy street alone, and later it seemed like my parents weren't angry or upset. At that moment, I didn't care about anyone's feelings or what the rules were.

This is my moment and I am going for it.



## INTRODUCTION: HOLT AVENUE

I run to the big school building. Nobody is there. In fact, nobody is anywhere around the basketball courts, the wading pool, or picnic areas. It is strange, but exciting for me. I walk around the whole establishment, looking in the windows and seeing posters on the walls, books, tables, and chalkboards. My blood starts pumping with anticipation that I might be able to get in there.

I try all the doors. They are locked, so I settle in at the front door steps. I start reading my golden books, looking at the beautiful trees, hearing the chirping birds, and just BEING ME. In this moment at Christian Park, no one is dictating my life or telling me what to do. I am experiencing true freedom for the first time ever, and that feeling will become a part of my life fabric.

After some time, something in me speaks, “You have to go back now.” I am not sure where that voice is coming from, but anxiety creeps in. I have reached my goal, but I realize I can’t freeze time. After all, hunger is calling my tummy and I didn’t bring any food. I don’t fully realize how to articulate everything, but I know that my soul has been composed as I experience freedom in this place.

It was a peaceful experience that will never be removed from my memories. That moment when all was well, everything was perfect, and my heart was grinning from rib to rib- precious and timeless. My curiousness had me wondering what it would be like to get inside and walk the halls, but I would save that for another day.

It’s funny how I remember the little things about that afternoon. I felt a sense of joy as I took in the bright beautiful day. The sun rays bleeding through the trees like shots of sparkled beams as the wind blew through the leaves. I reluctantly headed back to Hoyt Avenue, but I was living in satisfaction that I fed my emotional appetite. I crossed busy English Avenue again and started the journey back to Hoyt Avenue.



## INTRODUCTION: HOLT AVENUE

In a matter of minutes, I sense someone following me in a car. I turn to look, and it's a black and white police car.

Panic!

I speed up my pace, trying desperately to get to the next corner so I can turn off. Before I can make it, the officer gets out of his car and approaches me. He's big, almost like a giant. He asks me where I am going, and I let him know I am going home.

“What's your address?”

I don't know how to tell him, I just know where to go.

“I will get you home. Get into the car with me and I will take you there.”


I reluctantly get in, and as he starts the car, he drives past my street. I begin to implode quietly, thinking I will never see my family again. Instead, he takes me to the police station. It's a big building with lots of desks and chairs. He directs me to sit on a swivel chair.

Okay this is a little bit fun, swirling in this chair. The police officer brings me pretzels and a drink from the machine. Other officers come over and smile at me, calling me “cutie” and “honey”. I could probably be okay with all this attention.

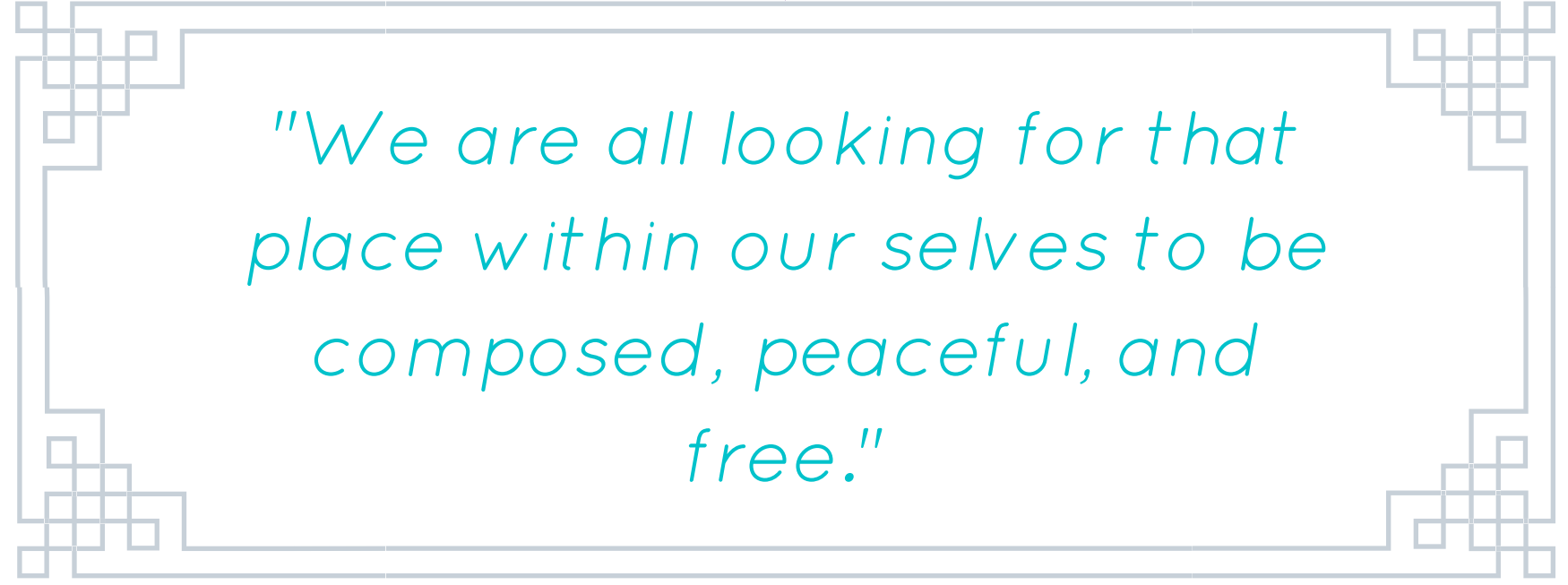
I don't remember much after that, but I know the fun was over when Dad picked me up. I don't recall him lecturing me, or being angry. In fact, I don't really remember anyone being mad or upset, but I remember feeling satisfied that I got to go to school in spite of the “consequences” of getting my first police car ride.



# YOUR NATURAL ALGORITHM



*"We are all looking for that place within our selves to be composed, peaceful, and free."*



We want to accomplish something.

We want to get there and stay there, yet the world calls us back to reality. We grow up, and our momentum dissipates when we start thinking of survival and the demands that others place on us. "How will I eat?" "Where will I live?" "What if he/she becomes upset with me?"

We go to work, punch the clock, do our time, and come home. We get caught up in what has to be accomplished tomorrow at the office, and the deadlines we have to meet. We create a deep cycle of stress as we try to navigate through this political world and the businesses that feed it. We lose sight of those energizing memories, our values, and the goals we have for ourselves.

We look back at those idyllic and distant memories so we can relive them, hoping to squeeze some life back into ourselves. There's nothing wrong with that, and you can draw strength from those memories. You just have to avoid being fixated in that place if you intend to live a life of meaning and develop a sense of composure.

For composure to happen, it takes the creation and allowance of experiences (notice that it's plural, more than one), which can be extremely difficult. What's more challenging to accept is that you will have to purposely create uncomfortable experiences in order to develop resilience.





## YOUR NATURAL ALGORITHM

I affectionately call this "jumping off the cliff."

What is the real goal? Is it to become more productive without creating more work? Is it to be at a peaceful place in your mind wherever you go? Or is the goal to fluidly move between productivity and peace? It could be these things and more. Whatever "it" is, I want to help you get there.

Most people want to live in meaningful ways while honoring their authenticity and core values. It's important to approach this personal shift in a way that YOU believe supports your mission and how you want to live your life. In order to do this, you will benefit greatly from understanding something I call your *Natural Algorithm*.

What does that mean?

The dictionary defines *algorithm* as *a procedure or formula for solving problems based on conducting specified actions*. Another source notes that *it involves a set process or set of rules to be followed in calculations or other problem-solving operations*.

I chalk it up to this: your *Natural Algorithm* is the content in your life's playbook. You will find this unique-to-you algorithm gives you clarity about your mission, and living your mission will bring composure in your soul.

There are 3 underlying forces behind your *Natural Algorithm*: *pre-existing conditions, written codes, and an Inner Executive Committee*. These three things ultimately drive your mission, your mindset, and your mouth. We examine these concepts throughout the book, *Compose Your Soul, How to Turn Your Daily Chaos Into Calm Control*.

*It's truly about how you like to operate in life based on who you are*



## YOUR NATURAL ALGORITHM



authentically. It encompasses all of your personal rules, boundaries, and policies you hold yourself to. Your natural algorithm influences your daily operation as you go about solving problems and achieving goals. It dictates your responses, when and how you rest, and why you should (or shouldn't) rest. There's also a part of you that is pre-wired to process the world in a certain way.

I have many questions for you. We will spend time in the book exploring three important questions:

- What is your natural algorithm?
- What is it to compose your soul as you embrace this natural algorithm?
- What can you actually DO to activate your mission based on #1 and #2?

Ready to compose your soul? Let's start exploring.



# PRE-EXISTING CONDITIONS



Angie's Dad in his frequently worn blue suit.



Angie's Mom, Earline.



# PRE-EXISTING CONDITIONS: YOU'VE GOT THEM

*"All roads lead to wear we stand. Of course, nobody told you that you would wear holes in your soles."*

Take a moment to think about these questions:

- Why do you believe the way you do?
- What values do you hold as sacred?
- What are your “always” and “never” rules of engagement?

The answers to these questions are important. They give you clues about the filters you apply to what’s unfolding in your life. They influence what composes you, and what unravels you. They reveal why you are content, or why you are not. They impact the way you show up, and why you may be missing opportunities to be fulfilled.

Pre-existing conditions are developed by circumstances that have occurred over your lifetime. They are milestones or experiences which have deeply impacted you, made a certain, lasting impression upon you, and affect the way you see the world in every aspect.

They are the reason you enjoy certain aspects of life, and they also shape defense mechanisms that kick in when you are in tough situations. You have at least one pre-existing condition around each of these categories (and I am listing them as they come to me, so they are not in alphabetical order because that doesn’t fit my algorithm):



## PRE-EXISTING CONDITIONS: YOU'VE GOT THEM



Family  
Children  
Marriage  
Relationships  
Money  
Food  
Sex  
Spirituality  
Conflict  
Happiness  
Work  
Self-Expression  
Physical Activity  
Leadership  
Crisis

These are just a few areas we all formulate pre-existing conditions around. You may have stronger feelings around one category over another. Let's use money as an example. Take a moment to process these questions:

### **Current State**

- What is your current situation with money?
- What challenges around money do you deal with regularly?
- What recent decisions have you made around money?

### **Actions**

- How do you handle money?
- What are your do's and don'ts? Why?
- What rules or boundaries do you operate by where money is concerned?



## PRE-EXISTING CONDITIONS: YOU'VE GOT THEM



### Beliefs

- What do you believe about money?
- What triggers a negative reaction to it? Why?
- What triggers a positive reaction to it? Why?

### Experiences

- What are some of your earliest memories about it?
- What are some of your personal milestones where money is concerned?
- What incidents have highly influenced your beliefs about money?

Personally, I have pre-existing conditions around money and miracles. When I'm facing a difficult situation that seems impossible to overcome, I think about boats.



## PRE-EXISTING CONDITIONS: THE CRAZY MIRACLE BOAT

*"25 years ago, I was a young  
working mother of two..."*

"I was also married to my first husband, who was addicted to drugs and was constantly wiping out the bank account. It was frustrating for obvious reasons, and I felt trapped. I was determined to get through college because I knew I would have to make a bold move in another direction, and I wanted to be prepared to give my children a safe and happy life. In the meantime, I needed to hold things together and create some kind of normalcy for the children.

The house we lived in was my first mortgaged home, and I wasn't about to abandon it (at least not at that point). I had to strategically hide money and my only credit card so we could remain in the home, while also paying the rest of the bills. One morning, I went to my hiding spot to get the bill money that I had stashed in a secret compartment in the wall. I reached in, and nothing was there. I reached again, feeling a sense of panic rise inside my stomach. It was gone.

One morning, I went to my hiding spot to get the bill money that I had stashed in a secret compartment in the wall. I reached in, and nothing was there. I reached again, feeling a sense of panic rise inside my stomach. It was gone. To make matters worse, I found out my credit card had been maxed out. I called my husband, who initially denied taking the money, but when I confronted him about the cash withdrawal, he made up a story about how he needed it for a job he was doing and "somebody" would pay him back.



## PRE-EXISTING CONDITIONS: THE CRAZY MIRACLE BOAT



The same story happened every time:

“I lent it to \_\_\_\_\_ (insert fictitious coworker) and they will pay me back next week.”

Or excuse #2, the promise of a new job. “I will pay it back when I get my next job.” The money never came.

So here I sat. \$1,100 worth of bills were due in the next few days. I had done everything I could do to earn back what had been spent on drugs. I sold my jewelry, had yard sales, picked up an extra temporary weekend job, and it barely put a dent in what I needed. I was exhausted and out of options.

I start praying.

“God, I’ve done everything I can do to keep us afloat. I can’t do it anymore. I’m asking for you to provide for us. I need a miracle.”

I’m sobbing, and I hear a quiet voice.

“Go to the mailbox.”

I question myself. “Did I just hear that? Am I losing it? Go to the mailbox?” It’s quiet. I have nothing to lose, so I go to the mailbox.

The day is bright and sparkly. Kind of strange, but it’s like the day is smiling at me. It’s comforting. I open the mailbox, and there’s a single envelope there. It’s addressed to my husband, and it’s from Movie Gallery, a company that he had done some construction work for a couple of years earlier. I am curious. My heart leaps with a little hope while my mind is saying,

“Oh my Lord, what is this?”





## PRE-EXISTING CONDITIONS: THE CRAZY MIRACLE BOAT

I read the enclosed letter. It explains that Movie Gallery somehow overlooked a payment they owed from 2 years ago, and they are paying it out now. I know this is almost impossible because of how strapped the finances have been our entire marriage. Yet, I don't care about that right now.

Next hurdle: How do I get him to sign the check over to me so I can put it in the bank?

I call him to come home to sign the check so I can pay the bills. He is supposedly out looking for work, but I catch him at his friend's house, and I tell him what has happened. He comes home immediately and says he'll take the check to the bank and deposit it.

I'm nervous, but he says he'll take it straight to the bank. I don't argue with him because he has a big druggie temper that I know will turn ugly and scary.

I wait. Surely he won't mess with the check from God. I'm thinking about how I will call and transfer the money immediately to take care of the mortgage, light bill, and phone bill. I imagine how wonderful it will be to have another month taken care of, and I can't even allow myself to think about next month.

It's been 30 minutes so the money should be in there now. I call the bank. I know the bank lady on a first name basis. Her name is Linda.

"Sorry, Angie. I haven't seen him yet."

An hour later, I call Linda back again. I can hear her pity for me. Same result. I hang up the phone. I feel sick. "God, I know you sent that check as an answer to my prayer."



## PRE-EXISTING CONDITIONS: THE CRAZY MIRACLE BOAT

"God, I know you sent that check as an answer to my prayer."

I am speaking to God in my mind, just unable to believe that He would send me that check so that it could be spent on drugs.

Three hours later, I get a call. It's him.

"Where are you?"

"I'm at Lake Eufaula. I bought a boat. Don't worry. Steve is going to pay me back next week, and I will give that money to you to pay the bills. I just couldn't pass up this deal. I will be home later tonight!"

Click. The line disconnects.

I am stunned. A boat? I can't fathom it. Yet, there is still this crazy belief in me that God intended that money as an answer to my cry for help.

"God? I know that money is for bills, I just know it!"

An hour passes. I'm cooking ramen noodles for the kids. At 10 cents a package, it's a frequent meal of ours. The phone rings. It's him again.

"Well, I'm headed back home with your money. I guess it really was meant for you."

I'm surprised, but not really.

"What do you mean?" He is wavering.

"The boat I bought just sunk and is sitting at the bottom of Lake Eufaula. They are fishing it out of the lake now, and I am headed back to the owner to get a refund."



## PRE-EXISTING CONDITIONS: THE CRAZY MIRACLE BOAT

My heart leaps! It's true! I'm not crazy, I'm not hearing things, and God has heard me! "Lord, please don't let anything get in the way of him making it back with that money!"

He makes it back, and the money is safely in my hands. I will never forget what has happened, and the impact it has had on my belief in God's provision of a miracle in my life.

A positive pre-existing condition has been born that will forever filter how I view money, God, and life. "With God, nothing is impossible!"

When I think about the story I shared with you just now, I would be remiss if I didn't admit that I developed an additional pre-existing condition where money is concerned. As a result of my first marriage, I have a negative filter of suspicion and mistrust when it comes to money. I am remarried now, but I become the spending police when I think money is coming out of the account in ways that I don't approve. It's an area where I've made a lot of progress, and I continue to manage it well.

You have pre-existing conditions, too.

Think about the big milestones or experiences that are etched in your psyche. Some of your pre-existing conditions are incredibly positive; some are negative and painful. You've taken away valuable information and lessons from these experiences and created values around them. You've established beliefs because of them, and now you make decisions that are influenced by them.

You may not even remember some of your experiences, but they still may be influencing how you show up now.



# PRE-EXISTING CONDITIONS: HOW TO WORK ON THEM

"Change the world. No, wait.  
Change me and the world  
will change."

"This thought bounced right into my head as I entered the gym after a very frustrating day. It was God talking to me again about my state of *Crazy Head Syndrome*.

A pre-existing condition had been showing up for me all day—one that you may be familiar with—Murphy's Law. It's an adage that states that if anything can go wrong, it will. I picked it up from my father, who was at odds with the universe and believed that it was out to get him. I will share it with you now so you can understand how to catch your pre-existing conditions in action. Here's my recollection:

Sitting in my home office on a bright Monday, I'm ready to jump into work with all cylinders firing. An hour passes. The internet goes down. Access to everything I need to work on is suddenly unavailable.

I'm huffy. I turn my chair around and my dogs, Buddy and Jovie, are having a loud wrestling match that includes intense growling. Time to walk out and take a breather. Buddy and Jovie follow me as Mom's dog, Millie, joins them to make it a three dog fan club. I understand what it's like to be stalked.

I get outside after fumbling over the dogs, and my mind randomly flashes to a picture of *Three Dog Night*, a 60's rock and roll group from my childhood.



## PRE-EXISTING CONDITIONS: HOW TO WORK ON THEM



I start humming that song that could technically be my theme song, *One is the Loneliest Number*. What is going on with my brain right now? Squirrel.

I eat an apple then come back inside. I check in with my mother, who is recovering from back surgery, and I get her some coffee. I prepare my daughter Mackenzie's breakfast. Then I go back to the office, determined to get something done.

The internet is back up, but it is slow. I feel anxiety rising in my shoulders with every crawling moment. My head might explode. I have the need for work speed, and technology is grossly interfering with my natural algorithm. I'm not achieving anything. This sucks.

I feel like things are piling up. I hate that feeling, so I try to push it even harder, toggling between windows on the computer until I have about seven of them up.

I get an "unexpected error" message, and my windows abruptly close. I lose everything I just did.

Crap! If blood could boil, mine would be pure lava right now.

I keep hearing this thought in my head:

*You better hurry up. You're getting behind. You won't get it all done. People are relying on you. You won't be seen as credible. Do what you said you would do, or people will write you off, you'll be forgotten and invisible.*

*BAM! I pick up something interesting in those last two statements. I make a mental note to process these accusations from my inner*



## PRE-EXISTING CONDITIONS: HOW TO WORK ON THEM



critics later because the internet is back up now and I have to make the best use of my time.

I'm back to cranking it out, and lightning fast. This incompetent computer can't keep up with me. My mind works ten times faster than it does, and soon the little Apple processing disc appears to let me know I've clogged it up. This Mac hates me. It's rebelling against me.

I want to throw this computer out the window!

Mackenzie comes in and needs a ride to cheerleading. She's coordinated an extra, private lesson with her coach, and informs me we need to leave 30 minutes early.

"Hold on!" I bark at her tersely and instantly regret it. Murphy is jacking up my life right now through this stupid computer.

Murphy is jacking up my life right now through this stupid computer.

"Go ahead and put the dogs up so we can go." I am hoping to buy a little extra time for one last upload. Ten seconds later, Buddy bites Mackenzie's finger, and she's crying.

My emotions explode, and I snatch Buddy up. "What do you think you are doing? Don't you EVER bite my kid again! Get in your crate now!"

Jovie and Millie are looking at me from underfoot, and they won't move. I imagine they are staring at my eyeballs bulging out of my head, bloodshot and angry.

"MOVE!" I yell at the dogs because I almost trip over them trying to get out



## PRE-EXISTING CONDITIONS: HOW TO WORK ON THEM



of my office. This is a calamity. Everything that could go wrong is happening. Murphy is here.

I put Buddy in his crate and grumble as we head out the door. What is wrong with me? The universe is out to get me today. Murphy is winning. I am upset with myself. Why am I reacting this way? What is triggering this pile of jacked up mess that I've created today? Why do I need to go fast?

All kinds of inquiries are entering my head as I drop Mackenzie off at cheerleading and head to the gym. I'm determined to revisit those inner critics that taunted me. I also want to figure out how Murphy's Law got invited into my day.

I get on the treadmill and start speed-walking. A few minutes in, I start processing how my day has gotten terribly off track. I recognize that my pre-existing condition around Murphy's Law slipped in at the first internet outage this morning. He entered my thoughts, with a subtle warning. I revisit what he was saying to me.

Uh oh. The internet is down. I hope this doesn't happen all day. Probably will."

Later, he was more pronounced with the second internet outage and the other irritants.

"Well, you knew this would happen. It runs in the family. This doesn't happen to normal people. Only you, Angie. Only you."

By the end of the day, he showed his face completely.

"Yep, it's Murphy's Law here. The universe is against you because you are



## PRE-EXISTING CONDITIONS: HOW TO WORK ON THEM



trying to do good. I successfully interfered with your dad's life, and now I'm here to do the same to you. You are stuck with me."

I come back to my treadmill, and I bump it up a few notches. I want to erase Murphy out of my life. I imagine that Murphy's Law is a big greasy spot on the table, and I spray it with Easy Off. I wipe it away and throw away the paper towel.

Now my focus is on the inner critic that showed up. I decide that I will just notice as I replay the words that compelled me to freak out.

*You better hurry up. You're getting behind. You won't get it all done. People are relying on you. You won't be seen as credible. Do what you said you would do, or people will write you off, you'll be forgotten and invisible.*

I notice that the first few words are familiar. Maybe not exactly in their current form, but similar to something I have heard. Where is this coming from? I wait for it to manifest itself.

"Move it! Move it! Move it!"

Those words are echoing in my head from the past. It's my dad. He's always working. He's impatient, and he's always in a hurry. He is a disciplinarian, and I have to be responsible and fast at all times if I want to have some fun time with him. If I mess up, he is highly disappointed and lets me know it. I want to make him happy, so I move faster. I do more. I strive for perfection. I want to get to the fun, so I go as fast as I can. I just want to see him laughing, and I want him to make me laugh.

By the time I finish what I need to, he's too tired and our fun time is short-lived.





## PRE-EXISTING CONDITIONS: HOW TO WORK ON THEM



I am rarely fast enough for him. If I could just be faster . . . I notice a funny feeling in my chest and behind my eyes. I notice tears threatening to form in my eyes. I tell them NO! I can see I need to dig deeper around this because it is clearly a pre-existing condition that has found its way into my life.

I consciously tell myself that I am only here to notice. Not to do anything or solve any problem right now. I need to sit with this over the next several days.

I refocus on my workout, vowing to keep my word and explore this newly recognized pre-existing condition so I can understand how to manage it.



# PRE-EXISTING CONDITIONS: HOW TO NOTICE THEM

*Three Phases will help you  
gain deepened self  
awareness."*

You will benefit from gaining a deeper self-awareness around your pre-existing conditions, and understanding how they impact your life. I'm giving you an example of how to explore them in 3 phases:

- Phase 1: Gain Self-Awareness
- Phase 2: Explore the Values and Beliefs Correlation
- Phase 3: Soak in it

## **PHASE 1 - Gain Self-Awareness**

Reflect on the example I gave you regarding money. Do a deeper dive by answering the questions in four categories: Current Situation, Actions, Beliefs, and Experiences. For example, let's pretend that you are frustrated about your finances. Here's a high-level synopsis of how you might work through this:

1. Current Situation: You are in high credit card debt, and your spouse continues maxing out the credit cards. You keep having talks with your spouse, with no change. You are angry and vow to stop this somehow, even if it means leaving. You've closed down two accounts to prevent any more charges from happening.
2. Actions: You have always been frugal, and in general, you are a good budgeter. You have a rule that you pay cash as much as possible to avoid



## PRE-EXISTING CONDITIONS: HOW TO NOTICE THEM



debt because you are uncomfortable with the pressure of loans. Plus, you don't like paying interest.

3. Beliefs: You believe that money is a necessary evil. You believe in immediately paying what you owe so that nobody can hold any power over you or take advantage of you through exorbitant fees. Losing control over your money is a trigger for you, and you feel out of control. You feel happy and have a sense of freedom when you don't owe anyone anything.

4. Experiences: When you were growing up, your parents were very tight on the budget. You learned to refrain from asking for anything special because you would get lectured on how selfish you were when you asked for that new Barbie townhouse. When Mom took you shopping, you went to the Goodwill or to the bargain outlet where you got off-brand jeans. When you got out on your own, you counted every penny you made from your job, and you made sure your bills were paid before you bought groceries. You have a good job now, but you find yourself shopping at yard sales and always looking for debt-free solutions.

Once you walk through your money category, pick another one that is important to you in your life right now. Walk through the questions by changing the category. It's helpful to journal this as you go. Take it in like a sip of wine instead of a gallon of Gatorade. In other words, don't be in a hurry. Capture key words and thoughts that come to your mind. If you are naturally predisposed to thinking about something over time, come back to your journal pages throughout the week, refining your thoughts.

### **PHASE 2 - Values and Beliefs Correlation**

I want to note that there isn't a "best order" of the first two phases. You can do Phase 2 first if you want, but I find it's easier to do the steps below after



## PRE-EXISTING CONDITIONS: HOW TO NOTICE THEM



you've had a few "warm-up rounds" from Phase

**1. Create a timeline for yourself about your life up to this point.** You can get a roll of paper and create a big wall map, or journal about them. There is power in creating a visual map, and your brain processes that more clearly than just putting down words. Identify key milestones in your life, key events or experiences that stick with you. Be sure to leave space on your timeline so you can add more information as it comes to mind. It's likely you will discover some memories that you've not thought of in a long time.

**1. Reflect on your values.** Reflect on the values that were formed with each milestone and experience. What became important to you? What did you repel or resist? How are these values showing up for you today in your daily life?

**2. Analyze your beliefs.** Think in terms of beliefs you've formed as a result of each experience. What are they? Which beliefs are serving you well, and which ones aren't?

**3. Process your behaviors.** What are the actions and behaviors you've developed because of your values and beliefs? Are there areas where you are defensive or protective? What about places where you are more open and energized? Which of these are serving you well, and which ones aren't?

**4. Examine the results.** What situations are showing up big in your life right now? What keeps happening over and over? What isn't happening? What results are you happy about? Hopeful for? Fearful of? Discouraged about?

(Regarding your values, we will do more work on clarifying those in another chapter, so hold those loosely and be prepared to refine them later on.)



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### PHASE 3 - Soak In It

Once you process the work you've done, let it soak. Walk away and process it emotionally. It takes time, work, and self-discipline to change the experience for yourself so you can realize new results. Soak in your timeline, write in a journal, and capture the thoughts that have been given life in your head. Let everything soak into your heart. Stop and visit your heart for a while, capturing your thoughts, memories, and feelings on paper.

- When you look into your heart, what's there? What is making your heart joyful? What is making it content? What is your heart laughing about?
- Examine the flipside. What is making your heart hurt? What's painful? When tears come, what is their source? There is so much value and depth in stopping here to process what is going on inside you and around you. Be present with yourself.
- Notice what happens to the rest of your body as you process. Where are you sensing a reaction in your body? What does it feel like? How do you describe it?
- Notice what is happening in the air around you. What do you see around you? What in your environment is speaking to you? Now, focus on your environment that is unseen: the spiritual, the invisible, the intangible things happening around you.
- Notice how you react when you shift to focusing on the unseen things in your environment. What nuances are you experiencing?

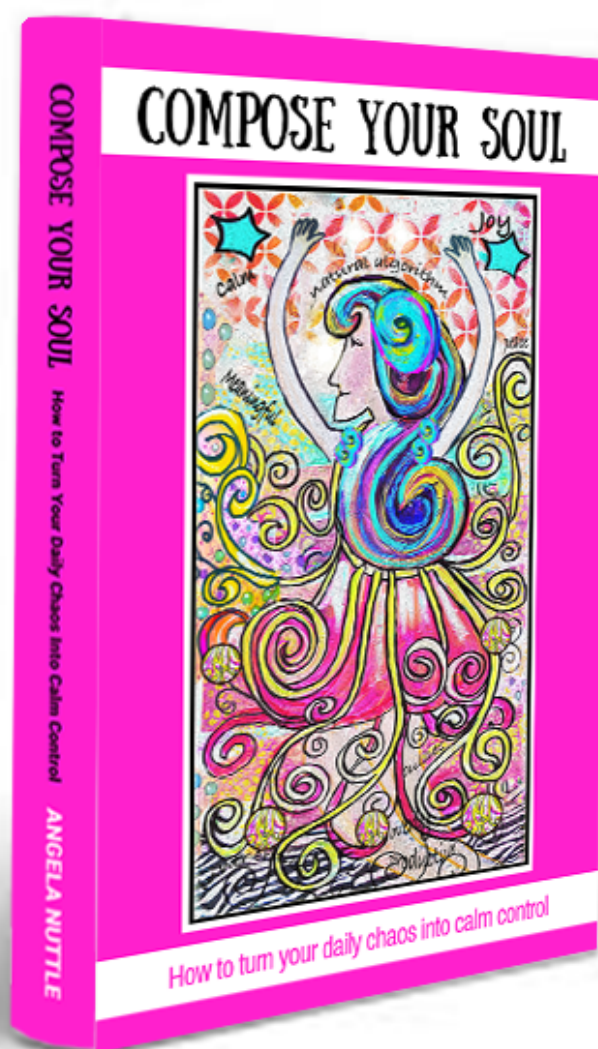
Soaking is a very powerful exercise that can be done often. Its benefits are genuinely real and long-lasting. Whether you realize it or not, you are designed to allow this kind of rest to exist in your life. The truth is that you are reading this book because you want to compose your soul, and a good soak is nurturing to your whole being. What do you know is there, but you don't physically see? Is there something spiritual happening or present?



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At first, it may feel clunky and awkward. You will see over time that it will start to become natural and comforting. Composure develops by slipping under the covers of the busy world. Underneath is a deeper place where a sanctuary is waiting to be built by you and for you.

There is much work to be done in that sanctuary. That's probably music to your ears as an overly productive person, so allow yourself the time to be there and explore the possibilities. There are other areas to explore as you go through your personal remodel, but this should keep you busy for a while.



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# Need Clarity and Direction?

What woman ISN'T challenged with all the pressures of being a productive human in society? We work. We manage households. We cater to our kids, spouses, friends, churches, pets...

We collect a lot of head trash along our journeys and it clogs up our emotions, mental processes, spirituality, and physical health.

You may be experiencing a secret internal crisis and it's about to spill over...

If you've been feeling chaotic and out of control of your work, life, or destiny, this is the perfect time to do something about it.

Book a call with me today for immediate FIRST AID to reset your situation and get the clarity you need to feel good- and productive again.

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*Angie Nuttle is an Executive Business Coach for Corporate and Entrepreneurial women. She is the author of 3 books and teaches women to think, speak, and operated with composed confidence- no matter who's in the room. She is CEO of Corporate Talent Institute and the School of Executive Presence, as well as the Founder of VIP Center for Business Women in Indianapolis, Indiana. Connect with her at [www.angienuttle.com](http://www.angienuttle.com).*

