

# From Chaos to Confidence



**Finding the Bigger Picture in  
the Static of Daily Life**

**Sarah Ratekin  
Happiness Is Courage Inc.**

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## Finding the Bigger Picture in the Static of Daily Life



### **Being informed is important.**

That being said, information overload is a real and pervasive problem.

We know we're influenced by the people, events, and other "inputs" that surround us. This is why doctors recommend parents be selective about what (and how much) they let their kids watch on TV or who they let them play with.



And, while we may not talk about it as much, adults are just as susceptible to external influences. While we cannot completely control who and what we're exposed to, we do have some say over our "inputs".

This book looks at ways we can manage which people, culture, and media/entertainment we allow ourselves to be exposed to, and why.

By being intentional and selective, we create spaces for ourselves to process the information we're absorbing. And by giving ourselves the time to process, we set ourselves for more confident decision-making.

### **Let's get started.**



# Choosing Our Inputs

“The better you are at surrounding yourself with people of high potential,  
the greater your chance for success.” *John C. Maxwell*

List Five (5) people you're around the most:					
If in 10 years, you become the average of these people, what aspects would you like to keep? What would you prefer NOT to keep, from each?					
Do you <b>WANT</b> to be like these people? In what ways? If not, why?					
<b>Who are the 5 people you are NOT around in person</b> but who you either follow & learn from or look up to most?					
In what way do you want to be more like each of these people?					
What would you have to <b>THINK</b> differently in order to be more like each?					
What would you have to <b>DO</b> differently to be more like each?					
How can you spend more time with these people (or people like this?) (In person or through media.)					
How would this impact your life?					



*“I’m not afraid of my truth anymore, and I will not omit pieces of myself to make you more comfortable.”*

*Alex Elle*

Culture doesn’t just mean your ethnic or national origins. “Culture” also reflects the norms, beliefs, values and *expectations* of any social group with whom you feel an affiliation. That can include political affiliation, spiritual beliefs, family identity, or an almost limitless number of groups that are an important aspect of who you are.

**Consider all of these when looking at the next section.**

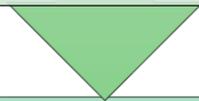
**What "Cultures "are you part of? (Nationality, Religion, Family, etc.)**

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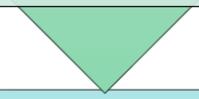
**What core beliefs about how life is "supposed to be" are influenced by these cultures?**

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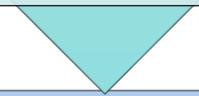
**Do you want to believe/live this way?**

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**What would you change about these cultures if you could?**

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**How would this impact your life?**

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**“The best thing to do when you find yourself in a hurting or vulnerable place is to surround yourself with the strongest, finest, most positive people you know.”**      *Kristin Armstrong*



*“This is my go-to break-up song.”*

*“This movie always makes me cry.”*

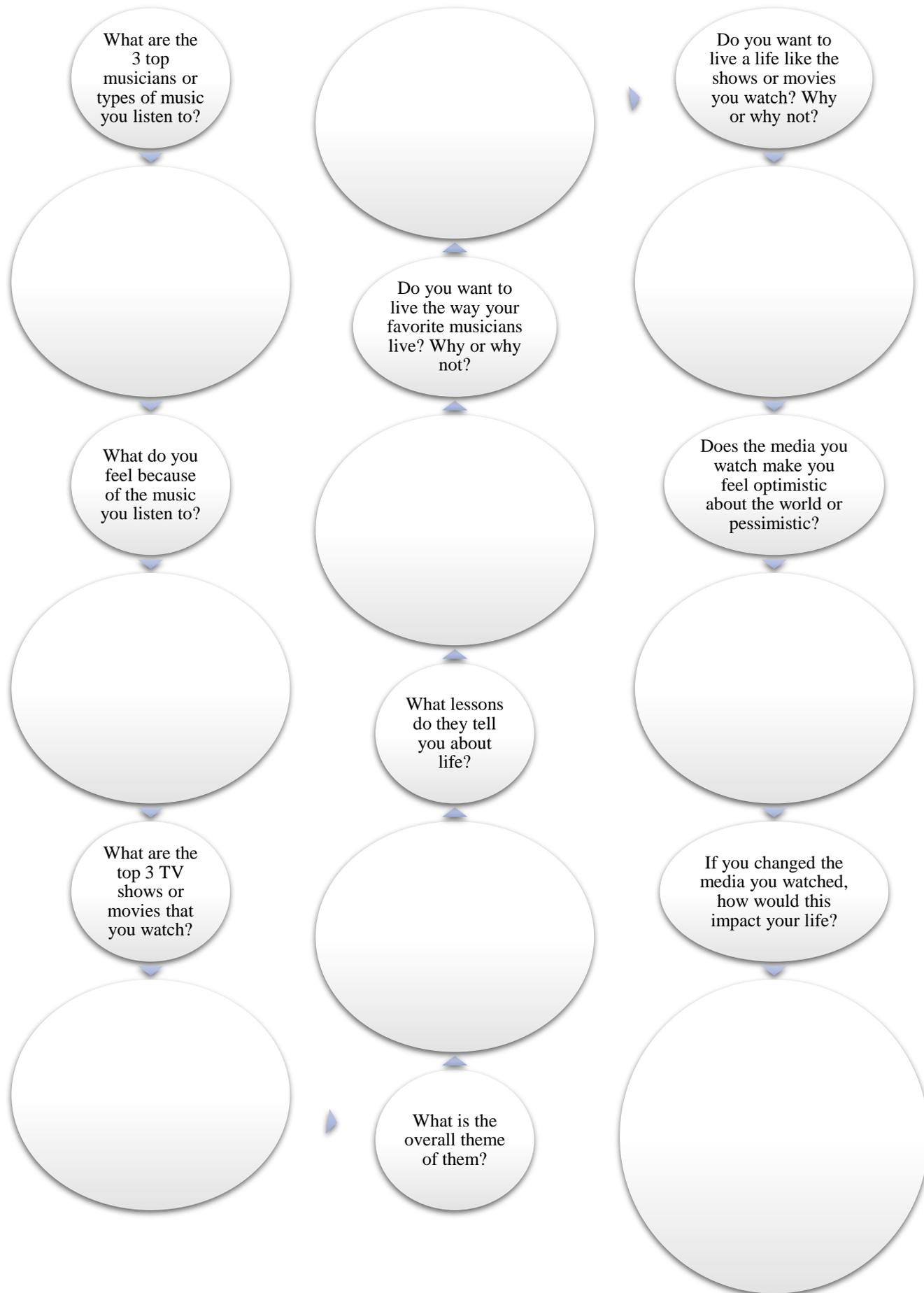
*“I love a good rage-cleaning playlist!”*

While there’s nothing wrong with using music, television or other entertainment to escape from reality for a little while, take a cathartic walk down memory lane or just relax, you might be surprised how much of an impact these things can have on your general outlook.

*Marsha (name changed) was in her late 70’s and lived alone with her pets. She didn’t drive, or really leave the house for anything other than doctor and hair appointments. She DID watch television – a lot of television. Her favourites are police crime drama and true crime shows. She spends hours every day rivetted by non-stop stories about truly terrible events and has become incredibly fearful as a result.*

There is a big difference between enjoying entertainment in moderation and surrounding yourself with constant suggestions that the world is a scary, dangerous place, and you have absolute control over those inputs.

**How does your entertainment influence the way you live your life?**



## About Happiness Is Courage Inc.

You don't have to stay trapped in the Negativity Cycle! Leverage the data-driven power of happiness to improve your company - career - life!

- Recognize & address symptoms of burn-out
- Evaluate your “Happiness Gap” and find ways to fix it!
- Develop personal & professional positivity practices to increase productivity
- Dispel the myth of “Work-Life Balance” & focus on building a LIFE that is less stressful, more productive & happier!

## About Sarah Klein Ratekin

By day Sarah is the Chief Happiness Officer at a global corporation. She is also the owner of Ratekin Executive Coaching offering business, career and life coaching.

Sarah is a radical positivity activist who believes we can change the world for the better by being positive, grateful and kind.

## Contact Us

If you want to bring our engaging and impactful keynotes, presentations and workshops to your organization, contact us today!

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