

Express Yourself as you are

Tips by **Connie**
KANELLA



YOUR STYLE

You have it, it's in there. Let's see if you have been hiding it.

YOUR ENERGY

Your vibration comes from the inside and radiates outside. Learn about your energy style.

YOUR STORY

We all are one, and it's a part of who we are. Time to accept, leverage and communicate it.

Your Energy

"What we think about we bring about. Our intention is our direction."

What is your inner energy telling you?

Our energetic state matters and it can change and adjust often especially if you are a sensitive and empath like me. To fully understand ourselves and how we express truly who we are, we have to be committed to our inner energy. This inner energy is then reflected into our outer world whether we realize it or not.

When we are unhappy, uneasy, ungrounded, mind is racing, emotions are running rampant, or feel like something is missing or off, we are not living in our soul's truth. We are outside of it. Let's see where you stand. Answer these questions for yourself:

- Do I feel at ease, peace, grounded, and calm?
- Am I in a state of joy? Define joy for yourself.
- If you answered no, ask, where might this be coming from? Is it true? Do I have control over it?
- Is my mind making decisions, or is my heart?
- What can I do today to listen to my heart?
- How do I want to feel everyday?
- How can I connect with my intuition more today?
- What does my mind say?
- Do I let others enter into my energy space?
- Do I have defined boundaries with people?
- Who do I communicate regularly to? About what? Is it positive or negative?
- Am I codependent with anyone in my life right now?
- What do I have that I am grateful for?
- What do I absolutely love about myself?
- How do you express yourself? Creativity, Voice or other?

How can I understand and connect to my energy?

We must calm down in order to understand how our soul communicates with us. Our mind often is the block to our true path. To connect with ourselves at a deeper level, you may choose to practice the following:

- Meditation
- Mindfulness based practices
- Connect with sounds, sound bowls/healing
- Practice yoga/physical fitness
- Practice breathing exercises
- Energy healings, work with practitioners
- Journal how you feel daily/regularly (practice mind thoughts vs. heart feelings)
- Use crystals: The book of stones by Robert Siimons is a great tool.
- Emotional Freedom Technique: Nick Ortner
- Emotion Code, akashic, oracle readings
- Use of essential oils
- Bioenergetic exercises to shift your energy
- Understand your Chakras system
- Listen before responding to your thoughts and body.
- Astrology chart and north node understanding
- Human Design understanding
- Clifton Strengths results
- Enneagram results
- A deeper understanding daily about what your thoughts are, where they come from, what you are eating and how it impacts you.



Your Style

"I lived my life expressing everything but me, and now I choose differently. Let me share with you how"

"Changing my wardrobe changed how I felt about joy and energy within me"

What is your style?

Growing up I used to wear black all of the time, even my hair was always dark. I must have had 10 black skirts and black pants and different tops. Black is obviously a staple color in any wardrobe, but for me, I realized that it didn't reflect me and my personality. It was the reflection of my ancestry and rules I had been so accustomed to live by.

Today I see style as my own and expression of my inner beauty, confidence, and joy. I got here through exploration and self-awareness. I began to notice what colors, patterns, and combinations of items brought me joy? Here are all of the things I considered:

- What items are nudging me to live in the past and/or future? If I want to live in the present, love myself here and now, what would my closet look like?
- What colors do I absolutely LOVE? How do they make me feel? Really be honest here with yourself.
- What feelings in my body do I have when I wear certain items? (Like wearing those tight jeans that you've had for 10 years because they are the size you want to be, but legit can't breathe and the mind is telling you well you can still fit in them, right?!!)
- Do I look the same each day? Or change it up? What matters the most to me?
- What's your favorite accessories? (Earrings, belts, hats, shoes, scarves, rings, bracelets, socks etc..)
- Does my outfit make me feel beautiful, fit, confident, chic and healthy? If not, ditch it.
- If I can't let this item go, why? What about it causes me to be attached to it? How might I have that with what does bring me joy?
- Do I like boho, traditional/professional, contemporary, glam, sporty, or a combo? (evaluate what you have).
- Am I willing to ask 3 friends to share with me what they see that looks good on me and get feedback?
- What shapes/patterns/cuts look best on me with my body type? (get help and guidance from an expert if you don't know)
- What stores do I gravitate to the most? What are the common reasons? What brands do I really like? (even if I can't afford them).
- Experiment by going to TJ Maxx, Marshalls and Nordstrom Rack placing taking pictures of items you like.
- What styling service can I use to help me? I did Stitch Fix, Daily Look, personal stylists.
- Do I like my haircut, color? hairstylist? What can I do to experiment doing something different. Use pinterest to see what you might like.
- Do my makeup colors and skin care practices align? Places like Sephora and the mall can help you test out the best products and strategies.

"The person inside of you is waiting to come out. It's time to stop hiding YOU."

- Where have you been?
- Where are you now?
- Where do you want to go?
- What have been your peak experiences in your life?
- What have you learned and grown from and through to share with the world?
- How do you communicate? Verbal, written, in your mind?
- What do you care the most about?
- What are your passions?
- What messages do you often say or share the most?

It's that simple. Well, no not really. You have to do some work especially when it comes to reflecting on all of this, but once you do that, the fun part is next. You get to craft your story and express yourself by sharing YOUR story because it's yours and yours only unique to you.

I used to be that person who wanted to coach people based on what I really liked and wanted, but the truth was that I could only coach and teach from a place of where I have been and those were the people that needed my help the most. I had wanted to be someone else, other than me. When I began to shift and see that the story was right in front of me vs. seeking a different one, I began to show up, to shine and help others do the same.

The integration of understanding where you have been, accepting it, and knowing that you are more informed about where to go is pivotal. We have to accept all of ourselves, the good, the bad and the ugly, whether it is ours or generations before us. We have the capacity to dream, to choose differently, but it comes from a state of awareness and consciousness. The way we have the ability to impact the world today is huge, but many who I come into contact with are stuck because they don't know how or have inner limits that perhaps were placed within themselves by generations before them that need to be shed. Choose to face, acknowledge and change because you matter, and so does your voice or however you choose to share and express yourself and your story.

So I ask you to use this format below to fill in the blanks with your story, your mission and way you want to leave this world a better place because of you.

I BELIEVE that _____
because _____
and I will do the following _____
through the following skills I have _____

Here is an example:

"I believe that we need to change the way that we work in the US. Women are on the rise in leadership, and it's because we need them. We must find a way to balance the needs of women who have ways to change the world and who have families. I will do this by helping women accept, leverage, and communicate who they are through my intuitive guidance, coaching, live experiences and self-awareness resources equipping them to advocate for themselves in their career and life."

I want to encourage you to think about how you will do this once you have put it together. Consider Simon Sinek's Golden Circle example of what is your why? how will you do that? and what will you do? Let's now talk about how it all comes together.





Pulling it together

"When your inside comes together, so does everything on the outside"

I radiate my soul's beautiful energy inside and outside of me...

Understanding your Energy

You are energy and everything around you is energy. Think about crystals. When you come in contact with crystals they have a vibrational frequency that when it connects with yours, your state alters. The crystal's energy stays the same. You have the capacity to soulfully connect to your inner most frequency and radiate that from the inside out. Isn't that powerful? When you know where you stand, you also connect it to what kind of energy you want to feel and then begin to make those intentional and subtle daily shifts.

The key to all of this is "noticing" and being "present" with whatever is vs. looking to "change anything". Slowly the energy will shift when you begin to notice and allow vs. force and push or pull. Your awareness + intention will help you understand what is there in essence. There are lots of tools to help you learn how to dig into your soul. I recommend starting with 1 or 2 and letting that information guide you to the next.

Knowing your Style

When you understand your energy and focus on your intention, you will notice if what you have in your closet and what your wearing or how you express yourself is really YOU. If it feels good and brings you joy, you've got it, if it doesn't then get ready for some goodness to transform your look. Being open to experimenting and asking yourself how you connect with a piece, item or the whole package is important. Even if you may not be at your ideal weight or not feeling your best at the moment, it's all about loving yourself exactly as you are today!

Sharing your Story

whether you love it or want to leave it, your story is yours and many are out there waiting to be inspired by you. Accepting it is the hardest part, leveraging it is where you get to think about how can I help others as a result of my story, and then...well then you get to communicate it however you wish. This may happen as an entrepreneur, in your community, at your current job, with your spouse, your friends and children. Think about how being you fully and sharing your truth in all aspects free's you. How would it feel to speak and represent who you are 100% everyday?

*your energy
+ style +
story =*

YOUR SOUL'S UNIQUE STYLE
SOULSYNCWELLNESS.COM

About Connie Kanella (@Conniekanella)

Connie grew up in the restaurant business as a first generation Greek girl trying to do everything right until she decided that after college she would venture out into her own path learning about who she really was and what her mission here on earth was to do. Through the ups and downs, including her own confidence, identity, stress and health challenges, she found her love for helping women find and use their powerful voice from within by accepting, leveraging and communicating who they are to themselves first and then share their gifts with the world.

Today, Connie is the CEO for 10 years of Soul Sync Wellness, LLC and a higher education professional for the past 15 years. She has expertise and certification in Gallup Strengths, integrative nutrition, and brings value in self-awareness, mindfulness, leadership, energy work, speaking, coaching, and is a gifted intuitive. She blends her life experiences as a mom, business owner, spiritual practitioner, self-love advocate, and higher education world to help our future humans live their purpose and joy everyday. Her magic happens when she connects with you one-on-one and engages with you in a group experience. Connie offers oracle readings, workshops, coaching, and tools and resources to help you self-advocate and pursue your mission. She has coached over 2000 people, spoken at many conferences, and teaches a class at WPI in Worcester, MA. She loves to shop, share style secrets, dance, and spend time with her kids Mica, Sojo and husband John and puppy Gizmo. To learn more about how to work with Connie, visit www.soulsyncwellness.com



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