Welcome to today's episode with Suzy Siegle.

Her work creating the Locus Mindset has allowed her to help leaders and entrepreneurs gain control over their lives, build personal resilience, and thrive in their communities. Her work can completely alter your mindset and direction towards a happier and healthier life.

We'll talk about:

- Understanding the Locus of Control
- Shifting your belief systems
- Patterns in your life
- Insight into what Heartmath looks like
- Her personal why for her research

Personal Reflection Questions:

Do you currently have more of an internal or external locus of control?

What dominant beliefs do you have that are working against you?

How can you start breaking patterns in your life?

Where in your life do you need to take back control?

We would love to hear what your favorite tip or takeaway was. Share your thoughts and learning on the Facebook Channel. - https://www.facebook.com/CForce4me/