



# 11 STEPS TO UNVEIL YOUR INNER WISDOM & PURSUE A MORE RADIANT LIFE.

SUUPRAH.COM



# THE SUUPRAH WAY

BY *Susan Patel*

Discovered by author Susan Patel during a transformative time in her life, The SUUPRAH Way is a lifestyle assessment methodology, toolkit, and program that is designed for intentional self-realization, love, healing, and alignment.

Through 11 Steps, it becomes possible to unveil your inner wisdom and pursue a more radiant life. We're here to celebrate the imperfections, laugh a lot, love deeply, and be well.



## LET'S GET STARTED

Hello and welcome!

I'm so happy we've crossed paths on our life journeys.

This **11-Step Program** is designed to be a self-guided audit.

I have been so humbled by the positive momentum **The Suuprah Way** has brought into my life, so much so that I was compelled to share it. *So here we are.* The introduction of what I know will help you 'move the needle' in some way – hopefully, in the same way it did for me.

In the last 18 months, a lot of people have said to me, "Susan, you look happier!"

My response? I do the work.

Everything I do around Suuprah and The Suuprah Way is guided by the following six facets of how we:

Look Inward

Ritualize Longevity

Harness Joy

Assess Outward

Cultivate Abundance

Embrace Love

I truly hope you enjoy this process. Don't forget to share your experiences with me on social media or by emailing [hello@suuprah.com](mailto:hello@suuprah.com).

If you'd like a bit more hands-on coaching or guidance, please visit my website: [Suuprah.com/About](https://Suuprah.com/About) to learn about the many ways we can engage.

From me to you,



Founder and Curator of SUUPRAH



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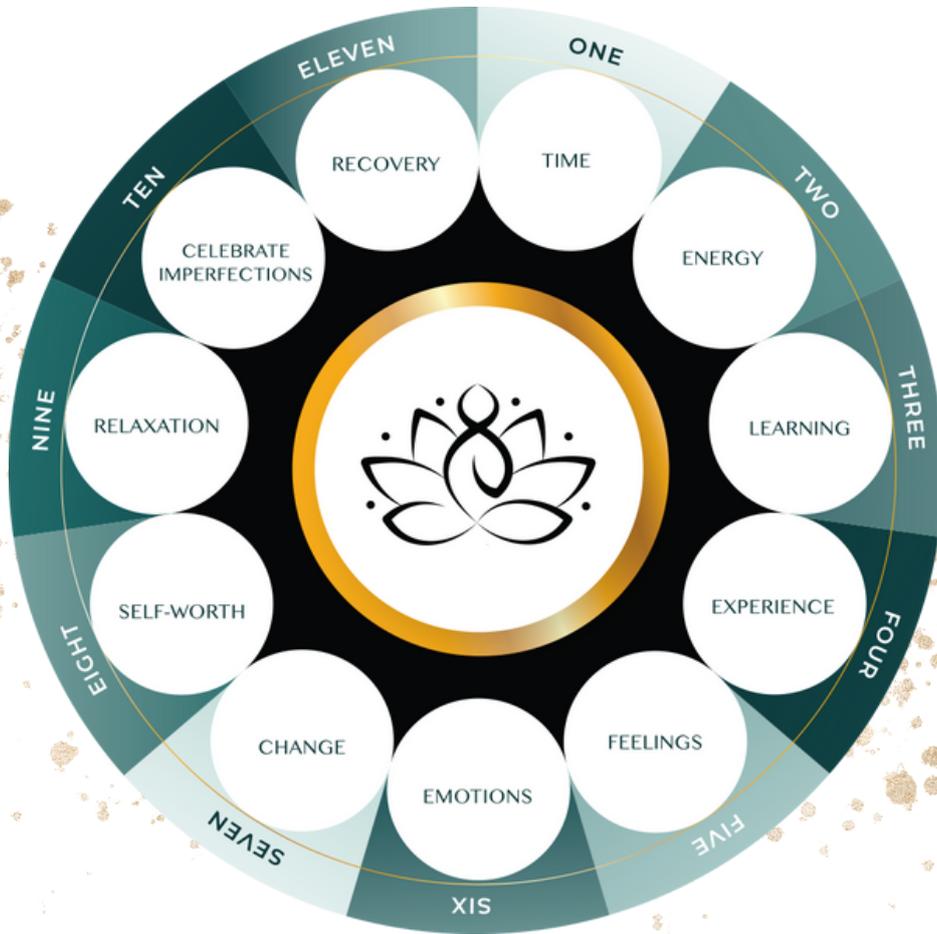
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THE SUUPRAH WAY

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# USER GUIDE

*Each of the 11 Steps of The Suuprah Way will focus on one area of your life.*



**It's important to think about what each individual aspect means to you, "audit" your relationship or experience with it, and assess how you'd like to align it to your personal or professional goals.**

I highly suggest writing down your ideas – or even mind mapping if that makes the most sense for you.

For me, each step represents a week's worth of time. Feel free to read ahead, but our hope is that each step is carefully considered. This will ensure the best outcome.



# STEP 1: TIME

*Time is an essential part of our lives.*

It's something that we not only share but something that represents so much for all of us – and in different ways.

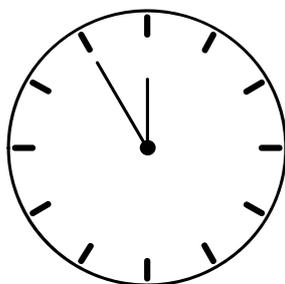
Step 1 of The Suuprah Way is to assess your time.

Answer the following questions:

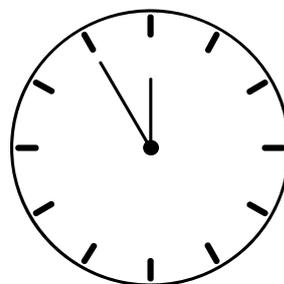
- Do you feel as though you spend your time wisely?
- If you had more time, what would you do with it?
- Would you describe yourself as punctual?
- What are a few things that eat up your time?
- How does your time represent you?

Use the below modules to shade or write in how you spend your time.

AM



PM



Review and describe your experience with the above questions.  
Is there anything you would like to improve upon?

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## STEP 2: ENERGY

*Your mindset, and more importantly, your ENERGY are key indicators that are worth listening to.*

The varying degrees of energy may stem from your habits such as sleep, exercise, diet, etc. It may also be deeper than that and factor into your interests, purpose, and so much more.

Consider the following prompts:

WHEN ARE YOU MOST ENERGETIC?

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WHAT ARE A FEW THINGS THAT DRAIN YOU?

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DO YOU FEEL THE WAY YOU WANT TO FEEL IN YOUR DAY TODAY?

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*HINT: We are working towards relaxation.*

## STEP 2: ENERGY, CONT'D.

Now consider the following three areas and set time aside to mind map or journal what this means to you:

HOW WOULD YOU DESCRIBE YOUR ENERGY?(CALM, FOCUSED, SCATTERED, ETC.)

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MIND - DESCRIBE A FEW THINGS YOU FIND CALMING.

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BODY - DESCRIBE HOW OFTEN YOU GET BODY MOVEMENT.

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SPIRIT - IF YOU COULD DO ONE THING FOR THE REST OF YOUR LIFE,  
WHAT WOULD IT BE?

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# STEP 3: LEARNING

Think about learning as a quest for knowledge. When you are learning, you are taking information in and adapting to that new information.

## *Learning never stops.*

Consider the following questions about your learning:

- Do I feel like I've learned everything?
- What type of environment do I best learn in?
- How do the people around me influence my life?
- How does this new information help me?
- How do I want to gain more knowledge?
- How does this new knowledge make me feel?

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The goal is to use learning to better yourself and to build on knowledge that is going to ultimately help you grow as a human being. A tip for your learning:

Create a "Mission List" that will help you organize the things that you are interested in learning more about. Some of the things you can include on this list are:

- Movies you're interested in seeing
- New food that you want to try and learn about
- New places you want to travel to
- Hobbies that you want to learn

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# STEP 4: EXPERIENCE

It is important to make sure we are creating new and positive experiences for ourselves throughout the span of our lives. These experiences are a huge part of our learning.

The more confident you are feeling about yourself, the more you might feel compelled to create new positive experiences.

Putting what we learn into action is what creates an experience.

How do you create new experiences based on what you have recently learned?  
Assess yourself with the following questions:

- How do I feel about my experiences?
- What do I want your next experience to be, and where?
- How do people affect my experience? (i.e. do they make it positive or negative?)
- How do my current experiences benefit me?
- How can future experiences benefit me?
- How do I want my new experiences to make me feel?

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*Tip: Every time you experience something new, note at least one takeaway.*





## STEP 5: FEELING

It is so important to own where we are in the present; we want our feelings to be present. People generally tend to feel guilty for having a good time, and it is okay to feel guilty, but you need to ultimately do something about that feeling of guilt.

Admit where your feelings are and be okay with it.

HOW DO YOU FEEL AFTER YOUR NEW EXPERIENCE?

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Ask yourself these questions about your feelings:

How am I feeling? How do others feel about how I'm feeling?  
Am I feeling mentally strong? Physically strong? Emotionally healthy?  
How can I feel more of this? Am I happy with this decision?

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CONSIDER REFLECTING ON YOUR FEELINGS BY COMING UP WITH 3-5 ADJECTIVES TO DESCRIBE HOW YOU ARE FEELING.

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# STEP 6: EMOTIONS

Your emotions belong to you; they should not belong to anybody else. You are in charge of your emotions.

There is an internal transformation from feelings to emotions; you have to have your feelings in order to have your emotions.

**It takes time** to get in tune with your feelings and emotions – no need to rush this.

Consider the following questions about your emotions:

- Based on how I felt, what do I need to do to move forward?
- How did others make me feel?
- Did I come across as mentally strong? Physically strong? Emotionally healthy?
- How can I share this space with others?
- How can I repeat this feeling?

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Feelings and Emotions Activity:  
What are the feelings that you feel the most often  
– and are you able to categorize them?

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# STEP 7: CHANGE

*This is where your mindset will begin to change.*

During step seven of the process, my hope is that you get clear that YOU come first. You are going to start to see the world through a whole new lens. You are going to begin shedding your layers and bringing on change and you will see significant differences.

You will realize that nobody can affect how you feel; only you have control over that. **Change is how you transform yourself.**



ASSESSING CHANGE

*#Protip: SELF ASSESS CONSISTENTLY.*

- Am I in a good place?
- Are others around me in a good place?
- Do I enjoy spending time with my loved ones/family members?
- How does the place I'm in effect my emotional, mental and physical wellbeing?
- How do I continue to stay in this positive space?

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# STEP 8: SELF-WORTH

Now that you have made all of these new and positive changes to your life, you are really going to start valuing yourself and your worth. You know what it is that you bring to the table and you are beginning to feel proud of the person you are becoming.

You have re-calibrated and you are ready to execute this new version of yourself.  
Assess yourself:

I like myself best when..

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I like others around me to be..

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I love my family when we..

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I feel healthiest & most balanced when I...

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I want to see more of...

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I will create more space & relaxation for myself by...

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How do you now see yourself? If you were to describe yourself, how would you describe your new you? Name three changes that you made that were powerful.

1.

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2.

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3.

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# STEP 9: RELAXATION

The relaxation step is all about taking a deeper look within yourself. The goal of this is to get to "your center." Breathe...Relax your muscles...Get everything out of your system. What's on your mind?

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Consider these things while you are relaxing:

I will create time for myself by..

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I will create time for others by..

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How can my loved ones join me? (yoga, picnics, etc)...

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Am I balanced?

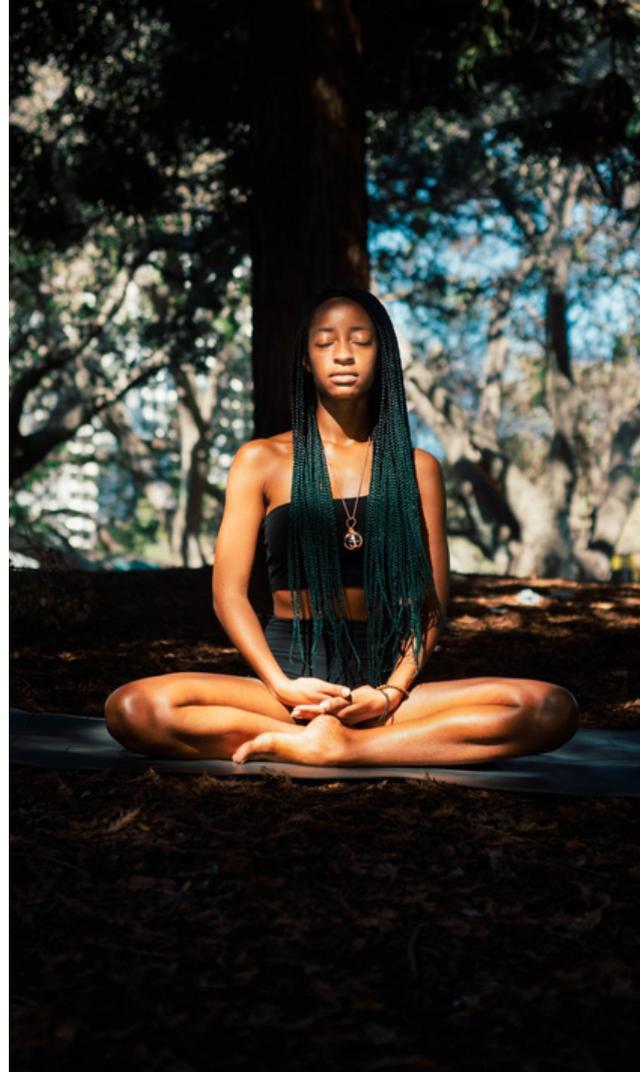
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Can I create more time for this? When?

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My best practice for self-care is..

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*Here are some tips to help you relax.*

Meditational counts / Light a candle / Stretch / CBD / Music playlist

Turn on your favorite show / Read your favorite book / Drink tea

# STEP 10: CELEBRATE IMPERFECTIONS

You can finally take the pressure of being perfect off of yourself. Nobody is perfect and you will never achieve that. You are enough; you do not have to be perfect.

Don't let your setbacks in a day hold you back from being great. Try again tomorrow and reset. Forgive yourself and move on.

In Step Ten, you will consider these things:

What I love about myself is..

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What I love about others is..

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What I enjoy most with family/loved ones is..

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I am committed to my process of staying balanced by maintaining..

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I can't wait until I can..

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...again

I love when..

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*Daily affirmations are a great way to start your day. Read these out loud to yourself every morning.*

I am enough. I am loved. I am strong.

# STEP 11: RECOVERY

You have now reached the final step of The Suuprah Way.

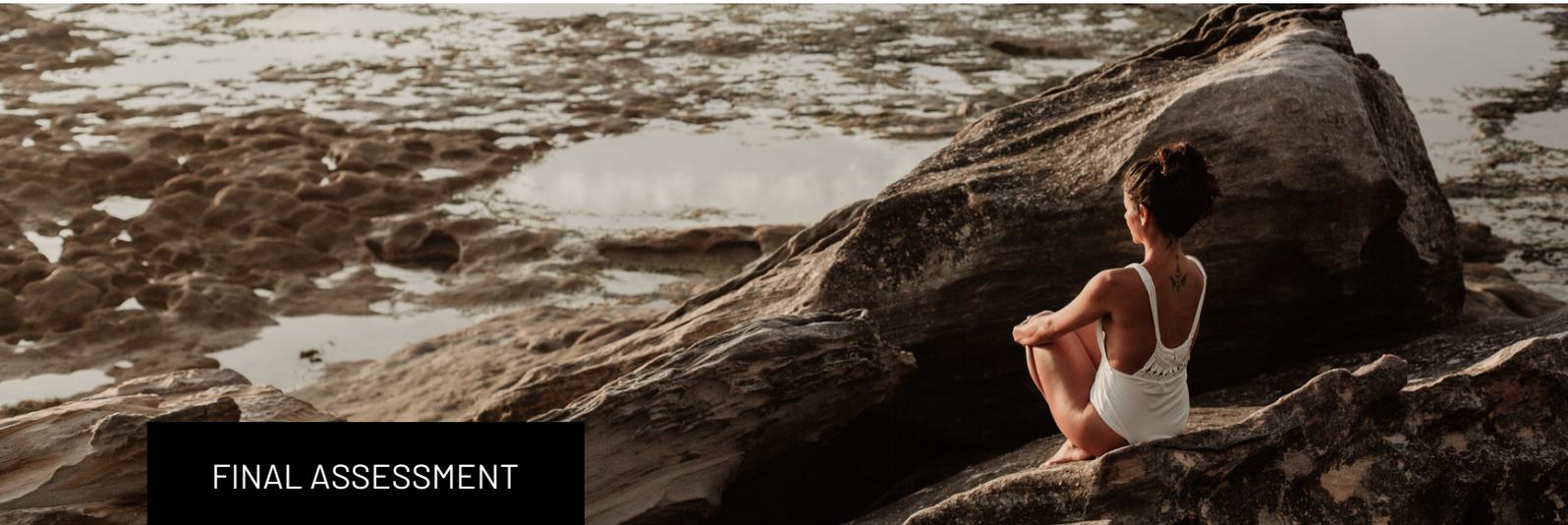
This step is all about taking everything you have learned throughout the process and applying it to your everyday life. You are now able to determine what it is that you need to get better.

When you have setbacks, how do you get back up? How do you use the tools that you've learned to reset yourself?

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## FINAL ASSESSMENT

- Am I okay?
- Are the people around me ok?
- Do I feel balanced?
- What do I need to create joy?

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# Revisiting our Six Facets

Congratulations on completing *The Suuprah Way*.

You have done the work to become a better version of yourself and you should be extremely proud of that. Remember that the journey doesn't end here; there will always be ways to improve yourself and your life.

*You've got this.*



Everything I do around Suuprah and The Suuprah Way is guided by the following six facets of how we:

- Look Inward
- Assess Outward
- Embrace Love
- Ritualize Longevity
- Cultivate Abundance
- Harness Joy

Please take a moment to revisit the six facets and see if they feel any different compared to the start of *The Suuprah Way*.

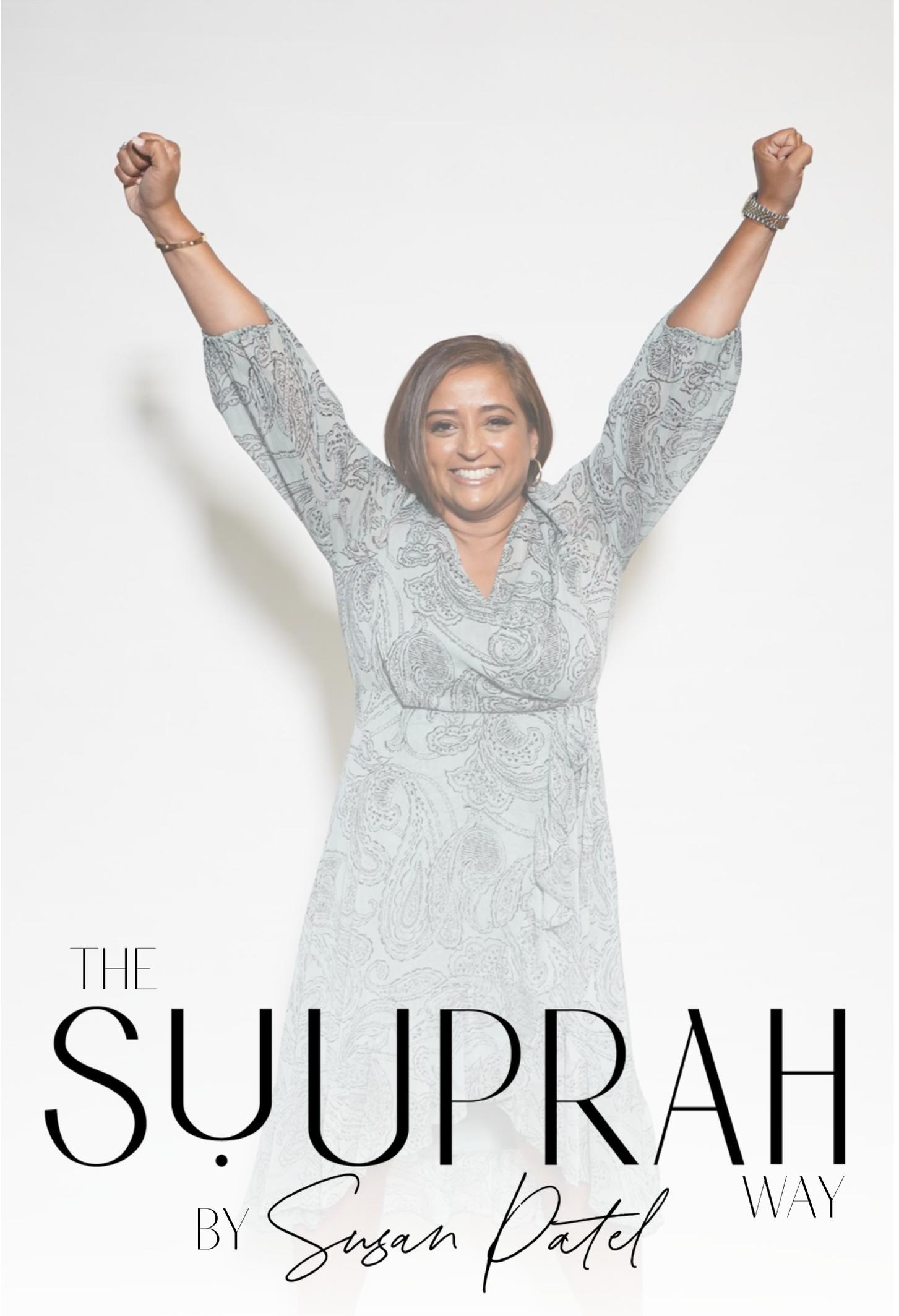
Thank you for trusting the process.

I encourage you to keep going. Keep this workbook handy, nearby, and visible; don't put it away to get buried. It's a place that we've planted several seeds to grow into important decisions in your life.

Please follow up with on email or on social media. I'd love to hear your perspective, experience, and progress.

HELLO@SUUPRAH.COM

 SUUPRAH\_



THE  
**SUJUPRAH**  
BY *Susan Patel* WAY