

BUILD A WORLD-CLASS NETWORK SERIES

BECOME *Your* SUPERSELF!



CONNECT WITH YOURSELF
TO CONNECT WITH OTHERS

DR. PRISCILLA SCHELP | RICHARD LEE-THAI

Dr. Priscilla Schelp and Richard Lee–Thai

Become your Superself!

Connect with Yourself to Connect with Others

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Publisher The Life & Food Farm

This book is also available as an eBook.

1st edition

Original issue November 2022



DEDICATION

Richard and I want to thank our loving families and friends. We also want to thank everyone that helped us on the way to being a superconnector and the many fascinating people we met along the way!

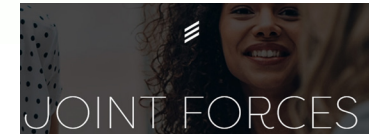
We went to express our special thanks to our test readers that helped us making the most out of this book:

Dr. Anna-Elisa Goeke
Annish Saini
Chris Fenning
Denisa Millo
Evelyn Shaw Corley
Goldie Hartford
Isabel Blumenberg
Jana Vialon
Joan Barredo
Julia Kounlavong
Dr. Julian Hochrath
Kevin Pritchard
Kilian Jonasch
Linda Huang
Manel Haddadi
Marc Maegdefrau
Marc-René Simon
Pascal Lauria
Simon V. L. Pausewang
Dr. Staffan Hedén
Wolfhard Janz
Yvonne M. Diffenhard

Our editors:
Erin Bledsoe
Mandy Hindenburg

Thank you to some of the amazing clubs and partners of Priscilla`s start-up "networkx" that contributed to this book:

POLO BEAUTY GROUP



ERFOLG VERBINDET.



POLO & LIFESTYLE
THE LONDON MAGAZINE

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About the Book Series

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

– Dr. Brené Brown

When was the last time you truly felt connected? A time when you felt genuinely seen, heard, and valued as an individual? A time when you felt like you weren't being talked over, and that space was held for you to be your authentic self? It can seem elusive in this age of loneliness.

You may have heard of physical health and mental health, but have you heard of “social health”?

As defined by Kasley Killam, Founder of the Social Health Labs: “Social health is the dimension of well-being that comes from connection and community. Whereas physical health is about our bodies and mental health is about our minds, social health is about our relationships.”

There is a whole missing dimension of wellbeing that was never talked about while growing up. School doesn't teach us how to make friends, be a good listener, or overcome shyness. The lack of education means people are often left to fend for themselves. Our social relationships are absolutely essential for our personal and professional lives. Many great minds echo this.

Esther Perel said, “The quality of your relationships determines the quality of your life.” Jim Rohn pointed out, “You are the average of the five people you spend the most time with.” This list could go on and on. This fun-

damental human need means that there ought to be better education about social health, so people can live fulfilling and meaningful lives.

There are many, many books, courses, and coaches available on the topic of connection and networking. So why should you care about this book series?

1. You get to solve the real problem! As with most challenges we face in life, we sometimes fail to connect with people deeply. A large reason for this is because of our own mental barriers. You might tell yourself that networking is not in your genes or that you will never be able to build connections with others. Most networking books are based on covering up these thoughts, treating them like they don't exist. And surprise, surprise, that is not fully effective. As a familiar speaking coach said, "Thoughts set muscles free," meaning you can pretend to be as self-confident or as open as you want, but other people will spot inconsistencies in your behavior and identify you as a fraud. People will not be able to pinpoint exactly what it is. However, much of the classical networking book advice, such as "Keep eye contact" and "Keep your hands out of your pockets," just won't do it. This first book lays the foundation by teaching you how to connect with yourself. This is the foundation you need to connect deeply to others.

2. You receive step-by-step guidance! The reasons and occasions in life for why you need to start building a new network are wide-ranging: You go to a new school, a new university, a new job, a new city or country, or your divorce, your partner passes away, and much more. This book series is unique because you learn how to network from scratch, from "0". In the second book, we provide you with a step-by-step guide on how to build your network through the different phases.

3. You learn to connect in the physical and the digital world! The rapid advancement of technology means that digital communication now forms the basis for many of our interactions with others. The COVID-19 pandemic led to people working and going to school from home. Zoom calls, online events, and interaction on platforms such as Clubhouse, online discussion forums, and social media increased. COVID-19 has accelerated the online movement. Some critics see Web3 and the Metaverse as the death of being sociable; however, we do not believe in resisting change. On the contrary, you need to embrace change and be ahead of the curve. If you are prepared and do it right, you can even make it your competitive advantage. Therefore, in the second book, we aim to teach you how to build a world-class network for both the physical and digital world. See the online world as a chance to connect with people you might never meet in person, where you can still collaborate and develop meaningful relationships. Doesn't that sound amazing?

4. We teach you how to become a super connector! Most books end with how you connect with others. But let us tell you, there is a level beyond just connecting with people. We do not stop at teaching you how you can connect with other people. In the third book we teach you how to add value to the world and other peoples' lives by connecting other people to each other!

EXPECTATION MANAGEMENT & READING ADVICE

Even though this book series is about how to build up a world-class network, this first book is not about you connecting to other people. This is not a networking book but rather a self-development book. It is about you and your relationship with yourself.

Remember the last time you had a bad day and went to an event to meet new people? It likely did not go that well,

because you were not feeling well. That is just one example of how you feel inside you affects how well you connect to other people.

With this book, we want that you are feeling well, you are fine with yourself, reflecting on your current and future interactions and connections with other people.” With this book, we want that you are feeling well, you are fine with yourself, reflecting on your current and future interactions and connections with other people.

Technically seen, this is not a book and more like a handbook. But it is not enough to read it, you need to work with it. If you regularly do the exercises as suggested, this book will change your life. This handbook summarizes the most important teachings Richard and I have had throughout our life so far. It is the summary of what we read, heard, learned, and applied in our lives. We are no professional writers, just two people wishing to share their knowledge with others. Also, this book is not a scientific book. We decided against it, because we want to save you time reading through all kinds of theories. Instead, we want to provide you with the meat and exercises you can implement without becoming the next Sigmund Freud.

Richard and I wrote the book for our younger selves! So, if you are completely in touch with yourself and are super into self-acceptance, self-care, and development, you can skip this book and hand it over to someone that needs it more than you.

Richard and I had to learn and are still learning some of the lessons ourselves. We understand that we are always learning and growing. Richard contributed with theories and exercises but decided against sharing much personally.

However, I will get personal with you so you can relate and hopefully learn from me. Lastly, when I talk about my achievements, I am not aiming to brag. I want to show you that everything and anything is possible. I grew up normally, had ADD, and was destined for mediocrity. I decided not to accept that and aimed for a different life. I want to inspire you to do the same. Go for what you want, achieve what you want.

To make the most out of this book, we do not recommend only reading this book but again, working through it. Read one chapter, do the exercise, apply and train...then do the next chapter. Reading this book will not be life-changing, but applying the practices will!

For those of you who wish to do the exercises in a book, a workbook will also be available soon.

Chapter 1 – Introduction

You might be asking yourself why we wrote a whole book about your relationship with yourself. Firstly, it is to help everyone—just like it helped Richard and I change, grow and develop into the people we are now. I assume you are not entirely satisfied with the relationships in your life, which is why you bought this book. Or maybe you are an exception and have amazing relationships with other people that you want to make even better! If you are not currently satisfied with your relationships, it might be because you're not where you want to be with them. There is a gap between your reality and expectations.

You are most likely aware of what you are missing in your current social circle. Maybe you do not feel loved enough? Maybe you do not feel supported enough?

I call it the fairytale effect. You can see it in a lot of romantic and other relationships. I asked some of my single friends about the man of their dreams, and many tell me something like this: "Priscilla, I want a guy that is very good-looking, wealthy, takes care of me, has a white (not horse but) Porsche, and treats me like a princess." I stay quiet for a few seconds, then give them a looooong look and ask: "ARE you a princess?" They reply, "What do you mean?" Then I ask again, "Are YOU a princess?"

What do I want to highlight with this example? How can you expect a prince when you are not a princess? How can you expect a super fantastic person to want to be your friend if you don't match that commitment as a potential friend? The answer: You cannot! You usually attract people who share similar mindsets. That's why the more you strive to achieve your superself, the more likely you will attract other super people in your life!

1.1 Benefits of Connecting with Yourself

You might have a lot of BUTs in your mind—BUTs on why this book might not work for you. Your inner monologue might be saying: "I am just not that self-confident. I am not attractive, I am not successful enough to be happy with myself."

The scary thing is that whatever you believe can become a self-fulfilling prophecy. We are not our thoughts, but we can give them the power to shape our lives. Of course, there is nothing wrong with you having these types of thoughts. When we are born, we are blank slates and accumulate beliefs and behaviors through our environment. However, anything you have learned can also be unlearned. It does take intentional effort to reprogram your inner narrative, but the ultimate benefit at the end of it is that you can be fully accepting of yourself and not let external factors determine your self-worth.

Consider this: How likely will your life be substantially different a few months from now, if you don't change your relationship with yourself? What could be possible if you developed a better connection with yourself?

You can choose to do nothing and indulge in complaining or blaming yourself—it is the least risky road to take. Changing nothing requires no risk. BUT you also cannot win or gain anything by taking the risk!

Whatever thoughts arise, just notice them. Understand them. Then, try to pause them for a short while and give yourself a chance to begin an exciting and enjoyable journey that can completely change your life.

Connecting with yourself enables you to:

- Get to know yourself better
- Improve your self-confidence
- Better protect your boundaries
- Become better in self-care
- Get more content and balance
- Be happier with yourself and your life
- Judge others less
- Be more grateful
- See the good in others
- Dwell less in the past
- Be less worried about the future
- Be more motivated and inspired
- Truly connect with others

...and much, much more! (Find out yourself.)

1.2 About us

Dr. Priscilla Schelp

Hi, I am Priscilla Schelp. I will guide you through the book and will involve Richard on many occasions. I am a start-up founder, manager, board member, researcher, moderator, keynote speaker, sailor, and polo enthusiast...and I love amazing people! I am Swiss-German and have worked and lived on different continents. Nowadays, I have an excellent global network that includes leaders in businesses, politics, diplomacy, NGOs, and science.

With my start-up networkx we do lead generation and prequalification for exclusive clubs around the world, such as private member, service, business, golf, polo, yacht, and art clubs. We aim to bring changemakers and visionaries into these networks to bring their visions to life! But I wasn't always this way. When I was in kinder-

garten, I was very artsy, often living in my own thoughts. Because of this, I grew up with kids bullying me and not leaving me alone. There was this constant desire to figure out what it takes to be a great person and connect well with people. So, during high school, I started reading. I had always loved reading, but I switched from my beloved books about horses to short articles such as: "How to Influence People" and the "Top 10 Tips on How to Make People Comfortable." What made me successful was not the simple act of reading, but rather that I always picked out one aspect that felt most appealing to me and practiced it until I mastered it before applying the next one. I trained and tested what worked for me!

I recommend you use this book the same way: read, test, train, revisit, and so on. You are never done with learning how to network or connect with people. If you build connections with people, you need to maintain and nurture those relationships. You cannot own plants, never water them and expect them to be alive and pretty, can you? They need water and sun, everything that allows them to grow, just like your relationships. The good thing is that if you apply the exercises in this book, connecting with people will become your number one hobby and transform your life!

Richard Lee-Thai

Now let me introduce you to my co-author, Richard Lee-Thai! He is a TEDx Speaker who delivered a talk entitled "How to Find Excuses to Connect," which outlines how people can make meaningful connections easier. There are many examples of human connection, storytelling, and community-building initiatives, but what they all have in common is finding an excuse to connect. Richard shows how anyone can apply these principles to find their own

excuses to connect by distilling these examples into four core principles. He envisions a world where the term “excuse to connect” becomes part of our common vocabulary.

Richard is also the Founder of Excuses to Connect, a business focused on building connections through one-on-one coaching, podcasting, public speaking and merchandise. As a Connection Coach, he supports individuals and organizations in building their social confidence and fostering communities where everyone feels like they belong. His philosophy on life is captured in my motto: „You never know how any connection can transform your life.” His ultimate vision is to empower and connect Connectors; together, we can transform our lives and the lives of others, one connection at a time.

1.2 How Richard and I met

So, how did we meet? Richard and I actually met on his Excuses to Connect podcast when he interviewed me for an episode. I found his podcast “Excuses to Connect,” and the topic totally resonated with me. I felt compelled to reach out to him. Now we are writing a book together. See what can happen if you go out there and be open to new connections?

Connections can be life-changing, though they can seem difficult. The opposite of having meaningful connections is loneliness. This epidemic of loneliness plagues many people. We both know how it feels to be lonely, to feel rejected, and to struggle to connect with other people. We found a way to change that. We want to teach as many people as possible about what we have learned. We are certainly not the only people working within this realm of loneliness interventions and making connections, but

we aim to add our personal experiences to this ongoing conversation.

Richard and I could not be more different. We grew up and lived on different continents and led different lives, but we share a common passion: We love connecting with people, AND we are not naturals. You know who you should take advice from? People that have gotten to where you want to be! Why should you listen to Richard and I? We are living examples that being good at connecting with people is not genetic, but it is a skill you can learn. We would not call ourselves natural talents in connecting, but we learned, developed, and became super connectors. We are not like consultants that tell others how to run their company but have never successfully done it ourselves.

We can prove that we are successfully doing it. We do not say that to brag but to give you empowerment. No matter what stage you’re in right now, anything and everything is possible. So let us guide you through this book, and always remember: We feel you! We have been there too!

1.3 Why is this book so important to us?

To be able to make authentic connections, you need to love yourself, so other people can love you. Additionally, if you are authentic and show your true self, people can get to know and love the real you!

I had a beautiful childhood until I went to kindergarten. The world in my head was more kind than the children around me, so I went to hide there. I did enjoy school. My understandable but harmful strategy was not to show weakness, do nothing wrong, never fail, and always achieve my goals. This strategy formed the foundation of my

life. I am not perfect, and no one is. If you, like me in the past, walk through life always fearing your next mistake, the idea of not being perfect, or trying to prove your worthiness, let me stop you with a warning. While it might be able to get you far in life, it is so stressful and exhausting. It feels like that because you are in a carnival 365 days a year. Don't get me wrong, the carnival is fun for a day, but never being allowed to be you, always being scared to fall out of character because you are scared that people could see who you really are, does that really sound fun? I don't know anyone who'd find that fun. You might think people cannot dislike you if you do not give them a reason to do so. Let me tell you something, they also can't really love you!

Why would you hide all these parts of yourself, the good and the bad? You hide them because you do not accept, do not like, and do not approve of these parts. You are saying NO to yourself. By hiding parts of yourself, you are reducing your authenticity and depth. It is like you are taking yourself from 3D to 2D. You are transferring reality to a scripted movie (which is exactly the definition of NOT being authentic). Even though we all like to watch a nice, pleasant movie, it will not really keep us hooked. We all want something and someone real!! We want to be real and loved exactly for that!

I had this awakening a few years ago when I was at university. We had to do some exercises from the career center. We were requested to write down our main skills and then asked friends and classmates what makes us special. I was quite surprised that nearly everyone I asked highlighted the same characteristic: assertiveness. One dear friend said, "Priscilla, I have never met anyone as determined as you are. If you want something and there is an obstacle, you

find a way. You go over it, under it, around it, or through it. It does not matter; you find a way." I kind of had images of the series "White Collar" in my head, where the main character finds a very cool way to break out of prison. Sarcastically, I thought, "Great skills I have..."

Looking back, I realize that I have this skill because of my huge fear of being mediocre. I guess most of you understand me. In current times, being normal is not a compliment for most people, whereby, being special is something to strive for. Even though this fear brought me far, it also caused me much pain. I was so assertive because if I failed to achieve something, it would mean that I was not good enough or, worse, average. It got me far, but I paid a high price for it. I was constantly stressed. Now, I am not perfect, and still have some insecurities or worries sometimes. But overall, I know my worth, and I know I am good at what I do. My assertiveness is now fueled by my desire to learn and my wish to make a difference. If you have not realized your worth, this book will help.

Richard had similar feelings of inadequacy growing up. Due to being an only child, he dreaded summer, when he was alone with his thoughts and had few friends to spend time with. To cope, he conjured imaginary worlds and pretended to go on fun adventures. As he grew older, this sense of infrequent social interaction led to a fear of abandonment. He wanted close friends, so he would go out of his way to people-please and disregard his own boundaries. There was a constant sense of restlessness as he hustled to get external validation from others. He desperately wanted to hear from others that he was good enough and belonged. Even his parents placed high standards on him. To some extent, he was successful with this. He received many awards for his academic and

extracurricular achievements but still felt hollow inside. The feelings of achievement would be temporary before he would set his mind on the next big thing he needed to do in order to feel worthy.

It wasn't until he started seeing a therapist during university that he was gradually able to uncover his self-limiting beliefs and behaviors. During his first session, his therapist gave the analogy that mental health is like a house. If the house is on fire, there's nothing else you can focus on except putting out the fire. However, if the house isn't on fire, there's an opportunity to renovate specific rooms. Richard wasn't seeking a mental health professional because he was in a crisis, but because he wanted to proactively take care of himself and renovate his house.

Over three years, he had cleaned out the dusty recesses of his house that he had never touched before. He realized his thought patterns of feeling like he was never good enough, and was gradually able to replace it with the belief that he was enough. He no longer needed to desperately seek validation from others through people-pleasing and trying to be perfect. He had become friends with himself. He fully accepted who he was and was able to treat himself with kindness. He felt grounded and it opened up the doors to more meaningful connections with others because he was already connected to himself.

When there was a leaky faucet in his metaphorical house, he was now equipped with tools to try to deal with the leak himself. When the issue was too big to handle, he knew that the wise decision would be to ask for help from a contractor. He had developed tools to be resilient and was comfortable asking for help when he needed it. By the end of therapy, he had a well-furnished, clean house.

It was not perfect, and maintenance still needed to be done, but it was in a much better condition.

He now had the tools and knowledge to help renovate other people's houses too. He wants to share his experiences within this book to help you better connect with yourself. To build a skyscraper, you need a strong and deeply-rooted foundation. This foundation is your relationship with yourself. We hope this book helps you with this.

I marked the chapters which Richard contributed mostly to with a *, so that you know and can give Richard credit for his valuable input ;)!

Now, let's get going!

ATTENTION: THIS BOOK IS LIFECHANGING!

Master the first step to building your own world-class network.

This three-part book series provides you with a proven step-by-step guide to building yourself a world-class network from scratch. Influence is your superpower, and networking starts with you!

The first book in this series, *Become Your Superself*, shows you how to connect with yourself to be ready for extraordinary relationships. It provides you with the insights, tools, and techniques to master the three aspects of becoming your Superself: Self-Acceptance, Self-Care, and Self-Development.

Become Your Superself is a self-improvement and mental health book. You will see that this book can and will change your life! It sets you up with the mindset secrets for winning. It makes you think big and act small by providing you with all the insights you need to be inspired and the practical exercises you require to act upon them.

This book is happier made simple! Be your future self now!

BOOK 1/3 - BUILD A WORLD-CLASS NETWORK SERIES

ABOUT THE AUTHORS

Dr. Priscilla Schelp and Richard Lee-Thai are both superconnectors who aim to fight the world's biggest disease: Loneliness! They both are born introverts and shy. They are proof that you can learn to become a superconnector and they want to uncover their proven approach to encourage and enable others to follow in their footsteps.



DR. PRISCILLA SCHELP

Dr. Priscilla Schelp is the founder and CEO of networkx. Her startup matches visionaries with the most exclusive clubs in the world and thereby provides them with the network they need to make their visions come to life. Priscilla is also a researcher, executive board member, keynote speaker, moderator, sailor, and polo enthusiast.



RICHARD LEE-THAI

Richard Lee-Thai is certified connection coach and TEDx speaker who delivered a talk entitled "How to Find Excuses to Connect" which outlines how people can make meaningful connections easier. Richard is also the Founder of Excuses to Connect, a business focused on building connections through one-on-one coaching, podcasting, public speaking, and merchandise.



ISBN 978-3-96988-026-5



9 783969 880265 >