

Making Meaning Out of A *Messy Life*



Dr. Erika Michalski

Strategically Authentic

The background of the image is a dense, vibrant red surface covered in fine, shimmering glitter particles that catch the light, creating a sparkling effect.

What Even IS
Satisfaction?

What Does
Pursuing
Satisfaction
Feel Like?



1

Maintain Positive Emotions

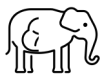
- You. Are. Worthy.
- Gratitude
- Oxytocin
- The Value of Pride
- Serotonin
- Design a *Good Day*



2

Respond to Negative Emotions

- You Have to Acknowledge These (Sorry, But You Do All Vibes Are Welcome)
- Don't Mess Up Your Memory
- Adrenaline & Arguments
- Misplaced Expectations Will Get You
- Physiological Sigh



3

Focus & Block Noise

- Amygdala Is Fast
- Leverage Your PFC
- Multitasking Isn't Real
- Dopamine is Tricky, Find Some Broccoli Time
- Process Any External Noise (even the kind/nice stuff)



4

Engage in Acts of Generosity

- The Secret is Zero Expectations
- Remember Evolution's Teachings
- Support Your **8 Minute** People (and let them support you)
- Changes How You See the World & Fall Asleep (Your Highlight Reel)



Say NO to Toxic Positivity

No matter the
circumstances ...
Use. Your. **Bubbles!**

Dr. Erika's Notes On
Cultivating *Satisfaction*

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Need Some Help Naming Those *Emotions?*



The Feelings Wheel



“You are worthy of the good stuff.
You can’t hide from the bad stuff.
You have to tune out the irrelevant stuff.
And every day that you are above ground,
you get to help other people with their stuff.”

~ Dr. Erika Michalski
Chief Encouragement Officer
Strategically Authentic



Toxic Positivity

Minimizing Someone Else's
Human Experience
To Maintain Your Own
Comfort.



Replacement Phrases (to Avoid Toxic Positivity)

“What doesn’t suck?”

“Is there anything I can do that
won’t make it worse?”

“I don’t have anything useful to say, and
it isn’t your job to tell me ‘that’s okay.’
I’m here because this is hard, and I want
you to know you are not alone.”



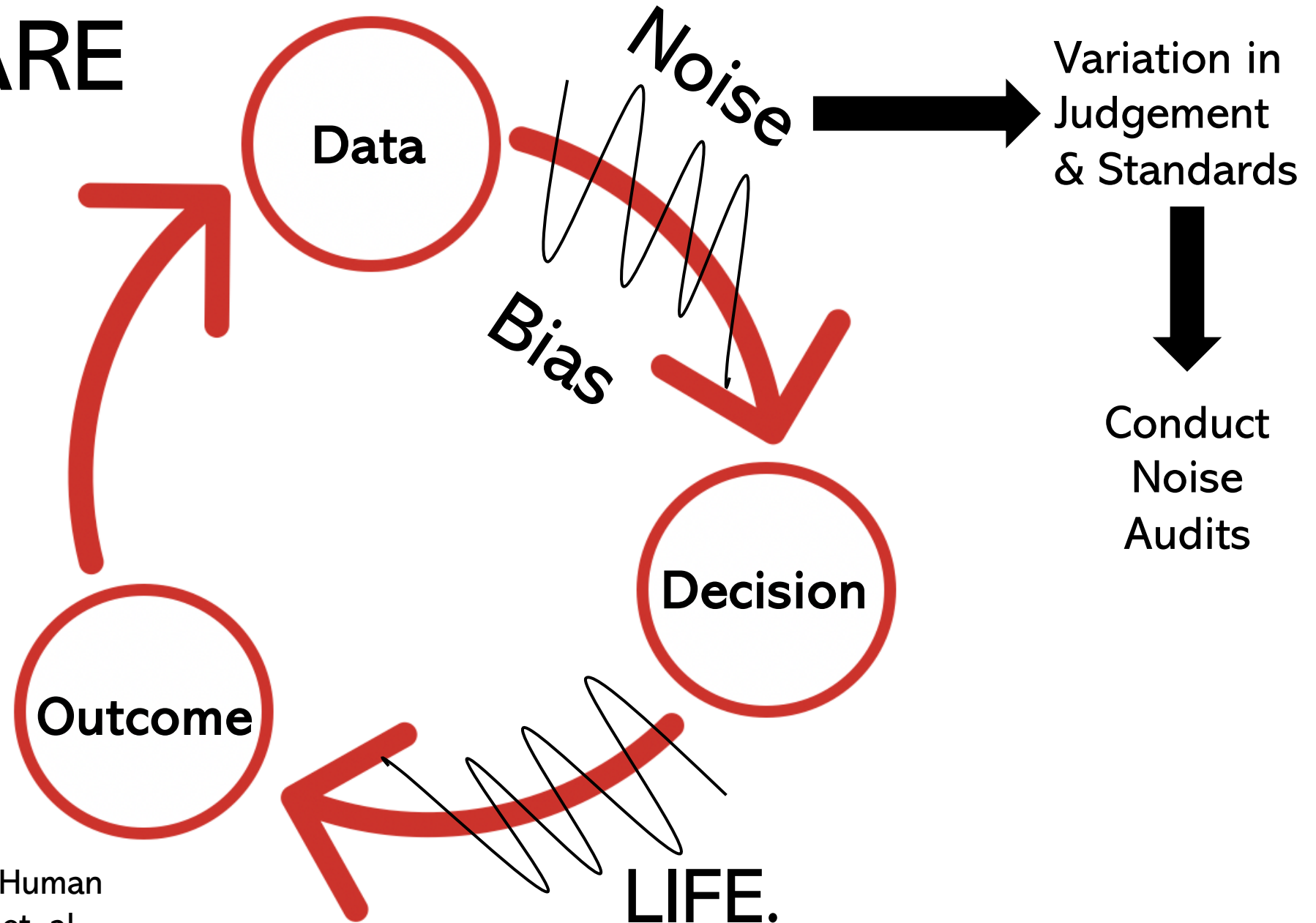
Let's Dive Into Decisions

Decisions are bets
FOR and AGAINST
the future.

And making smart bets is about
calibration.

Adapted from "Thinking in Bets: Making Smarter Decisions
When You Don't Have All The Facts" by Annie Duke

BUT WHY ARE DECISIONS SO HARD?



Adapted from “Noise: A Flaw in Human
Judgment” by Daniel Kahneman et. al.

Conducting a Personal Noise Audit

Reminder: Noise is a Variation
in *Judgement* and *Standards*

So, how do we *discover* these
about ourselves?

And ... how do people know if
the we are *serious* about them?

A Few More
Thoughts
About Upholding
Standards &
Personal Growth



At The End Of The Day, Do You
Recognize
The Person In The Mirror . . .
Regardless Of Outcomes?

A Few Final Thoughts Inspired By *Mitochondria*

