

COMPASSION *through* CHAOS

CULTIVATING EQUANIMITY AND
CONTENTMENT IN BUSINESS

MASTERCLASS WORKBOOK





HI, I'M MEAGHAN!

Ten years ago, I was in the middle of my first chronic health crisis.

For the first time in my life, I wasn't able to keep up.

At the time, I was a public school teacher. I knew I was stressed out. I was losing sleep almost every night; barely able to make ends meet and feeling like I had hit a dead end in my career advancement.

Ultimately, I made the difficult decision to resign from my job mid-year. I didn't feel like a human being anymore. It was quite possibly the most demoralizing and lowest part of my career.

This was the beginning of a 10-year journey of self-acceptance, compassion and love that lead me to where I am today.

It wasn't easy, but I can honestly say that, if it weren't for that experience, I'd probably still be a public school teacher and I'd most definitely still be chronically stressed.

About 5 years ago, my journey felt like it came to a head when I was introduced to the word equanimity. If you've never heard of it, it means being able to keep an even mind, no matter the circumstances.

This one word changed everything for me, and I'm so excited to share more about it with you in this Masterclass.

Meaghan

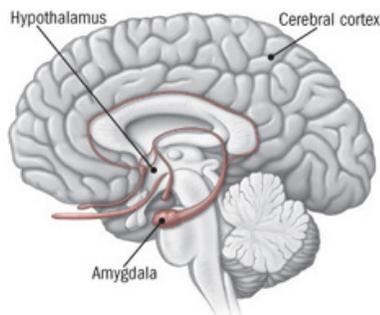
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EQUANIMITY *in entrepreneurship*

What is Equanimity?

The Science of Equanimity



* *Harvard Health, Understanding the Stress Response:*
<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

foundations of MINDFULNESS

The Goal of Mindfulness

Freedom of Mind

Pre-Call Ritual

Documenting my Systems

Planning by Quarters

Resource: [NOTION] Quarterly Planning Template

foundations of MINDFULNESS

Freedom of Emotion

Inbox Pause

Resource: Boomerang for Gmail

Review my Sunshine Inbox

Ritualize my Mornings

ASTROLOGY *and mindfulness*

How does mindfulness translate to Astrology?

Birth Chart Placements:

Sun = Vitality

Moon = Nurturing

Mercury = Communication

Mars = Action + Aggression

Venus = Values

Jupiter = Joy

Saturn = Structure

Uranus = Uniqueness

Neptune = Dreams

Pluto = Transformation

ASTROLOGY *and mindfulness*

Mercury Retrograde

Saturn Return

Nodal Return

Pluto square Pluto

practical techniques for
CULTIVATING CONTENTMENT

Consulting Oracle or Tarot Cards

Resource: [The Inner Compass Oracle by Dana Whitby](#)

Managing Your Energy:

Resource: [\[NOTION\] Energetic Daily Routine Template](#)

NOTES