

# 5 SIMPLE STRATEGIES FOR A CALMER, HAPPIER YOU!

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PRACTICAL AND POWERFUL TOOLS TO REIGNITE YOUR PASSION AND JOY FOR LIFE.

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# WELCOME MY FRIEND!

Did you know you deserve to be happy and it is possible to love your life? Really!

My guess is you're here because your tank is on empty. You're feeling exhausted and overwhelmed; going through the motions of life without much peace, purpose or joy.

It's beginning to affect your health, your work, and your relationships.

You're ready to enter the next chapter in your life, and you know it's time to focus on you, but you don't even know where to start.

You are not alone.  
I've been there, too.

**I want to share a secret I've uncovered on my own journey to happiness that, if you let sink into your very being, will change your life...**



## Happiness is a choice.



It is not dependent on anything or anyone outside of you. Only you have the power to make that choice.

I'm not talking about life being all sunshine and roses  
Because it isn't.

Life is messy. Things happen all around us every day  
that we have no control over.

But, WE always have a choice. A choice in how we  
respond to the circumstances of life.

So, as you begin this courageous journey to a calmer,  
happier you, choose to put yourself first and fully  
commit to your mental, physical, and spiritual well-  
being.

It's only when you pour into yourself that you can  
shine your light and share your best with others.

**For the next 5 days, I invite you to commit to  
some radical self-care.**

Follow the strategies and complete the Happier You  
Journal at the end.

Then come back and share with me how amazing it  
feels to give to others when your cup is overflowing.

**YOU ARE WORTH IT!**



*Denise*

CERTIFIED LIFE COACH



# BEFORE YOU BEGIN, CONSIDER THAT...

## *Simple does not always mean easy.*

What I know from my work as a coach is that sustained change takes time and commitment. Investing in yourself always pays off.

## *It is NOT all or nothing.*

That mindset can easily derail us even with the best of intentions. If you miss or have to reschedule, that's OK. Give yourself some love and get back on track.

## *You are Worth it!*

Your life is full of investments, but there is absolutely no investment more important than one where you look inside of yourself and reset your heart, mind, body and soul on a healthy course toward happiness.



# STRATEGY #1 – SET ASIDE TIME FOR YOU!

Put yourself on the top of your daily to-do list. Not at the bottom after everything else gets done, but at the top!

You've probably heard this a thousand times before.

Perhaps you dismissed it always finding a good reason why it's not possible.

Or you tried it with that “all or nothing” mindset and quit when the “all” didn't work.



***Here's the bottom line: if you want a calmer, happier life, this is non-negotiable.***

***It is critical to the success of all the other strategies.***

Give yourself permission to spend 10-20 minutes 5 days each week to make deposits into your personal self-care account.

I'm not talking about the consumption-driven idea of self-care such as getting a pedicure or a massage or treating yourself to lunch at a fancy restaurant.

While those are wonderful ways to care for yourself, I'm talking about unglamorous, everyday self-care.

The kind of self-care that supports you in slowing down and retraining your mind and your body to move from a chronically stressed state to a calm state.

Then, shifting your perspective from a negative, fear-based mindset to a more positive, hopeful, and abundantly happy one.



## **Strategy #1 – INSIGHT TO ACTION** **Set aside time for YOU!**

*If you find yourself feeling guilty or selfish or making excuses or resisting in some way, here are 3 reasons why making yourself a priority is self-less, not self-ish:*

**1. You can't pour from an empty cup.** It's only when you pour into yourself that you can shine your light and share your best with others.

**2. Prioritizing yourself doesn't mean disregarding those around you.** It means that people will get a happier version of you. Then, you can give selflessly without resentment or exhaustion.

**3. You were made in God's image,** so caring for and loving yourself is the most profound way you can show gratitude and reverence for the miracle that you are.

If you're still resisting the idea, ask yourself:

*What would my life be like if I chose to love and care for myself?*

*Who would I become if my cup is filled and overflowing?*

Now that you've committed to setting aside time each day to nurture your mind, body, and soul, here are 4 strategies to make the best use of that precious self-care time.

**"Know that by prioritizing yourself, people will get a happier version of you.**

Nedra Tawwab

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## STRATEGY #2 – BE STILL AND BREATHE

When we feel stress (rage, anger, fear), we move into fight, flight, or freeze response and we can no longer reason or bring forth useful resources to handle the situation.

Then we react unconsciously – from default or habit – rather than consciously by choice or intent.

Building in a pause allows us to train the brain to be more focused and mindful – to be responsive rather than reactive.

As with any new habit we are forming, we have to practice so the path to calm and responsive becomes our default.

***One easy and full-proof strategy is to be still and breathe.***

Here is a simple, 3-minute audio that you can practice on your own throughout the day whenever you are feeling stressed or overwhelmed:

[3 Minutes to Calm Audio](#)

The breath is a powerful, accessible tool for activating the relaxation response of our autonomic nervous system and a great way to introduce yourself to a simple meditation practice.

With our often busy, chaotic, and rushed lives keeping us in a chronically stressed state, it is more important than ever that we create a mindful practice to create that strong foundation for a calmer, happier life.

And, the good news is you can do this with just a few minutes each day.

Literally pausing and taking 3 deep breaths - in through the nose and out through the mouth with a sigh - is a quick and easy way to recalibrate your nervous system.

By taking 10 minutes for your daily, mindful breath practice, you will begin to see a huge shift in your ability to manage stress.



## Strategy #2 – INSIGHT TO ACTION Be Still and Breathe

*Here is a focused breathing exercise to do at home:*

Setting up: If possible, lie comfortably on your back on a firm, flat surface with support under your knees, and head and neck for greatest comfort. Otherwise you can certainly do it from a seated or standing position.

For these exercises you will always breathe in and out through the nose.

*I find that having a little guidance and encouragement is always best.*

*Here is a 10-minute guided breathing audio to help you along the way:*

Conscious Breathing Audio

### 1. Diaphragmatic Breathing

- Place your hands on your lower ribs and bring your awareness there.
- On the next inhalation, begin to deepen the breath by allowing the rib cage to gently expand feeling the movement under your hands.
- As you exhale, let the rib cage release.
- For the next several breath cycles, continue this deep movement of the breath.

### 2. Breath Counting

- Breathe into the count of 4 and breathe out to the count of 4.
- Repeat for 1 minute.

NOTE: Allow the breath and don't force it. If at any time you experience agitation during the process, let go of the count and return to the natural rhythm of your breath.



## STRATEGY #3 – SELF-COMPASSION

Have you ever paid attention to how you talk to yourself?

If you stop to listen to your inner dialogue throughout the day, you might be surprised at how often you berate or beat yourself up, even for the most minor issues.

This inner critic tells you that you are not good enough and you don't deserve to be happy.

It is a constant chatter of negative self-talk that leaves you feeling unloved, unworthy, and unwilling to take the time to care for yourself.



**The good news is, taming that inner critic is not only possible but it is essential to a happier you.**

Mindful Self-Compassion  
Audio

Research shows that when we recite uplifting affirmations, we feel better and develop a stronger sense of self-worth.

This boost of self-worth can help you feel more compelled to take care of your own needs.

**Take a self-compassion break with loving-kindness affirmations.**

Notice and acknowledge when you are being unkind to yourself, place your hand on your heart, then repeat some loving-kindness affirmations:

*May I be kind to myself in this moment.*

*May I accept myself exactly as I am in this moment.*

*May I give myself all the compassion I need to respond to this moment wisely.*

*May I deeply and completely love and accept myself.*



## Strategy #3 – INSIGHT TO ACTION Self-Compassion

Try writing down and reciting empowering affirmations out-loud to remind you that you are enough and you deserve to be happy and love your life!



Use the prompt in your Happier You journal to write down your affirmations.

An affirmation should be positive, present tense, as if it’s already happening.

In addition to the loving-kindness affirmations above, here are a few to get you started:

*When I pour into myself, I can shine my light onto others.*

*I am worthy of all the things that bring me happiness.*

*I am enough exactly as I am.*

*I make time to nourish my mind, body, and spirit.*



# STRATEGY #4 – FOCUS ON GRATITUDE

Plain and simple, gratitude makes us happier.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness.

Research shows that journaling for five minutes a day about what we are grateful for can enhance our long-term happiness by over 10%.

*Those who pay attention to what is good in their life instead of what is bad are more likely to feel positively about their life.*



With gratitude, people acknowledge the goodness in their lives.

In the process, people usually recognize that the source of that goodness lies at least partially outside themselves.

As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or God.

**Gratitude improves our health, relationships, emotions, personality, and career.**



## Strategy #4 – INSIGHT TO ACTION Focus on Gratitude

*Use your Happier You Journal for the next 5 days to begin your gratitude practice.*



Notice how you begin to appreciate the little things – the beautiful, miraculous, ordinary moments all around you.

**Gratitude makes us feel more gratitude.**

This is why a daily gratitude journal can make you so much happier.

The actual gratitude produced during that time is small, but the emotions of gratitude felt are enough to trigger a grateful mood.

While in a grateful mood, you will feel gratitude more frequently.

**Gratitude is a practice, not an attitude.**

You have to work at it.

When you actively practice gratitude, you go through the day looking for it.

**Or said another way, *what you focus on expands.***



## STRATEGY #5 – CELEBRATE YOUR SUCCESSSES

Think of how people successfully teach children to walk. We cheer, give hugs and kisses, and do whatever we can to inspire them to enjoy learning this new skill.

And, when they fall down – which we expect them to do – we encourage them to get back up and try again. There is no shame, no reprimands – only pure love and encouragement.

*So, why is this so different for adults in our culture?*

Our culture socializes people to play down their achievements and successes and approach mastering their goals from a stance of stern discipline and deprivation.

As adults, we often judge and criticize ourselves during our learning and expansion and rarely celebrate our successes. (Remember that inner critic?)

We treat ourselves harshly for minor mistakes and tend not to take the time to appreciate our victories.

**We brush right by our successes missing the opportunity to acknowledge and expand the wonderful feelings of joy and happiness that come from focusing on what's going well.**

One excellent tool for creating more happiness in your life is to celebrate your successes, big and small.

Begin by recognizing a success you have created in your life.

Success in this context includes being kind to yourself and others

**No success is too small!**



## Strategy #5 – INSIGHT TO ACTION Celebrate Your Successes

*Complete the journal prompt in your Happier You Journal for the next 5 days.*



Let yourself honor your successes, whether they relate to health, relationships, work, spirituality, relaxation, or fun.

Notice how this simple exercise begins to reignite your passion and joy for life and inspire a calmer, happier you!

Maybe you woke up 10 minutes early to complete your Happier You Journal page, you honored yourself by saying "no" to someone, or you stopped for a minute to look at the beauty of a sunset.

Some people initially fear that they will become arrogant by doing this exercise. I am not suggesting you brag or feel superior to others because of your achievements.

**Instead, this process will help you recover the excitement and joy for life we naturally have as children.**

As you begin to recognize and celebrate your successes, you will almost certainly begin to acknowledge and honor other people's accomplishments as well.



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# HAPPIER YOU JOURNAL

## DAY 1

### DAILY MEDITATION

Today, I choose to spend time refueling my mind, body, and spirit by listening to a guided meditation, sitting quietly and breathing, and/or spending time in prayer.

Write down what you did and record any inspirations or insights:

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### POSITIVE AFFIRMATIONS

My positive affirmations for today are:

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### FOCUS ON GRATITUDE

Today, I am so happy and grateful for:

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### FOCUS ON WHAT'S GOING WELL

One success I acknowledge myself for & celebrate now is:

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# HAPPIER YOU JOURNAL

## DAY 2

### DAILY MEDITATION

Today, I choose to spend time refueling my mind, body, and spirit by listening to a guided meditation, sitting quietly and breathing, and/or spending time in prayer.

Write down what you did and record any inspirations or insights:

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### POSITIVE AFFIRMATIONS

My positive affirmations for today are:

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### FOCUS ON GRATITUDE

Today, I am so happy and grateful for:

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### FOCUS ON WHAT'S GOING WELL

One success I acknowledge myself for & celebrate now is:

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# HAPPIER YOU JOURNAL

## DAY 3

### DAILY MEDITATION

Today, I choose to spend time refueling my mind, body, and spirit by listening to a guided meditation, sitting quietly and breathing, and/or spending time in prayer.

Write down what you did and record any inspirations or insights:

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### POSITIVE AFFIRMATIONS

My positive affirmations for today are:

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### FOCUS ON GRATITUDE

Today, I am so happy and grateful for:

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### FOCUS ON WHAT'S GOING WELL

One success I acknowledge myself for & celebrate now is:

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# HAPPIER YOU JOURNAL

## DAY 4

### DAILY MEDITATION

Today, I choose to spend time refueling my mind, body, and spirit by listening to a guided meditation, sitting quietly and breathing, and/or spending time in prayer.

Write down what you did and record any inspirations or insights:

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### POSITIVE AFFIRMATIONS

My positive affirmations for today are:

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### FOCUS ON GRATITUDE

Today, I am so happy and grateful for:

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### FOCUS ON WHAT'S GOING WELL

One success I acknowledge myself for & celebrate now is:

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# HAPPIER YOU JOURNAL

## DAY 5

### DAILY MEDITATION

Today, I choose to spend time refueling my mind, body, and spirit by listening to a guided meditation, sitting quietly and breathing, and/or spending time in prayer.

Write down what you did and record any inspirations or insights:

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### POSITIVE AFFIRMATIONS

My positive affirmations for today are:

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### FOCUS ON GRATITUDE

Today, I am so happy and grateful for:

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### FOCUS ON WHAT'S GOING WELL

One success I acknowledge myself for & celebrate now is:

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