

Helping you make YOUR happiness a priority

Your Pathway To Happiness

IN JUST SIX STEPS

Mastering the
Art of your
Happiness



the
MOTOROAMERS

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Time to get serious *about YOUR happiness*

Are you burnt-out, stressed and exhausted with life?

If you shouted, yelled or even whispered YES to this question, then this eBook will set you on your way to reclaiming your happiness and falling back in love with life again. And I guess, if you have got this far, then you must be serious about getting happy, which is fantastic. Now we can get down to business and I can show you the steps to reclaiming that happiness.

Before I do that, let me reflect on why this freebie might be talking to you. Perhaps you are a **busy mum**, with a family that has huge demands on your energy. May be you are a **professional person** who wants to succeed at work and climb the ladder. Perhaps you **have a really demanding job** so you can pay the bills and you are trying to juggle this with other roles and duties that all crave your time and presence. Perhaps you **are running your own business** and struggling with the demands of clients and trying to keep everyone happy. May be you are **ALL OF THE ABOVE**. No wonder you have found yourself here. After all, we all long to be happy and live a fulfilling life - this is what we strive for each and every day.

The common denominators to the roles I've listed above, are often shaped around how we put other people first, our perfectionism, our desire to not let anyone down and how to keep everyone happy. These characteristics then lead us to putting our needs so far down the list that we never regenerate our energy. Consistently putting ourselves last means that we soon burn out, get ill, stressed and sometimes just grumpy. We long to be happier yet don't quite know how. **This eBook is going to show you how to make your happiness a priority and reclaim your inner happy.**



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Introducing.... *Karen Davies*

Happiness Practitioner, Author and Coach

I'm so happy that you're here. I'm not happy about you being exhausted and burnt-out, although I am delighted about your seriousness to get happy now.

I have journeyed through a lot of self-induced distress, illness and unhappiness in the last twenty years. I was a hard-working, approval-needing, people-pleaser with low self-esteem who focused on making others happy at the expense of myself. After a 'last straw' event in December 2012, I made a number of important life-changing decisions. **I finally realised that for things to change, I needed to change.** And so I was drawn into a hibernation that showed me clearly what was holding back my happiness. I learned how to live beyond my fear, how to reclaim the happiness that I deserved and put happiness at the heart of my life and my business. And now?

Through those experiences and my pathway to happiness, I am ready to share what I've learnt with other like-minded, burnt-out feminine souls who are also ready to make their happiness a priority.

I believe that happiness and health are an inside job and that to achieve success, we must first learn the true nature of happiness. Authentic happiness can not rely on external trappings - we have to wake up to the idea that the source of happiness and success, is only within ourselves. When we realise this, then we can reclaim our happiness.

Pathways to Happiness reveals insights I have learnt on my journey and I show you how you too can find happiness from the inside. Being, having and doing all that you dream of is just an eBook away. With happy blessings, Karen x



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Getting to the Heart of the Matter

STEP 1

The myth behind Success = Happiness

I had a really successful training and development business, a strong reputation and I was highly respected for my skills and passions. I earned a great daily rate and could see the impact of my work on clients' effectiveness. We owned a beautiful house in an enviable location, had a nice car and were surrounded by loving friends and family. And yet both my husband and I were unhappy, stressed and fraying at the edges.

I soon came to realise that all those external 'things' didn't bring me happiness, because of what was going on, on the inside; resentment, perfectionism, fear, doubt, passivity and low self-esteem to name a few, were like toxins eating me away. Until I addressed the inner issues, success was just a deluded ideal that wasn't delivering real results.

Success can never lead to long-lasting and authentic happiness. Even the brand new car loses its novelty after a month or two. The new and exciting job soon comes with its own challenges and stress, after which we begin to start chasing the next promotion. Success is an ever-changing goal-post that we strive for each day and that is tantalisingly always just slightly out of our reach. And WE create this scenario. Human beings are conditioned to always stretch to the next dream in the belief that it will finally bring us happiness. Yet how many stories do we hear about Lottery winners in misery - money doesn't make us happy. It does give more choices and options, although if we have unresolved challenges, beliefs and values, then it simply creates conflict.

So what's the answer? Quite simply, we work on being happy first - then success will flow. When we learn the internal stories that are making us unhappy or sad, we start to gain some amazing insights about our current life experiences. These factors are the very things that could be blocking our happiness. Unlock your blocks and see how the seeds of happiness change both your mood and those of people around you. You begin to attract positive events because you are giving off a positive vibe and problems begin to resolve themselves because you are thinking about them differently. And all because you have chosen happiness, from which will come success.

Getting to the Heart of the Matter

STEP 2

Happiness is an inside job

When we realise that happiness is well within our grasp, we can begin to look at how to become happier, using every day language.

Let's be clear - how we experience life is based on a cauldron of influences that date back to our childhood. Kids are like sponges, observing the world around them, absorbing lessons from their nearest and dearest. Our beliefs and values are shaped by this influential period of our lives and generally, by the age of seven, our conditions are set by the people and events that are most significant in our lives, at that time. So parents, siblings, school, family and social culture are just a few of the aspects that shape how we interpret the world as adults.

Imagine that you are the youngest of five siblings and that you have to fight to be heard and have your needs met. What impact would this have on your role as an adult, in the workplace? It could influence a more dominant behaviour because this is the pattern that you became accustomed to as a child. Or, conversely, it could result in passive behaviour because you just became tired of the fight.

Exploring how key events have shaped your behaviour patterns and self-beliefs, can be illuminating. Being able to see what may be hindering your happiness or indeed supporting your current happy experiences are such important cornerstones to authentic happiness. Here's a list of aspects to explore about yourself:

- **Your beliefs;** what you feel certain about - yourself, others and the world
- **Your values;** what is most important to you, i.e. family, integrity, perfectionism
- **Your inner chatter;** the dialogue in your head that influences self-esteem
- **Your needs;** primal drivers that shape your behaviour, e.g a need for love
- **Your behaviour patterns;** habits formed that create repetitive outcomes.

When we accept that our make up has a huge influence on our current reality we have access to an amazing resource that helps us to change and create greater happiness and satisfaction in our lives.

Getting to the Heart of the Matter

STEP 3

Happiness and success are personal

I ran a twelve month leadership programme and at one of the sessions, I invited two business executives to share their visions of success. The first CEO used language like; drive, competition, deliverables, accountability, ruthlessness, and getting results no matter what. I have to say that his success vision scared the life out of me and certainly did not fit my view of the world.

The second speaker described her version of success using words like; collaboration, values, compassion, integrity, relationships, communication, reflection and cooperation. I breathed a sigh of relief - I was ok after all. This second vision sat more comfortably with me and match my view of the world.

It was this experience that enlightened me into understanding that everyone's definition of success is different. To some extent that may well be true for happiness, although I suspect we would see much more similar language when defining what **happy** looks like. As author Michael Neill says in his book, "*You can have what you want*", when we take time to define happiness and what **happy success** means to us, then we are at a gateway of creating that vision as our reality. For some, that might mean peace and tranquility, for others it might mean travel and adventure.

The bottom line is, explore what happiness and success look, sound and feel like to you. You might find helpful to do the **80th Birthday Exercise**, where you imagine yourself at your own celebration party, surrounded by friends and family. You talk about all that you have achieved, experienced and enjoyed in your life so far. This will give you a great starting point as to what will bring you that sense of achievement and inner satisfaction.

Happiness is personal. Don't attach it to anything or anyone else. Get really clear about what it means to you and that clarity will help you focus on the most important elements, rather than getting lost in what you or someone else thinks happiness should be like.

Getting to the Heart of the Matter

STEP 4

Happiness is not pot luck

As the Hollywood blockbuster, *Invictus* says, "I am the captain of my soul and the master of my fate." What great words they are. It says that **we** are in control, and that **we** have the responsibility for our lives. Even if you are a fatalist we still have free-will that shapes the way our world unfolds on a daily basis, albeit we may arrive at the same final destination. It is, after all, what makes us human; our ability to make choices, take decisions and think about what could or should happen next to achieve our goals.

Arnold Palmer, Golf champion 1950-70 was once quoted, in response to a journalist's comment on his run of luck, "*The harder I practise, the luckier I become.*" Happiness and success are **not** luck; it **is** all down to the effort and focus we have on making it happen. Happiness won't just land in your lap just because you've waited patiently for it, for years. Promotions don't just happen, we have to apply ourselves.

When we decide that happiness is a better option than suffering and misery, then we are at the starting gates of our new race. Determination to experience a better way of life is often the only motivation we need to make a change to our situation. Take control of your race. Avoid thinking that happiness is dependent upon another person or something specific happening. Notice how many times you have heard yourself say things like, '*I'll be happy when...*' Or, '*As soon as X or Y have happened, then everything will be ok.*'

These are all too common in our vocabulary. We need to realise that the experiences in our lives can be shaped by us and the decisions we make. Happiness is within each and every one of us and you can be the captain of that happiness, just with the simplicity of deciding to make it that way.

Make the right choice today and notice how the world starts to look and feel different to you. Notice how people start to respond differently to you and how much easier the world feels around you. Start with a smile right now and the ripple effect will echo back.

Getting to the Heart of the Matter

STEP 5

Happiness is Holistic

Holistic feels like a relatively new word on the block, as we move more and more into a world where *traditional* rubs shoulders with *alternative*. Although we are beginning to see a truth in it that offers us some happiness magic. Holistic means whole, parts of something that are intrinsically connected. I love this notion; that even on a broad scale, as individuals on this planet we are all connected. Our relationship with nature is connected. We are all connected and yet we treat ourselves as separate. Alas that is another eBook, all of its own.

Happiness is holistic, it's not one golden panacea that waves her magic wand and makes everything better. If we take the definition from above, then small parts that make up happiness are interdependent on one another in order to make up the whole experience of happy success. This means that if we make some big decisions about, say our health; we decide to invest in exercise, commit to eating a more healthy diet and become more aware of what and how we eat our food. Yet if we have relationships that are toxic and are creating misery because of their negativity, then happiness can not and will not thrive.

In addition, I have come to appreciate that authentic and long-lasting happiness is also about mind, body and emotions. We could put all our energy into altering our mind-sets and yet, if we don't tackle respecting our bodies, then happiness will fall through the holes of our incompleteness. We are connected to all things and within us, mind/body/emotions are also entwined. When we realise this truth, we treat happiness as a whole.

Committing to happiness is about looking at all parts of our lives and making some adjustments that honour the 'whole'. Look at health, relationships, lifestyle, finances, work, dreams for the future and understand the beliefs that might be holding you back. Look at the way your mind works and how you are nourishing your body and the emotional responses you have to situations you face. Then you can start to make a holistic commitment to your happiness that encompasses every part of you. **See happiness as a whole, see you as a whole.**

Getting to the Heart of the Matter

STEP 6

Happiness - How to be Happy

I want to devote the next couple of pages to the practical 'how to's'. The previous five steps are profound, although it is the strategies that I know we crave for creating change in our lives. So here are the simple things that I do and that current research suggests will bring happiness to the centre of our lives. I hope they inspire you to make the change. Not each one will appeal, although even if just a small handful of ideas capture your imagination, then that will be an amazing start.

- **Gratitude.** As I wake up, the first thing I do, as I come round, is to become aware of my body, my surroundings and I am grateful. I appreciate waking up and having another new day, having my husband beside me and the comfort of my bed, my health, my heart-beat. When we choose to appreciate and be grateful for the things around us, both great and small, we emit a different wave-length and this sets us up for a great day. Wave-length emissions may be invisible, yet their potency in how they affect us and people around us, is profound. Just intuitively understand that gratitude has to feel better than anger.
- **Making self-respecting choices.** From the moment you get up, make respectful choices that honour you. This could include simply changing your first morning coffee for a cup of warm water and lemon to rehydrate you, or may be meditating for five minutes rather than jumping straight into your morning routines. Making conscious choices that we know are healthy for us and provide vitality, have a positive effect, from the inside out.
- **Be aware of your breath.** As a meditation teacher for both children and adults, I promote the simplicity of breath awareness; that innate function that keeps us alive and supports our health or compounds our stress. When we learn to tune into our breathing, we immediately access a control mechanism that allows us to handle life's ups and downs. When we're stressed, breathing becomes elevated in our chest, faster and more shallow, sometimes triggering hyperventilation and dizziness. When we take a moment to think about our breathing and actively slow it down, changing its source from upper chest to tummy, we immediately create an inner-calm that can be life saving. When I'm anxious, I focus on my in-breath, coming up from my tummy and then, as I exhale, I imagine blowing out through a straw in my mouth, slowly and considered. It brings my heart-rate down and creates calmness in my body.

Getting to the Heart of the Matter

STEP 6

Happiness - How to be Happy

- **Meditation and mindfulness.** Thanks to my meditation teacher training, I became acutely aware of the role stillness and awareness can have in our lives. I adopt my own style of practice that sometimes is a traditional sitting for twenty minutes, sometimes it is a simple five minute *breath work* practice, where I inhale peace and exhale love . Other times it is mindful cycling. Meditation is scientifically recognised as a tool for handling stress, pain and conditions such as depression and ADHD. Meditation is about helping us connect with our natural state of stillness and observing all that arises without any attachment. Although there are many different styles of practice, what's important is to find one that works for you. It's not all about sitting on a cushion adopting a pose. It's about acknowledging the stillness, being aware and practising loving kindness. We can even develop mindful eating, drinking and walking to tune out life's orchestra of noise.
- **Forgive and let go.** One of the most powerful choices I made and still do on my happiness journey is to let go of old stuff that I have allowed to plague my life. We all too often harbour regret, resentment, anger and bitterness about things from our past and these have a huge impact on us in the present moment. Memories echo back to us like the ripples on a pond after a stone is thrown and if we don't take action to let go of these echoes, they continue to wash over us. So choosing instead to forgive, learn from and let go of old events, frees us up from the emotion we attach to them. It certainly frees me from historical chains. If you need help to do this I found Emotional Freedom Technique (EFT) a great way to deal with my 'stuff'.
- **Be present, it's a gift.** We spend an inordinate amount of time in the past - feeling regret and in the future - feeling fearful. Just notice the effect that those words alone have on you. They emit a negative wave-length that affects our happiness. Whether through meditation or mindfulness, invest more time in living in the moment as this is all we really have. Tomorrow is not here yet and yesterday has already gone. There is nothing we can do to change the past, we can only learn from it. We can though shape our future by the choices we make in the here and now. Allowing fear to paralyse us only creates more suffering. Be here now.
- **Be outside with nature more.** The world around us is magnificent and Mother Nature goes about her business so easefully. We recognise how much better we feel when out in the fresh air. So irrespective of the weather, get out and appreciate all that nature has to offer and notice how your problems take on a very different perspective.

Reflect and Step Forward

STEP 6

Happiness is in Your Hands

- **Be kind and loving.** When we experience love and practice kindness, our brains release a hormone called oxytocin - the love hormone, which creates a 'feel good' factor. Science is showing how oxytocin inhibits the fear and anxiety response. Find reasons to be loving, kind and generous as this benefits both the receiver and giver.
- **See things through the eyes of others.** Learn to see things from other people's perspectives rather than instinctively judging them against your own view of the world. We all have a unique map that is stored in our subconscious mind, influenced by past events and when we stop to understand this, we create greater harmony and appreciation in relationships.
- **Be creative when thinking about future hopes and desires.** A creative mind is a more receptive mind and when we use our imagination, we can begin to craft the future that we deserve. Tapping into our right brain allows us to play with possibility and this brings huge satisfaction. Also when we focus on what we want and feel the excitement of having it, then we are more likely to attract that very thing into our lives.
- **Learn to play.** The world is very serious, full of suffering and negativity. We can choose whether we engage with this or not. Learning to connect with our inner child and find fun things to do that make us smile is what life is all about.
- **Smile.** The simplicity of a smile has a ripple effect, making you feel great and sends a positive message to others. Happiness doesn't need to be complex, simple is good.
- **See the positive.** When we shift our mind set to a 'cup half full' then we learn to see things differently and have a more positive experience of life. If we have learnt to see things through negative glasses, it creates a low energy that doesn't recharge us. See things as they are and look for the up-side and it will develop your mental muscle.
- **Learn to trust.** Life doesn't always go as we want and disappointment can become our friend. When we learn to accept things as they are and trust that it has presented itself for a reason, we detach ourselves from the anguish that disappointment creates. Trust and acceptance is a very empowering and liberating skill to adopt for happiness.
- **Develop a stronger relationship with YOU.** And finally we can't truly love others until we love ourselves. Developing a positive view of ourselves, our strengths and capabilities creates a much happier position than a self-deprecating view. Focus more on nurturing yourself and building your confidence and your spirits will lift.

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CLAIM YOUR HAPPINESS OFFER NOW

If you enjoyed this eBook and need support in making it your reality, access your free, 30 minute coaching session, by clicking the email below.

Email me now!

themotoroamers@gmail.com



Be well and happy. Karen x



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