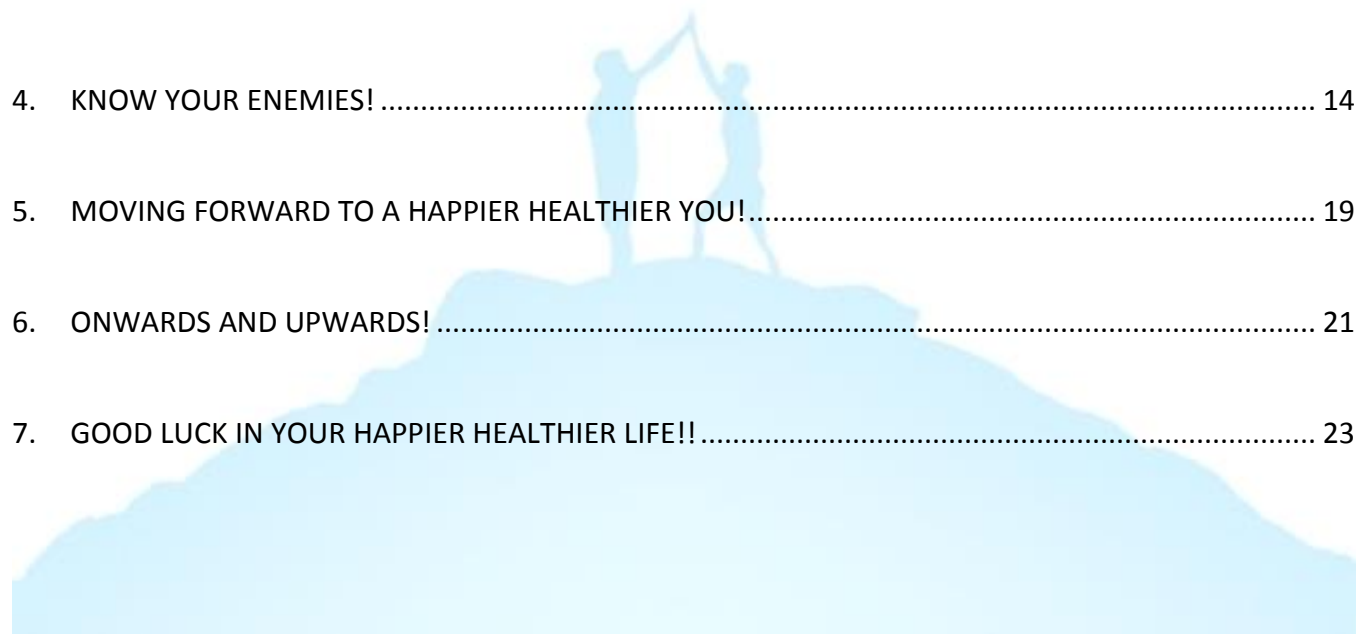


FINDING YOUR WAY TO HAPPY AND HEALTHY



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FINDING YOUR WAY TO HAPPY AND HEALTHY



1. FINDING YOUR WAY TO HAPPY AND HEALTHY!!

We all want to be healthy and happy. Everyone wants to lead a healthy happy life and yet so many of us are stuck where we don't want to be, dealing with health issues and problems in our life that we just don't want.

Sometimes it can seem like our issues are just too great for us to deal with and so we become lost in the situation, helpless almost waiting for something or someone who can make it all better.

The truth is if we just take time to digest where we are and how we got there we can begin to figure a way out and start to see the light at the end of the tunnel.

How sad to think that there are so many people who are really unhappy with their lives and just don't know where to start to begin to turn it around.

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I believe that if you are not happy with how your life is going you can turn it around. You can learn to be your own coach who motivates you when you are low and pushes you forward when you are flagging.

We all hold the power to change our lives and if you set your mind to it, there is no limit to what you can achieve but you must have the determination to put your plan in motion and see it through. I believe that we all hold the power to overcome many common illnesses that so many people are suffering with like anxiety, depression and stress. These diseases come as a result of you veering off course in your life and losing yourself along the way.

Think about it for a moment, someone who is truly happy with their lives and happy in their work leave no room for illness to creep in. They are too busy enjoying life like we are supposed to and they never let that little voice inside them tell them that they are no good.

People that are happy, truly believe in themselves and are at peace with who they are as a person. They accept the opportunities given to them in life and flourish as a result. I believe we all can be that person.

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Given the right guidance you can become more accepting of yourself and realize that you too deserve to be happy!!

In this book I will show you the basic game plan that you can implement in your life to start to bring the changes that you too can become happier, healthier and live a fuller life.





2. HOW DID I GET HERE?

In order to understand how your life is not working for you now, you need to know what happened and how you got there. When you understand this, you can be aware of it and that can stop it happening again.

For example if someone is trying to lose weight, they hire a personal trainer to get them fit and tell them how to eat, they lose all the weight and feel great but find themselves six month later piling it back on again.

In this situation the individual has neglected to work out their inner problems as to why they over eat and deal with those issues, so as soon as they take their eye off the ball, whoosh! It all creeps back on slowly.

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When we stop and consider how we ended up where we are then we have the knowledge to make sure that we don't end up back there. Issues come back when we fail to deal with the inner problem that is fueling the issue.

It is so important to understand how we got to where we are in life and the factors involved that make us feel the way we do. We need to get to know ourselves in order to know how to make ourselves well again. Many people go through life never getting to know who they really are in life and what they need that makes them happy.

We are programmed from little children what to do, yet we are never taught how to get to know what makes us tick. I believe if we were taught at school how to look after ourselves mentally and emotionally then we all would be a happier healthier and more productive workforce!

Imagine that you are the boss of a large company, if all your employees were unhappy do you think that your business would be running on its full potential? Of course not but if all your employees were happy then your business would be booming!

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Take the time to look back in time, when did you first start to feel ill, was it the result of one event or a collection of events that slowly eroded you down and made you feel the way you do?

For most people unhappiness creeps up over a number of years where you feel like you are drifting off course but you are not really aware of where you need to be to fix it.

Being happy and healthy takes a little effort. It's a bit like holding your compass and knowing which way to steer your life in order to feel that feeling of being alive and appreciating that feeling of satisfaction that this is where you should be.

Life teaches us that many times we don't have a say in our lives and we just have to accept what cards we are dealt. Life can get so hard that you begin to lose sight of who you even were as a person and you begin to feel like you are sinking into the quicksand waiting for someone or something to save you.

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I'm here to tell you if you feel like you are sinking into the quicksand there is no help coming, you are the only one who can decide that your desire to be happy and healthy is so much stronger than the quicksand pulling you down.

As we look back at the past events that have shaped us there can be no blame towards any other individual, you are the one holding the wheel that controls the direction of the journey. You choose what you put up with, you choose how you feel and only you can be the one to choose that this is not how you want to live anymore. No more excuses, don't be afraid to admit you are scared but use that feeling to harness the determination that you want to change and that if your desire to change is strong enough then you can do whatever you want. With the will you can be whoever you want.



3. I AM NOT LIVING LIKE THIS ANYMORE!

Now that you have begun to understand the factors and events that led you to where you are today and you have found the strength to move forward and change, then comes the declaration that you have to commit yourself to.

The fact that you are reading this book shows you want to change. You are the only one who can decide how the rest of your life plays out. You have to be prepared to say:

“I’m not living like this anymore!”

Both my partner and I have used this statement over and over in difficult situations to help us find the fire inside that makes you determined that you will do whatever it takes to change the future.

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Sometimes when we are getting a hard deal in life and things are getting difficult it can be hard to live outside of your mind. Your mind is so caught up in how you are feeling and how unfair the situation seems and why does life have to be so tough that we can spend days living inside our heads. We replay situations from the past over and over of what we should have said and what we should have done.

All we are actually doing is wasting more time fueling that useless feeling and confirming to ourselves that we are in fact a failure. What is the point in reliving a moment in your head when that moment is gone forever? It cannot be undone, it cannot be unseen and no amount of reliving it is going to change the fact that it has happened and it's time to move on. When you find yourself living inside your mind, pull yourself back into the now. Think about a time you felt so happy, positive and energized. Like when your children were born or when you got married or when you graduated. Think back to a memory that was so positive it made you feel so good. Use that feelings and emotions that arise from that memory to light the fire of determination again that whatever you are faced with you can overcome.

If we were all to stop living in our minds and instead use that power to fuel the determination to succeed in life then there would be a lot less stress in the world.

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Many people don't realize that most of the stress people have in their lives they are creating in their own minds.

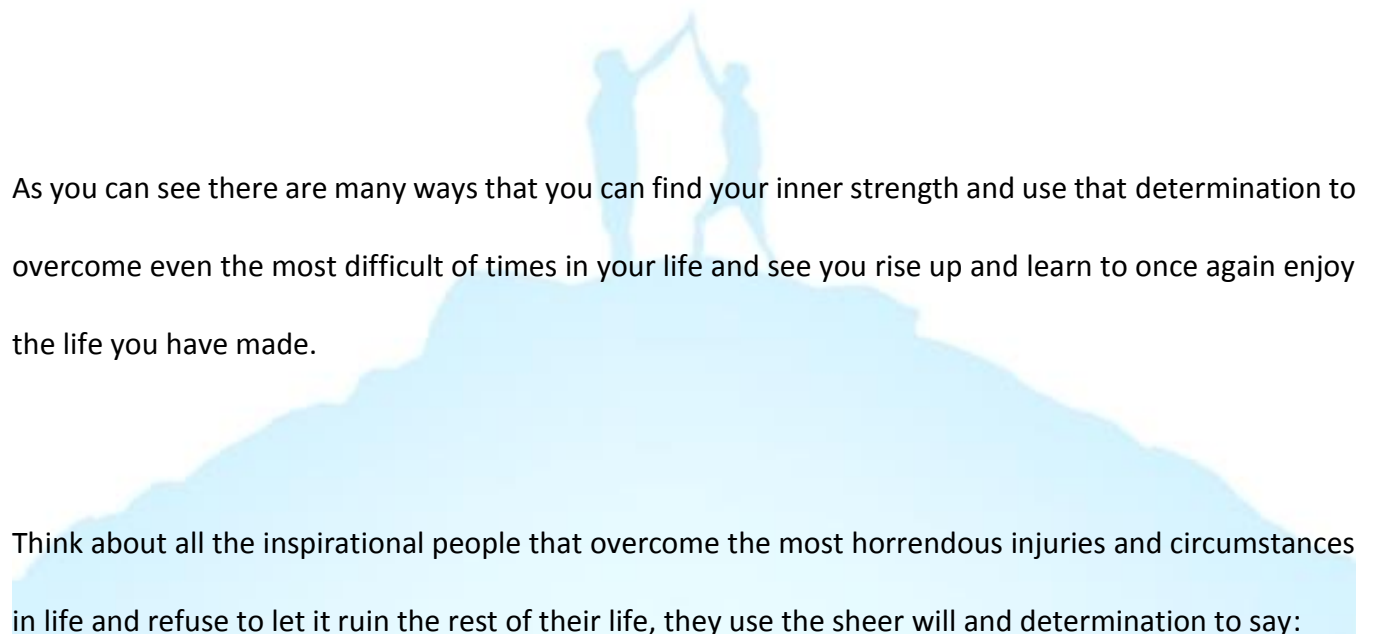
My husband worked away a month away a month at home as many other husband in our area did. I was having coffee one day with one of the other mums and we were discussing life without our husbands. We both laughed as we realized that we both had the same routine in the run up to our husbands coming home. We both cleaned the houses top to bottom, all the chores were done and we were left tired out!! Why?! It wasn't because our husbands demanded that we do all that before they came home, it was a bad habit that we had developed ourselves. I listened to the other mum who was saying that she was feeling stressed because there was so much to do before her husband arrived home, understanding exactly how she was feeling as I did exactly the same thing! I suddenly realized how silly we were being!

We were creating our own stress! No one but ourselves were setting the goals of how pristine the house had to be when our husbands got home only us! Our husbands didn't care how immaculate the house was when they got home. They were only too pleased to see their families again!

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How much stress are you creating in your life? How do you speak to yourself inside your mind, you know that nasty little voice that loves to criticize and tell you what a failure you are? Tell them to be quiet and try to encourage the kind voice that can be found inside you, the one who tells you that you can overcome this, the one that encourages you little by little to make positive changes in your life. Grow the seed of determination until it grows so big it can defeat anything. Concentrate on listening to that voice.



As you can see there are many ways that you can find your inner strength and use that determination to overcome even the most difficult of times in your life and see you rise up and learn to once again enjoy the life you have made.

Think about all the inspirational people that overcome the most horrendous injuries and circumstances in life and refuse to let it ruin the rest of their life, they use the sheer will and determination to say:

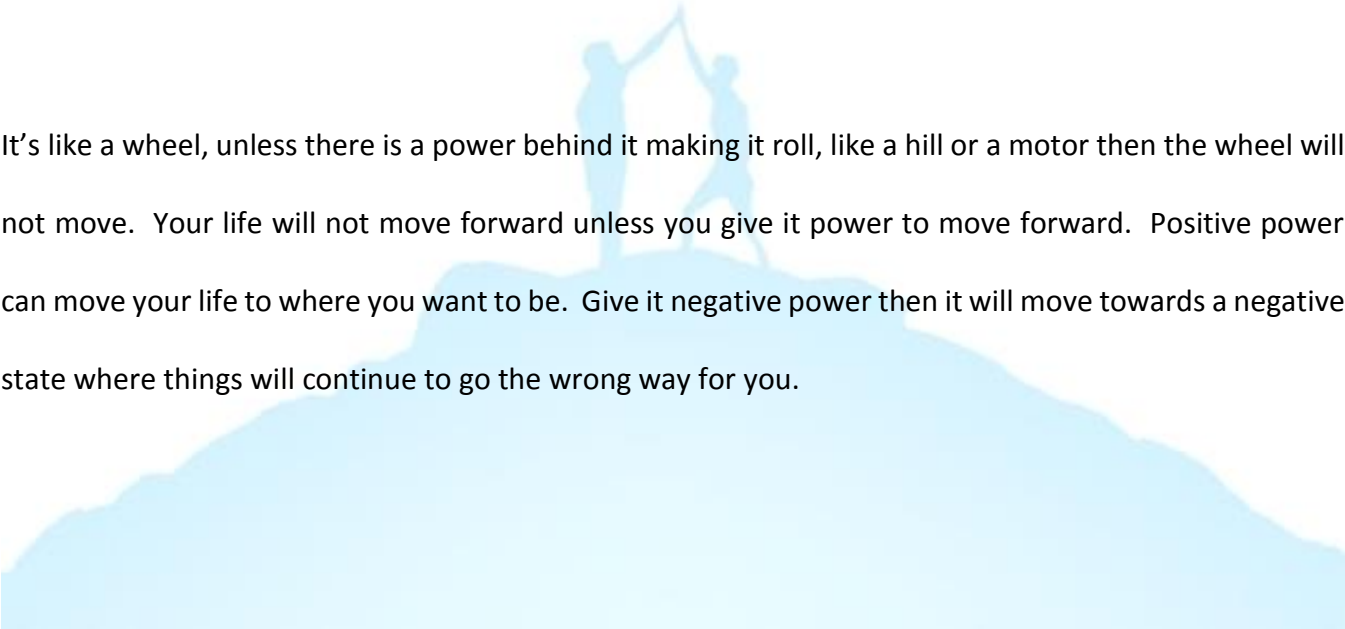
“I am not living like this!”

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We all have an inner warrior that can fight for us we just have to believe that everyone can do it, everyone is born with that power, we just have to harness it and use the energy to propel us towards a better life that is filled with health and happiness.

Only when your desire to change is greater than your desire to stay the same will you move forward.



It's like a wheel, unless there is a power behind it making it roll, like a hill or a motor then the wheel will not move. Your life will not move forward unless you give it power to move forward. Positive power can move your life to where you want to be. Give it negative power then it will move towards a negative state where things will continue to go the wrong way for you.



4. KNOW YOUR ENEMIES!

Getting to know what brings you down and makes you feel unhappy is key to getting the success you want and sustaining it. Only when you know what your triggers are do you become aware of how to keep them in check and stop them from taking hold.

As human beings it's natural for us to live by the rules and beliefs that we have accumulated over the years. To change your belief system you have to prove to yourself that it works. It is easy to fall into old habits without even noticing and falling backwards into a negative cycle.

Being mindful on a daily basis can really help your mind stay focused and in the present day.

Each morning take some time as you get up and get organized for the day to give thanks for the things in your life you are grateful for, even when the days are bleak if you try hard enough there is always something to be grateful foreven if it means being grateful for the future!!

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Starting your day like this can really help jump start your mood and make you more positive and more resilient towards the challenges of the day.

Ground yourself in the present day, don't let yourself live inside your mind. Each day is a new day that can be used to work towards your goal of getting healthy and happy.

If you want to lose weight then use your mind to picture how you will look and feel as you start to shed the pounds, give yourself time, even if it's as you drive to work to feel the change happening and how it feels. Think about your eating habits, do you eat when you are upset or does eating snacks in the evening make you feel better?

If you want to overcome depression then picture yourself happy with those you love around you enjoying a day out and how much fun and laughter you have doing that. Imagine that the dark clouds are lifting and imagine yourself feeling lighter each moment you picture what the future can hold for you.

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If you want to be more successful in your career picture yourself dressing in style and driving the car of your choice to work as you feel a sense of proudness that you managed to get this far.

Think about how pictures you play in your mind and how they affect your mood. If you picture chaos, stress and unhappiness how can you expect to feel anything other than down?

Throughout the day, pay attention to what thoughts and images are playing through your mind, are they positive or negative? The more you keep and hold that positive image in your mind then the better you will sustain the feelings of calm and happiness.

Just like you train for any physical challenge, you should also train you brain to cope well with the stress of everyday life and only then can you begin to see the changes in yourself. Slowly you will start to feel your emotions shift, you will start to see things in a more positive light. Things will begin to seem more doable.

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I really recommend that for each condition you are struggling to overcome that you do your research, get to know the condition. How can you fight anything if you don't know who your opponent is?

No one enters a serious competition without being prepared and neither should you. You can only succeed when you know the ins and outs of your health issue. Knowledge in this instance brings with it more power and more power to succeed in overcoming it.

Once you know your enemy then you can begin to piece together an overall picture of how it relates to you and what you can do to help yourself.

Next you can begin to work out a recovery plan of how you plan to overcome it. As you begin to implement the changes you can fine tune the plan as you go, this fine tuning will help to accelerate the process.

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Remember to be kind to yourself and not expect too much too soon, recovery takes a little time. For many people being unhealthy and unhappy took many years so you cannot expect to turn it around in one day, be patient, determined and flexible! Use the little victories you see to fuel the determination to move it forward to see more success.





5. MOVING FORWARD TO A HAPPIER HEALTHIER YOU!

So are you going to be a victim of your own life or are you going to be the warrior that fights for the right to be healthier and happier? It is up to you what part you play in your life and only you can sort things out, no one else know how you feel inside only you!!

Building the life you desire is a little like building a tower of blocks, if you don't start out with a stable base your tower will be unsteady on its rocky foundation but if you build a strong base then your tower can be as high as you want and never fall down.

Life is very similar to building that tower, if you don't go deep into your mind and listen to what you tell yourself and change that voice then you are simply building on a rocky foundation that sooner or later is going to bring your life crashing down around you.

Set yourself free and let the past go, we have all made mistakes but the lesson is to learn from them not shape your life around them. Start afresh and tell yourself that regardless of the past you deserve to

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build yourself a good life and you deserve to live that life in happiness. Its only to be expected that you will have days that make you feel like you are getting nowhere fast but the key is to go to bed that night forget the negatives and focus on trying again tomorrow.





6. ONWARDS AND UPWARDS!

Now that you have the right tools to start turning your life around don't stop there, it's important to never stop learning how to improve your life. Nowadays there is so much information on the internet that research and learning is so easy to do.

Personal growth is so important for us all, it's the reason we are here to learn how to deal with life's ups and downs effectively.

If you find yourself getting into old bad habits and life is not going well for you it's okay go back to the section "How did I get here" and take a little time to understand what has caused you to revert back to your old ways, put it behind you and concentrate summing up all the courage and determination again to help motivate you to get back on track. You will find that if you follow this advice you will quickly move back into a more positive state of mind ready to begin moving onwards and upwards again!

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Never take a mere blip in the road as failure, no course you take in life is plain sailing, it's important to keep everything in perspective and not let it drag you way down into feeling like a failure. Don't provide the negative with any negative energy it will only grow and grow. Never give up on your dreams, anything is possible with the right mindset and determination even the seemingly impossible is possible if you believe in yourself!!





7. GOOD LUCK IN YOUR HAPPIER HEALTHIER LIFE!!

I wish you all the best in your future life, may it be prosperous, healthy and happy!!

Life is simple when you make it that way, don't complicate things!!

Don't waste your life living in a hell you yourself have created, take responsibility for your own happiness and reach for those goals you have always wanted to attain.

Life can be amazing if we realize that there is not one person that can sort our life out better than ourselves.

When we live in a state of positivity we attract positive people and positive things into our lives.

So what stands between you and your dreams.....only you! :)