

9 Steps To
Happiness



Through Coronavirus and Beyond

Janet Adams Welcome Hypnotherapy

Copyright ©Janet Adams 2020

ALL RIGHTS RESERVED

No part of this report may be modified or altered in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

DISCLAIMER AND/OR LEGAL NOTICES:

The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional.



Table of Contents

| | |
|---|----|
| Introduction..... | 5 |
| Step 1: Take An Honest Look..... | 6 |
| Step 2: Practice Gratitude | 10 |
| Step3: Believe Change is Possible!..... | 13 |
| Step 4: Decide Your Dream Future | 14 |
| Step 5: Slow Down | 16 |
| Step 6: Plant the Seed | 17 |
| Step 7: Nourish Yourself..... | 18 |
| Step 8: Journal | 19 |
| Step 9: Stay on track..... | 20 |
| Conclusion..... | 21 |



"I found in my research that the biggest reason people aren't more self-compassionate is that they are afraid they'll become self-indulgent.

They believe self-criticism is what keeps them in line. Most people have gotten it wrong because our culture says being hard on yourself is the way to be."

- KRISTEN NEFF

INTRODUCTION

Hi, I hope you'll find this a helpful look into creating a life of more happiness and promise.

I've had a lifelong interest in the mind, philosophy, neuroscience how we humans operate and interact,

Making what I love into what I do came when my Aunt passed away. it had a profound impact. She was a larger than life character, who always seemed indestructible. It made me take a good look at my life and I overhauled it.

Meditation and self-hypnosis helped me make the decisions that changed everything for the better. Job, home, career. I came to fork in the road whilst studying counselling. I chose the path to become a qualified hypnotherapy practioner. I firmly believe that our feelings generate our thoughts. Hypnotherapy treats the root of the problem. Allowing you to work in the space between triggering factors and the thoughts they produce.

Taking steps to happiness, puts you in the driver's seat, this workbook will help guide you as you choose the right direction for you.

Our minds are the most powerful tool we possess, lets learn how to use them in our own best interests and those we care about the most. Give yourself some attention. How much understanding, love and esteem you have for yourself is worth cultivating. In this small book we're going to look at how you see yourself, how to deal with negative emotions and strategies for a happier you. That's the great news, it's all in your hands. Where it all starts and ends, is with you.... You are the star of the show! Coming out the other side of this pandemic as the best version of yourself.

So, let's get started.

STEP 1: TAKE AN HONEST LOOK

I want you to list all the things you are not so keen on about yourself (leave space to the right)

[illegible]

Whoah! if you've come this far, we've enough to go on.

[illegible]

Now imagine you are your own closest friend or someone you implicitly trust ... go back to the first list – If you confessed these things to them, what would they say?

They'd be supportive right?

They'd help you be a kind editor.

Look at that list through the eyes of someone who has your best interests at heart and write beside each what they would say.

A good thing to consider is how you think your child should measure their self-worth. Do you think a child should love themselves more or less if they were writing anything on your list? Be gentle with yourself. We're all learning.



..." You May be strong but

Don't wait

until you have no more

suffering, before allowing

yourself to be happy" ...

Thich Nhat Hanh

STEP 2: PRACTICE GRATITUDE

I know I know, from count your blessings to the wealth of gratitude journals out there, there's a lot been said about the subject.

Let's turn it on its head ...

What 3 things anger/ get you down the most, scribble in 10cm high letters. Get extra paper if you need to. Let it out.

[illegible]

This is about finding gratitude for **everything**, the peaks and the troughs.

Is that anger/ depression/ anxiety telling you something? get a hold of it, accept it for what it is. But don't wallow in it. You can still carry it without it smothering you. Ask yourself what can you do to improve the situation? You could turn that into a call to action.

Be grateful for life's lows, they give you contrast. Without the ups and downs it'd be a plateau

and boredom for most of us. That 10 percent of drama we can tolerate in life at least means we know we are alive! Remember nothing lasts forever.

I want you to pick one thing from your list.

Is it a change of?

- Habit.
- Lifestyle.
- Thinking.
- Situation.

Whatever it is you can decide for yourself

Whether you can:

Accept it.

Leave it behind and move on.

Or

Change it.



STEP3: BELIEVE CHANGE IS POSSIBLE!

More good news! There is no fixed you....

The Mind Life Institute was created by the Dalai Lama and a team of Neuroscientists. What a combination! Evan Thompson a Professor at the University of British Columbia in Vancouver and an Associate Member of the Department of Psychology (Cognitive Science Group) has scientifically validated the Buddhist belief of *anatta*, that nothing is constant, "...from a neuroscience perspective, the brain and body is constantly in flux." Everything changes through time; you have a constantly changing stream of consciousness.

Brain Scans of the monks produced empirical evidence that our thoughts can physically transform our brains. How about changing them for the better?

So ancient wisdom and science agree:

“
*You're under
no obligation
to be the same
person you
were five
minutes ago.*

ALAN WATTS

”



STEP 4: DECIDE YOUR DREAM FUTURE

Write down your perfect life/ your perfect day. What would be different? What would you change? Keep it grounded in the real world. As much as I would like to fly like Superman myself, we have to view our future in grounded realistic terms.

Remember this is your life, it's not about how it looks, it's about how you feel. Forget about what others might think. Everybody has their own vision and what suits one person may seem alien to another. There's no one size fits all.

What would life be like if you no longer had a certain problem?

How would you recognize it had changed?

What would you be doing differently?

What small steps could you make today that would make this problem smaller / this goal closer? Pulling your preferred life into clearer focus.

When are you going to do it? They say a goal without a time is just a wish...

Now really imagine yourself doing what you'd said you'd do. It's done! How do you feel? Does the world look a bit different? Are you smiling/ singing?



*“What you feed your mind,
will lead your life”*

Kemi Sogunle

STEP 5: SLOW DOWN

Mindfulness and future thinking. It does seem like a contradiction. But the more alive you are to what is going on inside you and around you in the present moment, the less you will be dragged into reliving the past or inhabiting a fearful future.....

What we have in present moment awareness is SPACE. (Hypnotherapy can also allow you to access this state)

We create a time for ourselves that frees us up to make good plans for our future and ones that are in tune with what we truly want.

It calms us, with practice, we are not so easily pushed and pulled on waves of emotion. We can recognize our emotions and choose how we react. We can make calm confident and positive changes.

Try this exercise

Take 10 minutes of freedom – set a timer and concentrate on your breathing.

Take 3 deep breaths

Then

Breathe in for a count of 7

And out for a count of 11

Notice any thoughts but let them pass like clouds in the sky.

Now don't you feel more relaxed?

STEP 6: PLANT THE SEED

It's much easier to accomplish something when you have an intention. Your vegetable garden didn't get planted last summer by accident. You had the intention of planting it. You might even have imagined eating the ripe vegetables. The same concept applies here.

If you want to exercise more you can use your intention in a way that creates a new habit/different routine. E.g. If you want to make use of your permitted hour for exercising outdoors say to yourself "I will put on any of my grey t shirts before I go for a walk".

Pretty soon you will find yourself in a grey t shirt and walking because you have given your mind a clear unconscious instruction. One that fits in with your goal of exercising more.

By listening to yourself, the you who is rooted in the present, with an eye on your ideal future, you will find yourself picking choices that align with your goals.

STEP 7: NOURISH YOURSELF

Treat yourself with kindness to reduce stress and anxiety.

It's your ability to appreciate yourself and your progress toward the life you want that matters.

Nourishment in terms of our mind, body and soul. Not only what we choose to eat but what we choose to read, watch, learn, observe or mimic, the conversations we choose to take part in and in freer times the company we choose to keep. The key is that we always have the **choice** to act or react in our best interests. For example, how we are going to interact with people we can't avoid. How invested we will be in a situation we can't change in the present. Deciding where we will place our focus can transform our lives.

Simple changes can lead to greater clarity. For example, it's never been more important to limit the amount of news we consume. Keeping up to date is enough.

STEP 8: JOURNAL

You could treat yourself to a new notebook or journal, one that really appeals

List 5 good things/ positive things about your day/ your life/ you!

Appreciate yourself for all your progress and any achievements. Sometimes getting out of bed is enough.

Get inventive, maybe turn it back to front and use that side for all the things you want to find gratitude for in **Step 2**.

I believe acknowledging what's not going so well is important. Practice forgiving your missteps. This section is not for wallowing in though! Decide how you want to be regardless of what's gone before. Getting it out of your head and on to paper will help your mind relax and unwind. By taking the sting out of it you'll find you even start sleep better.

It's a great tool for finding what you want to change and also how you are going to do it.

Writing and rereading the positives helps us to find solutions. It gives us perspective which helps lower our stress and anxiety levels.

Use your journal as a pleasure not a chore. A healthy habit you enjoy more and more as you reap its benefits.

STEP 9: STAY ON TRACK

Now that you've spent time and effort, enjoy the momentum you've created and carry it into the future. Keep the ground you've gained and continue moving forward.

One way to stay on track is to use a daily prompt list. Doing some of these will help you to nurture yourself on a daily basis. Add you own or strike some off...

Prompt List

Declutter a room for 10 minutes.

De-stress for at least 10 minutes.

Spend time doing something I love.

Stay connected to friends and family.

Learn something that interests me for 15 minutes.

Eat a healthy breakfast.

Eat a healthy lunch.

Eat a healthy dinner.

Exercise for at least 20 minutes.

Do something that needs to be done.

Have fun!

Use this list each day until you get into the habit of doing things that make you feel good about yourself. Enjoy this process and see your happiness grow!

CREATE

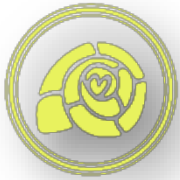
— the —

LIFE YOU

— ♥ —

LOVE

CONCLUSION



You made it! So here we are at the end hopefully now you are armed with knowledge of who you are, where you are, where you want to be and how you're going to get there (Phew!)

Of course, Solution Focused Hypnotherapy can help with all these steps. I wouldn't be a Practitioner unless I valued its core and see for myself the difference it can make to my and clients lives. It helps you define your problem and create a step by step plan for change. The deep relaxation and guided visualisation allow you to create space and slow down. In that space you can focus your attention on what you truly want and what is right for you.

Wishing you the very best for the future and I hope that the other side of this pandemic will find you learning, dealing and healing from everything and having fun! ...

Take care and stay safe

Janet

x