

The Guidebook to HAPPINESS

Are You Leaving Your Happiness to Chance?
Learn Proven & Practical Solutions for
Experiencing Real Happiness



Is there a better way to look at this?

Hi there happiness.

This Weekly Workout is POWERFUL stuff. I have used it to great effect with a number of private Coaching clients and they were able to change something that had been emotionally affecting them for years. We cannot change the past, but we can change the meaning we attach to past events and free up a lot of life force (energy) in the process.

You are now being given that same opportunity – providing you have 100% commitment to the activities that follow. This really is a life changer. Remember that the 'doing' is the stuff that will lead to wisdom and better future decisions = better results in life.

Step 1: Gaining Awareness

Identify an event from your past or present, which you have or would label as a negative event or experience. Something that when you think about it, conjures up a negative feeling. What is this event or experience?

Caveat: if the event or experience is something very traumatic or deeply disturbing, I strongly recommend you seek professional assistance. You do not have to try and deal with all life's challenges yourself. Allow yourself to seek help if you are having problems coping. If you need advice on how to do this feel free to contact me.

Step 2: Doing the Sherlock Holmes

This is not easy. This can be a challenge. But there are great rewards at the other end. And again, if you need help with this, reach out.

What is a key lesson from this experience or event?	How can you use this newfound knowledge in the future?

Activity 3: The Reframe

Since you have learned some valuable lessons out of this experience, can you now see that the event, while very unpleasant (or awful) at the time, is an opportunity for you to learn? Abraham Maslow said '*We can either step forward into growth, or step back into safety*'.

Now that you have learned some new insights, are you able to see the event as a neutral or positive learning experience?

Write about what the experience or event means to you now with this greater perspective:

Activity 4: Getting clear on the lessons

Now write down the Top 5 Lessons you learned from this event and know that now you have written them down you can let go of some or all of the emotions (those emotions are your bodies way of reminding you to make more informed decisions in the future). You may also want to write these in your diary or in another prominent place.

The **Top 5 Lessons** I will take into my future are:

1. _____
2. _____
3. _____
4. _____
5. _____

Well done on the last of the formal Weekly Workouts. This is a powerful exercise and the opportunities for growth out of it, and to free energy, are significant. This will change the course of your life.

Where to from here? Well for one, the journey and me as your guide is not over just yet because next week I have another surprise for you to maintain the momentum that you have created. Exciting stuff! So complete this Weekly Workout and then look forward to a little surprise next week as we dig a little deeper.

Have an awesome day and week.

Take care.

CARL MASSY

PS: If you have liked the bonuses that I have created for you and have enjoyed doing the Weekly Workouts, I would be immensely grateful if you could drop a note on Amazon about how good the bonuses (and book) are. Thanks a bazillion! Cheers, Carl

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