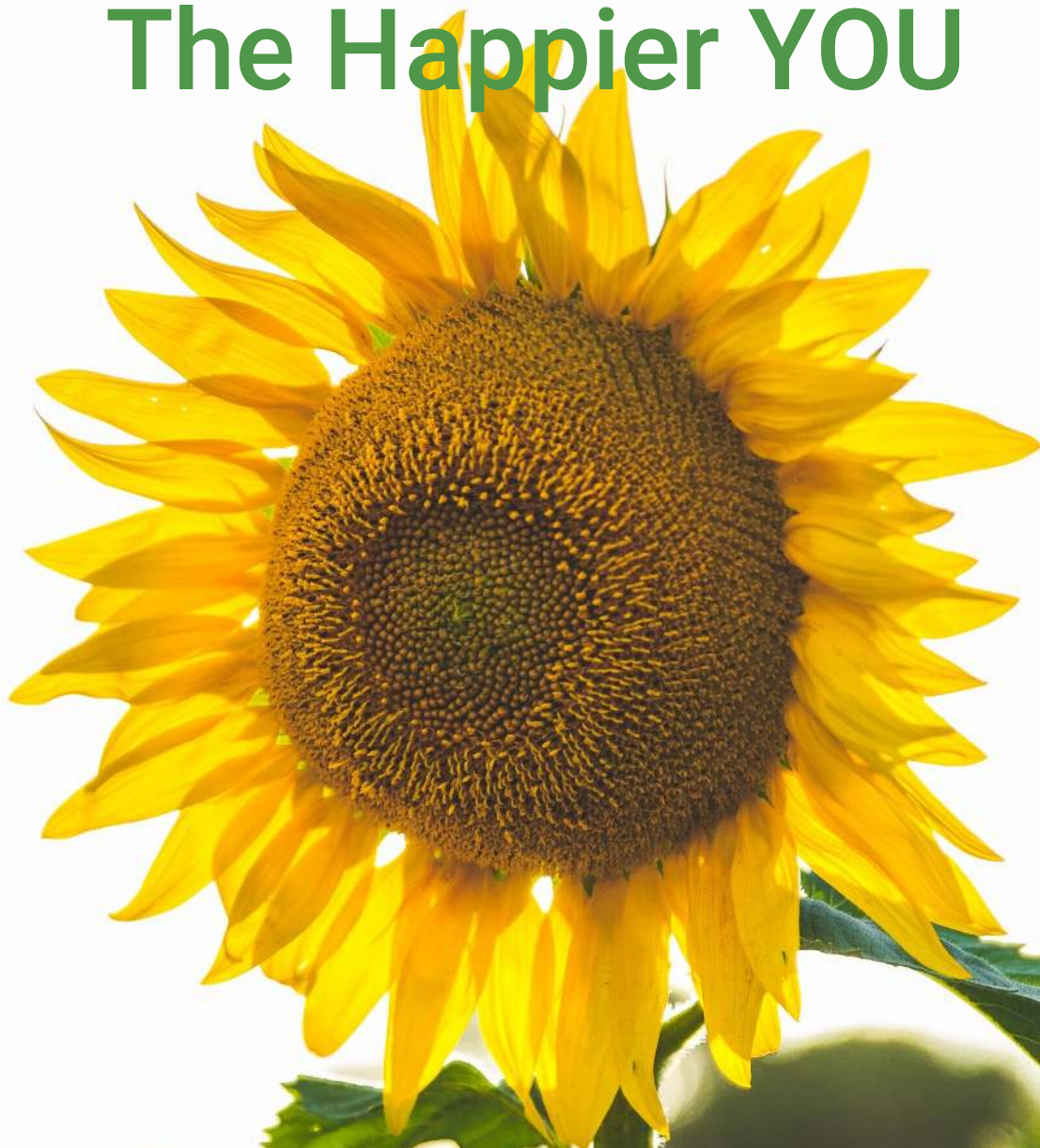


35 Ways To Find The Happier YOU



Gain Calm, Confidence & Clarity

Many people live by ideas and rules that others make. Often ones that don't work well and keep them from enjoying absolute confidence, happiness and clarity about what they want from their own lives.

Here are some ideas which may help shift your thoughts and behaviours so you can set up a whole new way of thinking geared to propel you towards not only your goals but a calmer, more confident and happier life.

1. Use Affirmations Effectively

If affirmations don't work for you, consider the fact that you may be investing your energy and hope into unrealistic ones you don't really believe in, or generic affirmations that are too vague and broad-ranging.

The key to making affirmations work is to make them:

1. Personal. Make I, Me statements that are believable and within your control.
2. Passion. Put emotion into it. You must actually FEEL IT when you think it.
3. Present. Make statements that are happening now not in the future.
4. Positive. Avoid words like "not" or "don't".

Then repeat your affirmation REGULARLY, ideally out loud.

Examples:

- I am becoming more and more confident in myself.
- I am choosing healthy food that makes me feel good.
- I love and appreciate my body.

2. Change your Glass

Are you a "glass-half-empty" person? If so, call yourself up on these negative, doom-and-gloom self-messages.

Say: "That's a glass-half-empty thought. Let's turn this around and transform this thought into "glass-half-full."

It may feel contrived initially, especially if you've been undergoing stress or challenges in your professional or personal life. However, if you persevere, you will soon discover that deliberately changing glass-half-empty thoughts to glass-half-full one's increases your optimism, proactivity and ultimately your confidence.

3. Cut Toxic People Out of Your Life

As human beings, we can't help but be influenced by what the people around us say and do. Inevitably, toxic people come into our lives, people who drag us down instead of building us up. If someone drains you of energy, makes you lose confidence or feel worse about yourself, cut off contact. This might be easier said than done since we all want to be loved or at least liked. Try applying a checklist. Ask yourself does that person:

- Talk only about themselves?
- Focus solely on what I can do for them?
- Make me feel stressed or heavy at the thought of interacting with them?
- Move me into a negative mindset?
- Make me doubt my abilities?

If you answered yes to any of these, it's time to either change your responses or break the relationship.

4. Reframe Negative Thoughts

A hostile family dynamic, toxic work environment or significant relationship may have left you with poor self-esteem or processing habits. No matter what caused you to adopt a "I'm a failure, I may as well give up. Confidence and success are not for me" headspace, you can decide to change that.

One successful technique that psychologists use is "reframing". Here's how to do it:

- Take a negative, habitual thought.
- Filter it objectively through the light of reality.
- Replace your negative thought with a positive but realistic, corrected version.

You can do this with any type of thought whether it is business or personal. For example, change "I always fail" with "I don't always fail. Sometimes I make mistakes, like everybody else, but I learn from them."

5. Realise that Fear is Just Excitement

You may have "learned" that the butterfly-sensation in your stomach before giving a presentation or webinar is "fear". Try reframing that to "I am excited about this!" Changing fear into excitement in your mind is the first step to taking action, taking risks and feeling more confident and succeeding.

6. Avoid “All-or-Nothing” Thinking

A particular type of highly destructive self-talk is known as “all-or-nothing thinking”. To ensure you don’t do it, watch out particularly for the words “always” or “never” in self-talk. For example, “I always fail at everything I do” or “I’ll never learn how to do this”.

All-or-nothing thinking is just another way of beating yourself up and strips your power and confidence. If you catch yourself making an all-or-nothing statement, reframe it instantly to a more realistic, empowering thought. For example: “Lots of people learn how to do this effectively. I can choose to outsource this or I can just take my time, read the instructions more carefully and eventually I will get it right.”

7. Avoid Catastrophising

Are you a catastrophiser? Is every setback that happens the end of the world? Do you scream things like “I’ve lost my work” if your mouse dies instead of simply changing the battery? This is just another form of beating yourself up. Even if you do experience a disaster for example, a power cut occurs, and you lose a file you’ve been working on for hours you realise that in the large scheme of things, this is frustrating but not the end of your world. Treat it as a learning experience. For example “Next time, I’ll remember to save that file at every step.”

8. Ask Yourself: “Will This Matter in a Year?”

One of the best ways to train yourself out of doom-oriented, catastrophising headspace is to get into the habit of asking yourself, after each disaster: “Will this matter in a year?”

If the answer is “No, I won’t even remember it”, it’s not worth getting in a knot over. As wildly successful entrepreneur E. Joseph Cossman once said: “If you want to test your memory, try to recall what you were worrying about one year ago today.”

9. Set a Limit on Worry Time

If you are a chronic worrier, or a particular task or event is causing you anxiety and stress, set aside a specific time to worry. For example, “I’m going to think about this from 10:15 a.m. to 10:40”. Then when you start to fret about it, tell yourself “It’s not worrying time yet, I’ll put that aside until later.”

10. Recognise that Feelings May Follow Actions—Not Precede Them

Most people give up too quickly when they are attempting to change mental habits. This often happens because they expect their feelings to change instantly.

The more negativity or powerlessness is ingrained in our habitual thoughts, the longer it takes to “break” that response. Go through exercises such as reframing, and one day before too long, you’ll find your feelings will eventually follow.

11. See Failure as a Learning Opportunity

The most successful entrepreneurs aren’t the ones that instantly succeed. They are the ones that get up, take notes of what didn’t work, brainstorm and keep going.

Actual Failure is never trying in the first place.

12. Focus Outward

Our worst worries, fear, paralysis behaviours and mindsets occur when we are focused inward on ourselves.

Focus outward instead. For example, how you will help the person you are writing that document for. Or, how much it will help your client and other team members if they get your project quickly.

When we are focused on helping others, there is no room for worry.

13. Find your Passion

Even if you’re stuck in a role at work you can’t instantly get out of, look for what you are genuinely passionate about within it.

What in your current role makes time fly, instils you with confidence, and brings satisfaction? Find a way to tap into that.

Tweak your routines, try to outsource energy draining tasks, and most important, follow the path and goals that inspire you towards your longer term goals.

14. Avoid Analysis Paralysis

Did you know that over preparing and over analysing can be another form of procrastination or, at the very least, avoidance behaviour? Especially if it is stopping you from branching out or taking any risk.

To get past this, get into the habit of setting cut-off dates. “On Tuesday the sixteenth, no matter how unprepared I feel, I’m just going to launch this.”

Giving yourself a definite cut-off date and making a commitment to stick to it can help focus your thinking and spur you into action.

15. Beware of the Feedback Loop

Are you addicted to collecting feedback and opinions from everyone before taking decisions?

Cut this number drastically. Pre-select only the people who have given you knowledgeable advice. Those people you can trust to be honest without putting you down. Those who provide constructive criticism you can use to improve, rather than those who complain or make you feel like they’re taking over.

Asking too many people indiscriminately for feedback can signal a considerable lack of confidence. Limit the number and choose with care.

16. Cultivate Self-Awareness

Being self-aware doesn’t mean beating yourself up or giving yourself negative messages. It means assessing yourself as objectively as you would any business idea. Get into the habit of asking yourself questions like:

- What am I doing well?
- What do I have trouble with?
- What could I do better? How?
- What am I doing too much of?
- How do I see myself?

Done correctly, not only can this help you succeed it can be fun as you uncover each possibility.

17. Learn to Develop Radar

A natural component of an effective self-awareness process. “Your Radar” occurs when a little alarm bell goes off in your brain or gut, telling you, if you catch it and stop to listen or feel to it, that something is either wildly exciting and therefore right for you... or completely off-kilter.

18. Act on the Short Stuff

Reduce overwhelm by doing any task that is going to take less than five minutes immediately.

You’ll feel much more confident, relaxed and accomplished by the end of the day.

19. Create More of What you Want

Every time you find yourself particularly enjoying something, anything at all, from taking a refreshing but straightforward nap every afternoon to the adrenalin rush of sealing a six-figure deal get into the habit of asking yourself “How can I create more of this?”

To create more of something, you need to let go of something else, so the second part of this question is “How do I get rid of ...?”

20. Change your Environment

Are you getting tired? Feeling stale? If so, try changing your environment maybe going for a walk, or if it is feasible physically taking your work to another location.

21. Know your Triggers

If you find yourself procrastinating, don’t worry so much about the cause. Find your triggers. What sends you into "Avoidance"? Is it a particular topic you have to write about? The fact that you hate bookkeeping or cleaning the house? A particularly unpleasant colleague at work?

Most important, recognising and naming a trigger takes away its power. We then feel empowered to make bold choices and deal with what makes us want to put off a task or responsibility.

22. Reward yourself

This isn't a new concept yet too many people seem to forget to do it. Choose your rewards carefully and fit them in. Perhaps you can't afford a weekend away, but maybe you can invest in a "reading afternoon" or a bunch of fresh flowers every weekend.

When you see tangible evidence of your hard work bringing about a reward, it is much easier to feel balanced, accomplished, happier and more confident. So consider this a necessary investment in yourself!

23. Break it Down into Bite-sized Chunks

Set daily goals that are easily manageable, no matter how overwhelmed you feel. This is especially true for any task that overwhelms you or makes you procrastinate.

24. Use Apps, Schedulers, and Timers to Help Manage your Workload

Find out where you need help, and use apps, schedulers or timers as memory prompts or incentives to help you manage your workload. Or you could use them for health benefits such as "Time to drink another glass of water".

25. Learn to Delegate

Make the most of family, friends and employees who love to do tasks you hate. Delegate tasks that drain your energy.

And don't forget to thank and reward those who help you out.

26. Honour your Learning Style

Sometimes the reason we find tasks so difficult or find that systems others praise just don't work for us, lies in the fact that we have a different learning style. Lists may not work for you if you are a visual or auditory learner. In that case, dictate things to do into an audio file or use coloured highlighters to highlight your top three priorities.

27. Walk Away from the Computer

Did you know that a percentage of people who spend hours a day at the computer without a break develop severe, life-threatening or highly unpleasant physical problems, such as deep-vein thrombosis or pilonidal cysts at the end of the tailbone?

Taking a break not only helps bring oxygen to cells and restore circulation to the body, however, it also helps refresh and clear the mind. Try going for a brisk, ten-minute walk a couple of times a day. Or get up and do stretching or yoga exercises. Your body and your mind will thank you.

28. Be Grateful for the Small Things

Even if your life is facing some difficult challenges, you can usually find three things per day that you are grateful for.

Get into the habit of starting your morning out by choosing three things you are grateful for that day. No matter how basic these three things may be.

Smile when you say, “Today I am grateful for...”, even if you don’t feel like it. Smiling will help shift your mindset and raise your energy.

29. Ask Yourself What you Want to Remember About Today

Another way to get focused very quickly in a positive way is to decide what you want to remember about “today”. What is significant about this one day in time, which will never come again. If you focus on this sincerely and do it, the results may surprise and uplift.

30. Hang Out with Positive People

There’s a second part to getting rid of toxic people in your life. Actively replace them with positive people instead.

If you rid yourself of the overly critical or doom-and-gloomers, you’ll quickly find yourself attracting if you don’t seek positive people to connect with instead. Hanging out with positive people will raise your energy and vibrations, and you will no longer attract toxic people.

31. Learn to Like Yourself

In addition to waking up every morning and counting aloud three things, you feel grateful for, name three things you like about yourself. Try these two little exercises for a month, and see what a difference it makes to your mood and confidence level.

32. Ask Yourself Positive, Proactive Questions

If you start your self-questioning with “why”, you are most likely a pessimist. “Why” can signify helplessness, not a feeling you want to encourage. Change your self-questioning openers to “what” and “how” to shift to a more proactive, self-empowered headspace. For example you could change “Why can’t I figure out this app?” to: “What do I need to do to make sure I learn and remember the most useful settings for the future?”

33. Follow the WTWATCH Formula

Are you afraid to take risks? Do you have “roadblocks” that are limiting your potential? For some, it can be a fear of public speaking. For others, it is getting on a plane. It can even be as small as not asking a question that you’d love to ask.

Instead of concentrating on your fear, ask yourself: “What’s the worst that could happen?” Once in a blue moon, you’ll realise that things are too risky but more often than not you will realise that things aren't that bad after all.

34. Loose the Word “Should.”

“Should” is a word all about powerlessness. It’s soaked in guilt, regret and failure. It’s all about making yourself do what you actually hate doing, and often what others think you “should” do. Throw the word “should” away if you want to feel happier. Either do it—or don’t. But don’t waste time on regrets.

35. Nurture Your Relationships

If you want to be genuinely in touch with life, don’t lose touch with the people that matter to you. Make time for close friends. Genuinely successful, happy people aren’t all about work. They know the importance of nurturing and maintaining the relationships that make all their hard work worthwhile.

ABOUT

JO SIMONS

I'm a Cognitive Hypnotherapist and Mindset Coach, specialising in helping professionals struggling with anxiety, fears and overwhelm.

I help my clients gain the tools and mindset to wake up feeling calm, with higher levels of self-esteem and confidence, so they feel happier, in control and more optimistic about the future.

Would you like to find out more about how my Hypnotherapy & Mindset Coaching Programmes, could enable you to discover Calm, Confidence & the Clarity to live the life you want?

I would love to have a conversation with you so you can find out more. I offer 1:1 support Online, in Ealing, West London and London W1.

Book a call TODAY.



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