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# 5 Steps to a Happier You

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Simple daily changes for a happier you ...



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# Intro

You can start today to take steps to become the happiest version of yourself. These small, incremental adjustments are easy to implement and will leave you feeling happier and lighter as you move through your day. My hope is that it will give you the courage to make even bigger changes that are calling you to live the life you were destined for. These small changes outlined in the next few pages will have a lasting impact and leave you with a more joy-filled life.

So many people are walking around miserable or merely going through the motions and not truly enjoying their lives. Why wait till retirement to travel? Why be miserable Monday through Friday just waiting for the weekend? Why put off your happiness for later if you can be happy today?

Most people don't have the time or energy to devote to countless books, daily podcasts or instructional videos. Some simply don't know where to start. I have set out to create a cheat sheet with this eBook and to create a simple list of only 5 things that would have massive impact on the happiness of everyone who reads it then applies these tactics. These are mere stepping stones that you can use without having to read an entire book. These 5 simple things that you can start implementing today will have an immediate and lasting imprint on your life.

**TIP:** Devote one day to each new step. In five days time, you should be feeling lighter and finding more joy in your day to day life. My goal for you is that after you begin these suggestions, you'll have some sparks of intuition, thoughts that pop into your head and ideas for different ways that you can truly change your life on a much bigger scale.



1

Choose Happy

## Decide you want to be happy

Sounds ridiculous, right? First of all, who just decides to be happy? It can't be that simple. Oh, but what if it can? While it can feel a bit tedious at first as you begin to retrain your mind, you can choose to be happy and follow the thoughts that lead you to that feeling. Once you start recognizing the negative tendencies, you'll find yourself rerouting your thoughts throughout the day. The first step is to decide you want to be happier than you are right now and then give yourself permission to be that happy and more.

Choosing to be happy means you are deciding to do things that bring you joy and think in a way that brings you closer to the feelings that you want to have. You can't get there without deciding first that you want to and can. Too many people are convinced they need some thing more to be happy. Do you want a new job, more money, a relationship or an existing one to be different before you think you can be happy?

In the book, *The Big Leap*, Gay Hendricks describes a concept of this happiness threshold which was eye opening for me. He says that we all have a certain comfort level for happiness. He goes on to say that stress and chaos can be our comfort zone, even when we don't want it to be. The moment things start going better than we are used to them being, we self sabotage in some way to bump ourselves back down to be in that happiness threshold that we are most comfortable in. He describes how to identify what fears are holding you back and how to overcome them to obtain the life you really want.

## Give yourself permission

It's one thing to say you want to be happy and quite another to feel worthy of that level of joy. Giving yourself permission to be happier than you've ever been and knowing you deserve to be are important and very conscious steps to allow in all that you desire. Many people tell me they want certain things, but their very next words are "but it won't happen." I say in response: *What if it can?* Give yourself permission to have all that you desire simply because you want it and nothing more.

## Picture what you want ...

When you think about what is missing from your happiest life, your perfect case scenario, what is it that you truly want? A different job? A million dollars? Luxurious vacations? A different home? A vacation home in the Alps? The man or woman of your dreams? A mansion on the lake? The sky is the limit here. Picture what you really want and why? You think it will make you happy, but why? And what does that feel like?

## Imagine how that feels ...

So when it comes to this concept of manifesting the things you want in life, I will lose some of you right away by using that word. However, the whole idea is that we want certain things (money, relationships, new car, fancy dinners, vacations, etc) because we think they will make us happy. You want the dream job because it will make you feel how exactly? You want that fast sports car because of the joy you'll have driving it or the pride you'll have by owning it. When you think about the things you want in life that will make you truly happy, FEEL how it will feel to actually have those things. Close your eyes and create the vision of what it feels like to already have those things.



***Homework:***

Create a Vision Board - Define what you want in life, imagine being that happy & Dream Big!

Journal Prompts - Use the Journal Prompts at the end of this book to begin journaling every day.





2

Let it go

## What is no longer serving you?

We cannot let new and better things into the same space where we want to grow and expand. In order to move closer to your dream life and to allow the happiness in that you desire, you have to let go of those things that are holding you back. What is standing in your way of being the happiest version of yourself?

## Negative Thinking / Limiting Beliefs / Resistance

We all have beliefs we hold true. The challenge is that often times those beliefs are not actually accurate. They are thoughts we have had and have repeated for so long that they now feel true. When you completed your homework from yesterday, what did you hear in the back of your mind? When you wrote, *I want to be a millionaire*, where did your initial thoughts go? If you heard things like, *but that will never happen* or *I'm not smart enough* or *I don't have a million dollar idea...* Those are your limiting beliefs. That is where you have work to do.

After you've discovered your limiting beliefs, identified those negative thoughts, you know where your resistance is and where to begin letting go. You can't let it go if you don't know what you need to release, but once you know, you can start little by little to reframe those ideas. You can start with a thought that comes you throughout your day and recognize it, let it go and replace it with one that is true. And Specifics are the hardest to shift. Start with general ideas. Instead of *that will never happen*, you can instead start to tell yourself *things are always working out for me*. You can begin to rewire your subconscious thoughts. EFT Tapping and Hypnosis can be great tools to retrain your subconscious mind and let go of limiting beliefs.

## Clutter

One way to physically start to “Let Go” of what is holding you back is to clear out the things that are cluttering up your space. Your energy is affected by the things around you. Is your house or your room filled with too many things or what you have is disorganized? The act of clearing out what you don’t need is a way to get your body moving and show yourself with your actions that you mean business. That you are clearing away all of the physical items you no longer need, you are also letting go of those things that don’t serve you. Now, I’m not saying you need to Marie Kondo your entire home, but her mission is tied to this concept. We should surround ourselves with those things that serve us and bring us joy. If you have items that you are holding onto because someone gave them to you, but you don’t actually like the item, you don’t actually love the memory associated to them or you don’t even want it, LET IT GO.

Feng Shui is this idea, but taken a step further. It’s the ancient art of energy flow, but the concepts are based in the same fundamental truth. The items in your home and where they are placed matters. It affects your own personal energy and can be changed to work in your favor by paying attention to them. Our feelings matter. The items we choose to keep in our homes matter. If you’re interested in learning more about Feng Shui, I can tell you, it’s super complicated and can be overwhelming, but the idea of decluttering our space and focusing on the energy around us can, in fact, make us happier.

## Food / Alcohol

Another way, we often have habits that are no longer serving us can be tied to the way we use food and alcohol. Poor eating habits, over eating, denying our bodies the fuel it needs or even over drinking are all habits that have been formed from a need where those behaviors initially helped us. Eating because we are sad or lonely has been modeled in every tv show and movie we see with a woman crying into her Haagen Das after a breakup. Drinking our sorrows away when we lose a job or after a funeral may help to initially numb the pain of that loss or ease the shock. Not eating when we are stressed or denying ourselves crucial nutrients because have a dress to fit into

for a special occasion or a bathing suit for that summer vacation can work in the short term to reach a goal, but train our minds to deny ourselves what we need for a potential gain.

When you start to look at your own habits and your own life, what are you still doing that's no longer serving you? What is now preventing you from having the life you want? Many of us have some ideas around food or alcohol that we are ready to let go of. This does not mean you never eat ice cream again or you don't restrict food choices and never drink wine again, but it does mean that we can all benefit from identifying where we are no longer treating our bodies with the respect it deserves. As Maya Angelou always said, "when you know better, you do better". When you know how are you are not properly fueling your body, you can make better choices. This whole idea of "make good choices" around food and alcohol should be based in the fundamental belief that we love ourselves enough to put into our bodies what is good for us. It should NOT be a way to further restrict or harm ourselves or make us miserable. Life is about balance and should be fun. So enjoy your ice cream and cocktails, but pay attention to the way one treat feels compared to too many. Follow your feelings. When one feels good, it's okay. When too many, too much or not enough makes you feel guilty or sad, it's time to make note of that.

Now, you can begin to let go of what is no longer serving you ...

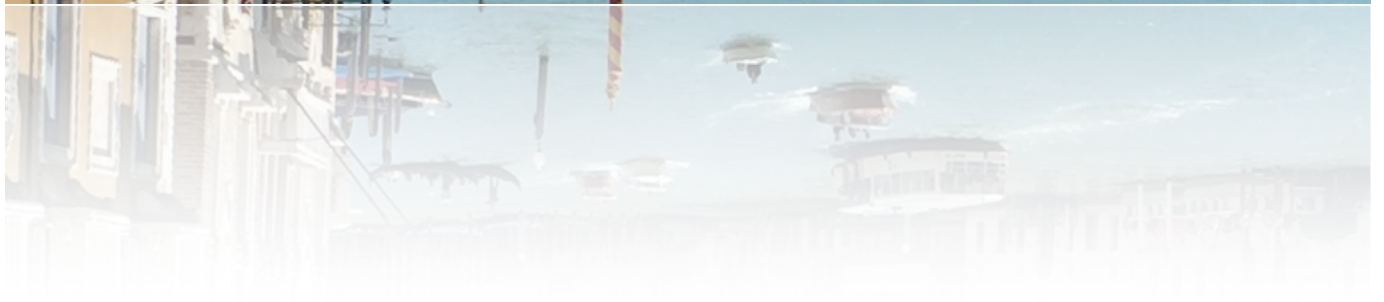


*Homework:*

Check out some of the resources at the end of this book:

- Feng Shui Book
- EFT Tapping
- Hypnosis

Clean out one space in your home & make a list of every room that needs attention



3

Just Be

# *Meditation 101*

You can't get it wrong.

The funny thing about meditation is everyone has an impression of what it *should* look like, but the reality is that it's different for everyone. Truthfully, you can't get it wrong. There is not a correct way to mediate. What it should be is simply a pause, but what it can be is an amazingly wide variety of things. For a lot of people, when we hear meditation, we think about monks who haven't spoken in days and sit cross legged moaning mantras. We can also have some preconceived notion of it needing to take hours. The fact of the matter is it can last mere minutes, you can lie down, you can close your eyes or stare at a tree. You can say mantras or affirmations, you can remain silent. You can listen to music or the the breeze and birds. You can use your breath or a listen to a guided meditation. In the end, it doesn't matter how or when or how long. The only thing that matters is that you find what works for you and that you make time to do it on a regular basis. It really is that simple.

It takes practice to do anything well. I hear a lot of people struggle with the idea of not being able to turn off their thoughts. That is the entire point of mediation - to take a break from our problem solving, from our worries, concerns, and stress. The intent is to listen more than think, to tune into our source of inspiration and guidance. For most of us, our thoughts run nonstop during our waking hours and it takes A LOT of practice to learn how to get quiet. Have some fun with it, try out a few different things until you find what works. It should feel good and not like work. It should leave you feeling grounded and more relaxed, not guilty or stressed. Let your feelings be your guidance and just do it.

Meditation gives us an opportunity to Be Still. Whether you are religious and call it God, whether you are spiritual and call it The Universe or Source, whether you don't believe in either, there is a benefit to taking time every day to just stop and Just Be. Be right where you are, not thinking about all you have to do, not worrying about people around you, not doing all the work you have to do. Just stop and feel God, if that's your belief. Listen instead of talk. Listen to

the guidance from the Universe. Be still and listen to the wind in the trees. When we simply stop and let the world around us just be as it is, we give ourselves the opportunity to hear the inspiration that will come. We give ourselves an incredible gift of loving ourselves enough to take a break. Even if this is a 2 minute pause, it will be a gift to yourself when you feel lighter, happier and more at peace. Guaranteed.

## Suggestions:

Start with 2 minutes - On your first day, set a timer, choose your sound (silence, outside, music, binaural beats, etc) and go. The next day, go a little longer. Over the course of a week, you'll find the amount of time that works for you and what background noise or none at all that helps you relax and let go of your thoughts the easiest.

Nature Helps - I have found that being outside is a great way to very quickly feel grounded and relaxed. Watching a tree, listening to the birds or merely putting my bare feet on the ground is a sure fire way to get connected so much faster. The energy of nature is pure and light. It's the peaceful and lighthearted energy I'm reaching for. Just by taking pause and listening to the wind in the trees and observing how it just exists allows me to quickly align my own energy with where I want to be.

Music or Silence - Try both. Sit in silence and listen to music. You can find Meditation Music on iTunes. You can find white noise apps that will allow you to hear anything from ocean waves, rainstorms or air conditioning. Try them all until you find what works.

Guided Meditation - In especially stressful times, I have found guided meditations extremely helpful. When I can't quiet my mind enough because my to do list is overwhelming or I am overly concerned about some relationship in my life, I find a guided meditation is an excellent way to shut it all off. Having someone guide me to the feelings I want to have instead of the chatter in my mind is a beautiful thing. With Insight Timer, you can find guided meditations that fit into a specific amount of time or even a topic of concern.



You want a 5 minute meditation to minimize stress, you got it. You want a 60 minute meditation to manifest the man of your dreams, they have that too. You want a 15 minute meditation to feel more joy, done.

What Position - Most of the time, I find a sitting position with my eyes closed and my hands facing upward resting on my knees is the most comfortable and productive position for meditating. It leaves me feeling focused, intentional and open to receiving whatever will come to me. There have been times I have been lying on my back, completely relaxed and comfortable enough to take a nap. If you're afraid you'll fall asleep, then set an alarm. I have felt as if I have drifted in and out, but the moment the meditation was complete, I was completely alert. This really surprised me. I look forward to hearing which works best for you. We are all so different, so it's no surprise that the way we meditate best will be different, as well.



*Homework:*

Download Insight Timer and Meditate for 2 to 5 minutes

Journal about your experience

Find new ways to be in nature every day



4

Be Grateful

## What is a gratitude journal anyways?

Keeping a gratitude journal is an important step toward becoming the happiest version of you. Take time to recognize everything you have today that you didn't have previously. Choose to focus your attention on all that you have to appreciate in your life. It's amazing the shifts that begin to happen when we spend time in gratitude on a regular basis. As you begin to focus on the good in your life, you will begin to see more and more examples of things to be thankful for. When you shift your focus to things that you have today that make you happy, you begin to see more and more reasons to be happy. Your happiness and joy expand to match the amount of gratitude you have. This is the basics behind the law of attraction. Where you focus your energy creates momentum and it will bring more of that same energy back to you. When we make an effort to recognize our blessings and be thankful for them, our mood elevates and our energy rises. When we spend time in the higher vibration of gratitude, it allows the Law of Attraction to bring those things to us that will match that vibe.

Daily journaling gives me an opportunity to focus on my intention for the day and I like to start by appreciating of all that I have. Taking this one step further, I will also write out my appreciation for things that have not yet made their way to me in present tense as if they have already happened. Abraham Hicks says that universe does not distinguish between what you have or don't have today. It only responds to your energy. So by spending time in gratitude for what you want and focusing your energy on what it feels like to have what you want, you are creating the energy to have those things. So, I spend time being thankful for the life I am creating and for specifically calling out what it feels like and how grateful I am for those feelings and emotions.



### *Homework:*

Keep a gratitude journal every day.

This is the easiest homework assignment you'll have. Simply take a few minutes (5 to 10 min) every day to stop and make note of what you have that you appreciate. Be grateful for the warm coffee in your cup, for the job you love, for the job you want, the car you drive or for the relationships in your life that bring you joy. Big or small, it doesn't matter. The appreciation you have and spend time expressing your thankfulness is what matters. If you aren't sure what to write about, use the journal prompts in Resources to get you started.



5

Take Action

## *... and keep showing up*

### Follow your passion.

What is it that gets you most excited? Where does your passion lie? Make time doing what fills you up and makes you most happy. This doesn't necessarily need to mean that your passion needs to be what earns you an income, but when you can combine the two, you'll feel the most fulfilled. Following your passion means you make time for those things that give you the most joy. Invest some time here to journal and figure this piece out if you're not sure how to answer that question. Follow what makes you happiest and spend time doing those things.

### Take a break.

We live in such a fast paced, busy society where too many of us are burning the candle at both ends. Allowing ourselves to just rest is important. Meditation is important, but so is taking the time to rest and get adequate sleep. This is crucial in our ability to grow and evolve and continue to learn. In order to give to others - those who need you and those you can help - requires having energy. Resting and good sleep are the building blocks to being all that you want to be to others in your life.

### Give yourself Grace.

As you are making changes, growing and learning, you WILL make mistakes. You'll be challenged and face difficulties. The way you respond is what counts, but also expecting to fail and mess up is important. Have grace with yourself that you won't always get it right, that you'll slip back into old patterns and you'll get some shit wrong. And that's okay. What matters is that you don't give up. I like to ask my children, "How did you fail today?" I want them to learn to expect to mess up because our real lessons come when we make mistakes.

Keep moving forward, one step at a time. One day at a time as the saying goes. Allow mistakes and room for improvement. Each step forward is a step in the right direction.



*Homework:*

Create a morning routine - Find what works best to set your intention for each day and regroup before the day gets away from you. See example morning routine in Resources.

Do one thing each day for yourself that brings you joy.





# Summary

My hope is that you've learned some small changes you can make to bring happiness and joy into your life in a new way and that you've started to apply them over the past few days. I also hope that you are feeling lighter as you go through your day, that you are seeing examples at every turn that reinforce this growing sense of happiness, that you have reasons to smile and that you feel appreciation easily. I know, however, that as you grow and evolve, you will be faced with obstacles and challenges that will threaten your joy. Forge ahead anyways. Be determined to make your own mood, your feelings and your happiness your TOP PRIORITY. When you do this, everything else in your life will line up.

Life should be easy and fun. I think it has been a lie we were told and in turn believed that tells us we have to work hard and struggle. You can choose to believe instead that you can have everything you desire and it should not take a lifetime to obtain it. If you're not there yet, keep making adjustments until you are.

Lastly, if you're struggling with any of these steps and could use someone to hold your hand and walk you through it, please reach out to me. I would love to work together. We can uncover your blocks and identify what is holding you back. My availability for one on one coaching is limited, but my passion for helping people is not. I would love to help you discover your own power. We can determine what changes are necessary to have the life you have only dreamed of become a reality.

Let's connect: [ShaunnaLee.com](http://ShaunnaLee.com)



# Resources

Book: The Big Leap, Gay Hendricks

Vision Board Examples (Pinterest)

Journal Prompts:

- What you want your life to look like?
- How will it make you *feel* to have those things?
- 3 to 5 things you are most thankful for.
- What are you proud of?
- What are you looking forward to?

Book: Move Your Stuff, Change Your Life

EFT Tapping with Brad Yates (YouTube)

Hypnosis with Michael Sealey (YouTube)

Abraham Hicks (YouTube)

Insight Timer App - Downloadable in iTunes App Store

Sample Morning Routine:

- Hypnosis (within first few minutes)
- Journal over Coffee (Gratitude & intentions for the day)
- Meditate
- Move your body (Exercise of some sort)

Printout Below - Use this as a physical reminder of your conscious decision to Be a Happier You!

## 5 Steps to a Happier Me

Choose Happy -

Decide to be and give yourself permission

Let it Go -

Let go of what is holding you back

Leave space for the good things you want

Just Be -

Meditate

Be still and Take pause

Allow intuition to speak to you

Take Action -

Move toward those things you want

Take action to create the life you desire

Be Grateful -

Gratitude, appreciation and thankfulness allows more to come to you