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# BE HAPPY!

Want to a happier, more fulfilling life? Try this seven-day plan from life coach and happiness guru Susie Pearl

**W**e're all looking for new ways to become happier. But, often life seems so busy it is difficult to break free of your day-to-day routine to create the time to be happy.

We do things we think will make us feel better – buying new clothes, taking a holiday, planning nights out with friends – looking outside ourselves for the answers. We think we'll find happiness when we have a new partner/house/money/better job. But the irony is that we pack our lives so full of things to make us happy, we end up feeling tired, stressed and often overwhelmed, says Susie Pearl, happiness guru and author of *Instructions for Happiness and Success* (Quadrille, £12.99).

'Research on happiness shows it's not the external things in life, or getting through a big "to do" list that determines your levels of happiness,' says Pearl. 'The real issue relates to

how you manage your inner world – your mind as well as your emotions.'

## Hollywood happiness

In her previous career, Pearl spent many years running a celebrity PR agency – working with top names in film and entertainment. 'I realised that many of them weren't happy, despite being at the top of their game with fame and great fortune,' says Pearl. 'This set me thinking that if high-end achievers are finding it hard to find happiness, with all their buying power, what hope is there for the rest of us? I began a journey to discover more about the nature of happiness. If money doesn't buy happiness, what is the secret?'

## Authentic happiness and success

After studying the topic of happiness for more than a decade, and working with the

greatest mind gurus around the world, Pearl has formulated a system for generating more authentic happiness in life. 'Happiness comes from inside our body – not outside,' she says. 'This is the first secret to realise. How you run your own emotions affects your level of happiness dramatically. Being happy is a feeling and an experience. To boost happiness, you need to begin by working on how you run your emotions and patterns of thinking.'

Pearl has created a seven-day happiness plan especially for *H&F*. 'To truly benefit from this plan, you must do the exercises,' says Pearl. 'Reading about it is one thing, but doing it actually creates the shifts inside your body. Commit now to taking this seven-day challenge, and to completing the exercises daily, and see how many areas of your life improve. You'll be surprised how such simple exercises can power up transformation in your life.'



# The 7-day workout for happiness

Do these exercises every day for a week and keep a journal, writing down the changes you notice in your life.

## Day 1

### MIND YOUR THINKING

Your thoughts are astonishingly powerful, so it's important to keep them clearly focused on what you want – not what you don't want.

Pay attention to framing your ideas clearly in the positive and speaking about what you want to create for a better life experience. You can easily talk our selves 'up' or 'down' depending upon what you choose to focus on and think about.

#### Try this exercise

Imagine today that everything you think about – each individual thought – will create and form itself into your life experience. So be mindful of what you are saying and thinking. When negative thoughts come along, notice them, acknowledge them and then let them pass – swapping them for a better thought, this time framed in the positive.

*Talk about what you do want, not what you don't want.*

## Day 2

### FEEL HAPPINESS FROM THE INSIDE OUT

The route to happiness begins within. How you feel and handle your emotions dictates the level of happiness that you experience. No one has the power to make you feel a certain way – you decide how you feel inside. You're running your own emotions – no one else.

#### Try this exercise

Notice how you feel through the day. Try to create good feelings and make sure that you feel strong and optimistic hour by hour. Notice when things come along that would normally annoy you, and aim at stay neutral. This takes practice. Try activating a stronger, more positive response, such as laughing. By not allowing your emotional level to dip when a problem comes along, it's possible to keep yourself feeling better for longer.

*Become aware that your emotions are your own responsibility – make them strong and in the positive.*

## Day 3

### KNOW WHAT YOU WANT

When I begin working with people, I'm amazed that many people don't know how to answer this question: 'What do you really want?' In order to find our happiness and live a life of joy, you need to know what your goals are and where you want to go.

#### Try this exercise

Take a look at these questions, and write down the first ideas that spring to mind:

What do I really want to make happen in my life right now?

Which areas do I want to change?

What things can I do without now in my life?

What's been stopping me making the changes I want to make?

Write down your answers and then write three steps to resolve each of them:

*Being clear about what you want is the first step. The happiest people know what they want and walk towards that outcome.*

## Day 4

### TAKE SIMPLE STEPS TO YOUR GOALS

Now you've started thinking clearly about what you want, it's time to make a plan to take some simple steps towards your goals.

#### Try this exercise


List seven simple steps you are going to take to get closer to your goals:

- Step 1 \_\_\_\_\_
- Step 2 \_\_\_\_\_
- Step 3 \_\_\_\_\_
- Step 4 \_\_\_\_\_
- Step 5 \_\_\_\_\_
- Step 6 \_\_\_\_\_
- Step 7 \_\_\_\_\_

Get specific, put in timelines to do each of these steps and make notes in your diary. Keep a record of what's working – and what's not.

*Getting happier involves taking some simple steps towards your goals. Keep it simple and achievable.*





## 7 quick tips to happiness

- Feel good on the inside, whatever is going on outside.
- You can choose your response to life events – so choose a positive frame.
- True health and happiness comes from learning to feel good regularly and sustain this as your default emotion.
- Look for the good all around – you get what you look for.
- Your life is amazing – plan for the extraordinary and expect things to turn out well – having positive expectations helps create positive outcomes.
- Being kind to others boosts your own happiness fast.
- Love your mind, love your body, love who you are now.

*Choose a  
different response:  
try activating  
a strong, more  
positive emotion,  
such as laughing*



## Day 5

### DETOX YOUR MIND

Many of us have unhelpful negative programmes running through our mind that limit our happiness and success. These can be along the lines of 'I'm not good enough', 'I'm not thin/pretty enough', 'I haven't got time', 'I don't have enough money to do what I want' and so on. There are plenty of routes you can find to give yourself reasons not to be happy. In truth, many of the obstacles you put in your own way can be shifted.

You need to brush up on your mind programming and banish the negative programmes that are holding you back from the happiness you want.

#### Try this exercise

One quick and easy way to do a mind detox is to change the story you're telling yourself and other people.

Write down here the negative and limiting stories that you are prone to tell yourself (eg your weight, problem relationships, job, no time, family commitments, a run of bad luck).

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Now decide that you are going to drop this story with immediate effect and tell a new, better story.

*Write down a new and positive story to start telling*

My new story will be:

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Begin the change today – turn the story you tell into a better one.

*Notice when you tell a new and better story, you feel different. When you feel different, the shift in your emotions will improve and you'll get a better outcome.*

*To feel happier, swap smiles and laughs – not gossip and bad stories.*

## Day 6

### CLEAN SWEEP

Today, we're going to concentrate on cleaning up your environment. Are there people around you who constantly bring you down? You all know those people who can really make you feel bad. They might want to trade gossip, criticise and only talk about things that are going wrong. Negative friends and family can bring you down faster than anything.

#### Try this exercise

Pay attention to the effect that other people have on you. If there are individuals who are gossiping, making you feel bad or generally bringing you down, notice this tendency and take some active steps to make some changes. Either move away from these energy zappers or make a positive decision not to be affected by others' emotions and attitudes. If the people who bring you down are work colleagues, find a way to politely swerve from the negative conversations as much as possible and not get involved.

Notice how other people make you feel – and head towards the ones who make you feel good.

### TOP TIP FOR HAPPINESS

*Change your inner voice – make it kinder, softer and more positive. This will change your world and instantly improve your happiness.*

## Day 7

### GRATITUDE AND APPRECIATION

Happiness research shows that people who are happiest are those who demonstrate a high level of gratitude and appreciation for what they already have. Those who live in poorer communities often score higher on the happiness research index than those in the western world, despite the West's wealth and resources.

To develop deeper levels of happiness, it's important to begin by boosting your appreciation of what you do have – this might be friends, health, community, food, sunshine, a chance to walk in nature – it doesn't matter what it is. When you feel true gratitude in life and deep appreciation, your real feelings of happiness soar.

#### Try this exercise

List seven of life's simple things you are grateful for in your life today:

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List the people whom you deeply appreciate in your life:

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List three random acts of kindness that you could do this week to make others happy:

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Notice what you are grateful for day by day. ■

## About Susie

Susie Pearl is author of *Instructions for Happiness and Success* (Quadrille, £12.99). Susie hosts workshops on how to design your life for greater happiness. She works with celebrities, artists and entrepreneurs around the world, and helps people with practical ways of tapping deeper within to find greater health, happiness, success and creativity. For more information, log on to [instructionsforhappiness.org](http://instructionsforhappiness.org), or e-mail [info@create-happiness.org](mailto:info@create-happiness.org).

### Health & Fitness readers can buy

*Instructions for Happiness and Success*, by Susie Pearl, at the special price of £8.99 (normally £12.99), with free p&p. To order, please call direct on 01256 302699, quoting reference 6GY and your credit card details.

