

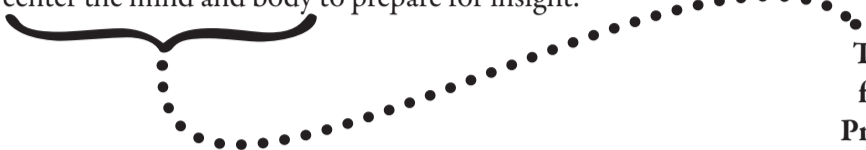
# LIVE HAPPIER

Welcome. Thank you for taking time to download this exercise. In order to find the coach that's right for you, it's important to do some prep work. The more you know about who you are and what you want, the faster your coach will be able to help you reach your goals.

Let's get started. Here is an exercise adapted from *Wish Craft*, a book by Barbara Sher.

## WHO DO YOU THINK YOU ARE?

**First**, center the mind and body to prepare for insight.



To do this, find a quiet place to sit quietly for a few moments without interruption. Preferably, some place where you can write.

*Be sure to take a few sheets of blank paper or a journal and a pen.*

### •••• •Now you're ready to begin:

Close your eyes and relax.

Breathe deeply two or three times, feeling your breath fill your chest completely and push into your abdomen.

Hold it for two seconds and slowly let it out through the nostrils.

Feel your body relax and tension fall away.

After the third exhalation, just sit quietly.

Notice the thoughts entering your mind. Don't analyze them, just become aware of them.

Do these processes for 5 minutes then open your eyes.

••••• •Pick up your pen and answer the following questions. There are no right or wrong answers, only one rule: "Don't think too long or hard. Put down the first and surest thing that comes to mind."

**1** Who do you think you are?

**2** What do you consider the four or five most important characteristics that define your identity?

Take a look at your answer. There's a better than 50 percent chance that you described your age, your religion, your height, weight, heritage, or your profession, whether you're single, married, divorced, your kids, or where you went to school.

Now, draw a big X across your response. **None of them is your identity.**

They are important characteristics of our lives, our history, and our relationships, but they are not your core identity.

•••• •Now, answer these questions:

**1** What do you love about life?

**2** What gives off a special whiff of fascination for you whenever it goes by, even though you may know very little about it?

**3** What activities do you enjoy and would do (or you already do) on a regular basis without anyone or anything pressuring you to do it.

**4** How do you feel when you get a trace of these things in your life (whether you engage and participate in them directly, or you experience them indirectly through reading about them, watching a TV program, or hearing someone talk about them)?

The answers to these questions are the beginning stages of cultivating happiness in your life. By identifying your joys of life, you immediately tap into an energy source that that boosts your endorphins higher.

•••••••• •Okay, have your answers? You're on your way.

### Here are a couple final questions to consider:

- On a scale of 1 to 10 (10 being the max), how often do you experience these joys in your life right now?
- If your answer was less than 10, what are the top 3 challenges you are currently facing that prevent you from experiencing these joys?

Now that you've answered these questions, you may have some idea of who you really are, what brings you joy, and what's currently blocking you.

The next step is to remove those blocks and experience more of what you want with the help of your Life Coach.

