

*Stella Frances*

# Find Your Happy



## **Bringing It All Together**

*"Change is the essence of life; be willing to surrender what you are for what you could become."  
—Reinhold Niebuhr*

**COMPLETED BY:** .....

**DATE:** .....

## Bringing It All Together

You are now ready to compile the results from each module and create a blueprint for your success and happiness.

 **1. My top six values are:**

1.	4.
2.	5.
3.	6.

 **2. My empowering beliefs are:**

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 **3. My main goals are:**

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 **4. My natural skills and talents are:**

Things I love to do	Things I'm great at doing

 **5. My support team is made up of:**

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 **6. My definition of success is:**

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*“The secret to happiness is freedom... And the secret to freedom is courage.”*

*-Thucydides*

Use the summary of your results on the previous pages to answer the following questions.

 ***Do your values need to change to better support you to achieve your goals?***

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 ***What additional empowering beliefs do you need to achieve your goals?***

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 ***How could your goals align even more with your skills and talents?***

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## Your Take-Aways

1. What specifically have I achieved during the coaching period? (review your goals, achievements and successes)

1.

2.

3.

2. How am I different / What am I doing differently as a direct result of coaching? (think broadly)

1.

2.

3.

3. What are my top 3 goals and dreams in life right now? (personal AND work)

1.

2.

3.

4. What are my top 5 priorities in life as I now understand them?

1.

2.

3.

4.

5.

5. What limiting beliefs have I let go of? (eg. about myself/life/others)

I NO LONGER BELIEVE:

1.

2.

3.

6. What positive new beliefs do I have? (eg. about myself/life/others)

I NOW BELIEVE:

1.

2.

3.

6. What specifically have I learned about myself? (that I perhaps haven't mentioned yet)

1.

2.

3.

7. What have I learned during this program that I will carry forwards in life?

1.

2.

3.

8. What has been the best bit of the coaching for me?

1.

2.

3.

9. What are the best things about my life?

1.

2.

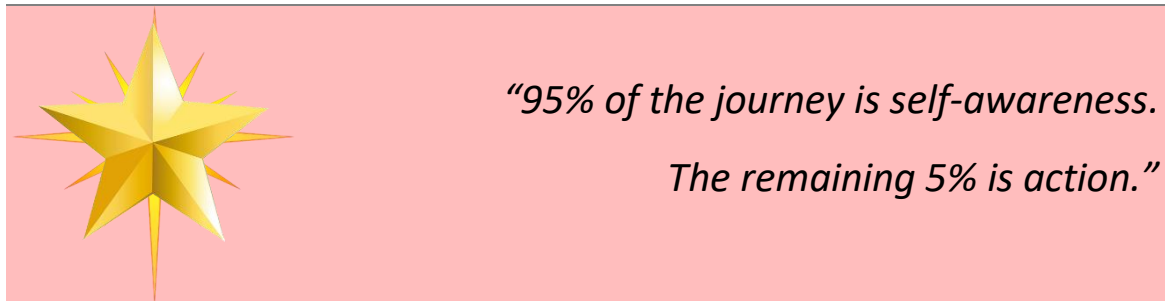
3.

10. What ONE piece of advice would I give myself to take forwards?

11. What else would I like to note down that would be useful to me going forwards?

## Living an Intentional Life

What does it mean to live intentionally? ***Living an intentional life is the opposite of living a life of chance with a lack of awareness.*** What are your long-term goals? Why did you choose the foods that you did for your last meal? If you can't answer these questions without giving it some thought, you're not living intentionally.



### Choose to live an intentional life:

1. **Intentional living requires making decisions.**
2. **Evaluate your behavior.** What motivates your actions each day? Evaluate all of your chosen and avoided behaviors. Learn what makes you tick.
3. **Know your values and beliefs.**
4. **Choose your habits.**
5. **Know your intentions for each day.**
6. **Be proactive.**
7. **Be mindful of your intentions, thoughts, actions, and goals.** The key to intentional living is mindfulness in all parts of life. Mindfulness seems to be the cure for everything except the common cold.

An intentional life creates more thought than an unintentional life.

***Make conscious decisions and question your thoughts and actions.***

Seek to be more aware of your desires and choose your behaviors accordingly. Habits can be the bane of intentional living unless you chose your habits intentionally. Be mindful and take responsibility for your results, and you'll find that more of your results please you.



## The Next Step

### More In-Depth Guidance of how to manifest Your Dream Business & Life



#### Find Your Happy - Goal Tracker

Success begins with a vision and the belief that vision can be accomplished. The most successful people take massive action and expend time and energy doing things.

You are now ready to complete the **Find Your Happy - Goal Tracker**, which will assist you to turn the self-knowledge and awareness discovered during the Find Your Happy program into tangible results over the next six months.

**The Happiness Accelerator** This 7-week, in-depth program, helps you with every step of the way in creating your ideal life.

You can change your life but first you got to identify the sticky habits that are holding you back. Things like negative self-talk comparison, self-judgement or lack of motivation.

Learn about Forgiveness, the Power of Patience, the Art of Mindfulness and how to increase Your Sense of Deserving. Practice Appreciation and build a strong attitude filled with Gratitude.



Here's to leading a life of purpose and living with passion! ...xo, Stella

P.S. And as Zig Ziglar once said... *"People often say that motivation doesn't last. Well, neither does bathing, that's why we recommend it daily"*

## Recommended Reading List for Happiness and Success

"When I get a little money I buy books; and if any is left I buy food and clothes."  
— Desiderius Erasmus

### The Science of Happiness and Success

- *7 Habits of Highly Effective People*, by Dr Stephen R. Covey
- *Authentic Happiness*, by Dr. Martin Seligman
- *Feel the Fear and Do it Anyway*, by Susan Jeffers
- *Mindset: The New Psychology of Success*, by Carol S. Dweck, Ph.D. New York: Ballantine Books, 2006.
- *Ask and It Is Given: Learning to Manifest Your Desires*, by Esther and Jerry Hicks. Carlsbad, Calif.: Hay House, 2004.
- *The Power of Positive Habits*, by Dan Robey. Miami: Abritt Publishing Group, 2003.

### Business and Management

- *How to Win Friends and Influence People*, by Dale Carnegie
- *One Minute Manager*, by Kenneth H. Blanchard & Spencer Johnson
- *The E-Myth Revisited*, by Michael Gerber
- *Living the 80/20 Way*, by Richard Koch

### Intuition, Inner-Peace, Spirituality, and Self-Awareness

- *Practical Intuition*, by Laura Day. New York: Broadway Books, 1997.
- *Loving What Is: Four Questions That Can Change Your Life*, by Byron Katie. New York: Harmony Books, 2002.
- by Hale Dwoskin. Sedona, Ariz.: Sedona Press, 2003.
- *The Four Agreements: A Practical Guide to Personal Freedom*, by Don Miguel Ruiz. San Rafael: Amber-Allen, 1999.
- *The Seven Spiritual Laws of Success*, by Deepak Chopra. San Rafael, Calif.: Amber-Allen, 1994.
- *The Power of Full Engagement*, by Jim Loehr and Tony Schwartz. New York: Free Press, 2002.
- *Don't Sweat the Small Stuff .. and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life*, by Richard Carlson. New York: Hyperion, 1997.

### Creating Successful Relationships

- *Conscious Loving: The Journey to Co-Commitment*, by Gay Hendricks and Kathlyn Hendricks. New York: Bantam Books, 1992.
- *Lasting Love: The 5 Secrets of Growing a Vital, Conscious Relationship*, by Gay Hendricks and Kathlyn Hendricks. New York: Rodale, 2004.
- *Men Are from Mars, Women Are from Venus: A Practical Guide for Improving Communication and Getting What You Want in Your Relationships*, by John Gray, Ph.D. New York: HarperCollins, 1993.

### Financial Success and Money

- *The Miracle of Tithing*, by Mark Victor Hansen. Newport Beach, Calif.: Mark Victor Hansen & Associates, 2003. Call 1-800-433-2314 to order.

- *The One Minute Millionaire: The Enlightened Way to Wealth*, by Mark Victor Hansen and Robert G. Allen. New York: Harmony Books, 2002.
- *The Science of Getting Rich*, by Wallace D. Wattles. Tucson, Ariz.: Icen Books, 2001. (Reprint of original book, which was published in 1910.)
- *The 21 Success Secrets of Self-Made Millionaires*, by Brian Tracy. San Francisco: Berrett-Koehler, 2001.

### Law of attraction

- *The Science of Getting Rich or Financial Success Through Creative Thought.*, by Wallace D. Wattles Santa Fe, NM: Sun Publishing Company, 1996.
- *The Secret*. Byrne, Rhonda. New York: Beyond Words Publishing, 2006.
- *Ask and it is Given: Learning to Manifest Your Desires*. Hicks, Jerry and Hicks, Esther. Carlsbad, California: Hay House Inc., 2004.
- *The Amazing Power of Deliberate Intent: Living the Art of Allowing*. Hicks, Jerry and Hicks, Esther. Carlsbad, California: Hay House Inc., 2006.
- *The Law of Attraction: The Basics of the Teachings of Abraham*. Hicks, Jerry and Hicks, Esther. Carlsbad, California: Hay House Inc., 2006.
- *Money, and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness*, Hicks, Jerry and Hicks, Esther. Carlsbad, California: Hay House, Inc., 2008
- *The Astonishing Power of Emotions: Let Your Feelings Be Your Guide*, Hicks, Jerry and Hicks, Esther. by Esther and Jerry Hicks. Carlsbad, California: Hay House, Inc., 2007.
- *The Vortex: Where the Law of Attraction Assembles All Cooperative Relationship.*, Hicks, Jerry and Hicks, Esther.. Carlsbad, California: Hay House, Inc., 2009.
- *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles*. Lipton, Bruce. Santa Rosa, California: Mountain of Love/Elite Books, 2005.
- *Creating Affluence: Wealth and Consciousness in the Field of All Possibilities*. Chopra, Deepak. San Rafael, California: New World Library, 1993.
- *Inspiration: Your Ultimate Calling*. Dyer, Wayne. Carlsbad, California: Hay House Inc., 2006.
- *The Science of Success: How to Attract Prosperity and Create Life Balance Through Proven Principles*. Ray, James. La Jolla, California: SunArk Press, 1999.
- *It's Not About the Money*. Proctor, Bob. Canada, BurmanBooks Inc., 2008.
- *Notes from the Universe: New Perspectives from an Old Friend*. Dooley, Mike. New York, NY: Atria Books, 2003, 2007.
- *More Notes from the Universe: Life, Dreams and Happiness*. Dooley, Mike. New York, NY: Atria Books, 2005, 2008.
- *Choose Them Wisely: Thoughts Become Things!*, Dooley, Mike. New York, NY: Atria Books, 2009. Peirce, Penney. *Frequency: the Power of Personal Vibration*. New York, NY: Atria Books, 2009.