



## Experience Your *TRUE* Happiness

*Be your genuine self,  
unapologetically!*



- You are ready to Experience Your TRUE HAPPINESS, I know you are!
- You are tired of looking for happiness on the outside,
- You've had enough of waiting for the "when" that never comes,
- You want out of that discouraged and upset state that you know so well!

### **I understand!**

I used to be just like you! I thought I was unhappy because of my mother, because of those people at school, because of my husband, because of the job I was in. I was going to be happy when I had kids... While I loved having kids, I had to do some deep work to find MY true happiness.



For more than three decades I have explored the drivers of personal growth and how to create more peace meaning and joy in our lives. I found the missing pieces I kept searching for, I have helped dozens of individual therapy clients over the last 12 years and now...

**I want to empower YOU to experience your TRUE happiness!**

This is why I have created 5 Steps to Being Your Genuine Self,  
Unapologetically!

These five steps will take You from where You are now, through what I have found are the necessary stages where blocks to Your TRUE happiness may be hiding. By going through these five steps, You will finally see where the real blocks are and find resources to overcome them. Are You ready?



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## **5 STEPS: Openness -- Introspection -- Clarity -- Acceptance -- Experience**

The first step is **Openness**.

In this step, you look to see where you are actually closed to your happiness. There is no hope for you to find your TRUE happiness if you are not open to it, do you see that? This first step will create the initial opening to get you out of the happiness rut you are in! To get started:

- Make a list of all the places in your life where you can see that you are closed to your happiness.
- Decide which one you are going to work on first?

The second step is **Introspection**.

In this step, you look for the TRUE reasons why you are not as happy as you could be. I bet you have reasons why you are unhappy, things that justify your being less happy than you would like and I bet some of them are not actually an obstacle to your TRUE happiness! But if you keep focusing on those, you will never find the true reasons that are between you and the happiness you are longing for.

- How many of these reasons are outside yourself?
  - Take some time to identify the things outside of your control that you link your
  - happiness to.
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The third step is **Clarity**.

This step is about taking stock of what you have found in the introspection stage and identifying what the inner blocks are to your happiness. If you cannot see clearly what you were mistaking for a block, and some of the blocks you didn't even know existed, how can you possibly hope to get to your goal? This is why this step is crucial before moving further.

- What have you learned from the first two steps?
- Can you see some of the blocks to your happiness that are in you?

Step 4 is **Acceptance**.

Some of what you find may not be much to your liking, yet that is what is there. I have found that a lot of my clients have real trouble accepting things that are already there. That is the surest way to be unhappy. What is there is there and yet it can be a difficult task to accept some of those things. That is why there is a whole step for this.

- Of the things you have identified above, which ones do you not like?
- Can you still see that they are hurting your happiness?



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Step 5 is **Experience**.

In this step, you will experiment some new behaviors and new outlooks to try on. If you have spent your whole life living a certain way, looking for happiness in certain places, it may take a few different tries to find new ways that work for you. You will also see if you need to revisit some of the earlier steps to make sure that you are building a strong foundation to finally

**Experience Your TRUE Happiness and Be Your Genuine Self, Unapologetically!**

- What is it like seeing the blocks to your happiness that are in your hands?
- Can you think of ONE thing you will do differently to stop that vicious circle?

I know, you've been looking outside yourself for your happiness for a long time.

It is not easy to change that way of doing and being in a snap. But I know that you can experience your TRUE happiness too, I just know it!

Imagine what it would be like if you could stop that frantic search and enjoy having the right resources to tap into your genuine self, unapologetically, instead.

**If that vision excites you, I have something for you!**

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To thank you for getting this guide and to encourage you on your journey, I am offering you a

**FREE 30-minute “Experience Your TRUE Happiness” Session.**

Of course, you could continue what you are currently doing and keep searching on the outside. There are good things on the outside but the happiness they bring is short lived. You may have noticed that.

If on the other hand you are sick and tired of looking for your happiness on the outside and not finding it, if you are feeling discouraged and a little upset, to the point of wondering if something is wrong with you, then say YES to yourself and start the journey to Experiencing your TRUE happiness.

**Book your FREE “Experience Your TRUE Happiness” 30-Minute Session Now!**

**<https://bit.ly/ExperienceYourTRUEHappiness30MinuteSession>**

