

Imagine Your Happy, Healthy Life



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Step 1: Create a clear vision of your happy, healthy future

Why I focus on being happy

I am often asked why I focus on being happy rather than just getting out of pain. During my own journey to heal from the chronic pain of fibromyalgia, I found that when I was focused on the pain it felt much worse. However, when I was focused on doing the things that I enjoyed, the pain bothered me much less.

Also, one of the key things I found useful on why journey was to focus on what I wanted instead and move towards that.

What do you want instead?

So, the first step is to get clear on what you want instead of pain (or any other symptoms you may have).

Most people want to be happy and healthy but these words mean different things to different people. These questions will help you get clarity on what a happy, healthy life would ideally look like for you.

This can help to inspire you to take the actions to do more of what will make you happy and healthy.

Using the accompanying audio

For this exercise, it can be helpful to first get relaxed.

There is also an accompanying audio to guide you through this exercise if you prefer this to reading.

You can use it in several ways:

- a) Get as relaxed as possible and really get into the images, words and feelings as you listen to the audio
- b) Be only slightly relaxed and pause the audio to write your answers down.
- c) Listen to the audio in a relaxed state and speak what is going on in your mind whilst recording it or having another person fill in the questions below.

Imagine that you have a magic wand that can take you to a time in the future when you are truly happy and healthy....

1. What would photographs or videos of your new life show.

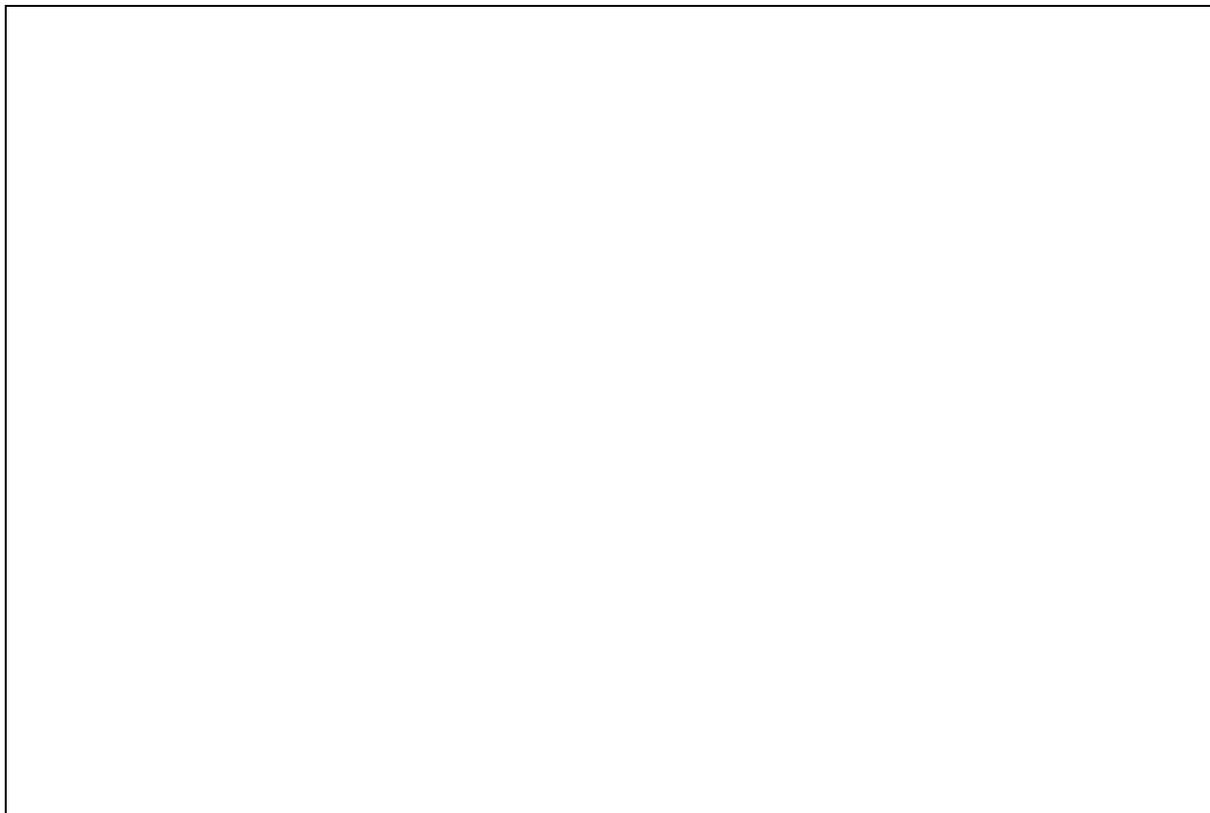
Describe what somebody would see focusing on those sensory signs that indicate how you are feeling. E.g.

- What is your body posture like?
- How are you moving your body?
- What are your facial expressions that indicate that you are happy and healthy as you do these activities?

e.g. if you currently have leg pain that is causing you to limp, think about what you would see and do that would indicate that you no longer have that pain. E.g. Wearing hiking gear and walking through the woods casually chatting, Or running around in the park playing and laughing with your children.

Consider these different areas of your life:

- What do you do at home?
- How are you spending your time with your partner or family?
- What hobbies and sports are you doing?
- What kind of work do you do?
- Where do you go on holidays and what do you do there?



More space for Q1

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the student to write their answer to Question 1.

2. What will people be saying about you and how you have changed?

3. What will you be saying to yourself?

4. How will you feel?

Have you ever felt that feeling before? When? _____

Think back to that situation and really get into the memory.

Where is the feeling in your body? _____

What shape is it? _____

What colour? _____

What size? _____

Is it warm or cold? _____

What texture is it? _____

Step 2: Let this vision guide you towards that happy and healthy future

Tune into this vision daily

This vision of a happy, healthy life is important in guiding you towards creating that future. Here are some ways in which you can connect to your vision every day. Use whichever combination suits you.

1. Listen to the guided meditation again and re-imagine your life. You may find that over time, your vision changes. Add anything new that comes up to this workbook.
2. If you find seeing things is the best way for you to learn, you may like to
 - a. create a vision board,
 - b. a digital collage or
 - c. video.
3. If you prefer to listen,
 - a. record yourself talking about what you are doing in this future life and listen to it daily.
 - b. Ask the people who you imagined speaking in Q2 to say those statements (or if you feel more comfortable play around using different voices yourself to say the things you want to hear) and then add yourself saying the phrases from Q3.
 - c. Create a song – or use the melody of a song you like and add your own words describing your life.
4. If you prefer to learn by doing, then use the anchoring technique in the guided exercise to re-experience the feelings from Q 4.

The keys that led to me being happy, healthy and empowered

I know what it is like to struggle with chronic pain. I had fibromyalgia for over 10 years. After the doctors told me there was nothing more they could do to help me, I began to search for my own answers, researching and training in anything that resonated with me.

The keys to reducing my pain and improving my health were:

1. Connecting to the innate inner wisdom of the body to find the underlying root causes of my symptoms and how to correct them so that the body could heal itself.
2. Reprogramming subconscious beliefs about myself, my body and the world.
3. Letting go of the past and present stress keeping me unhappy.
4. Focusing on doing more of the activities that made me feel happy.

Discover more about how to use this as part of your healing journey

This focus on what makes you happy is just a small part of my mind-body program. If you would like to have a quick (no obligation) chat with me to learn more about how to use this and the other keys to create lasting healing and create a happy and healthy life, sign up for a free discovery session with me at:

<http://happyhealthyempowered.com/free-discovery-call/>