



**Motivate**  
COACHING

# 10

WAYS TO BE

# HAPPIER

TODAY

**A PRACTICAL GUIDE**

*"Stuart is a motivational genius that will guide you toward greater happiness and success in your life."*

[www.motivate-coaching.com](http://www.motivate-coaching.com)



“

---

*Your happiness resides in the acceptance of who you are in the world as it is as you explore and discover your success, your way.*

---

”



*Stuart Isham Fairbairns*

CEO, Founder, Motivational Speaker and Coach

[www.motivate-coaching.com](http://www.motivate-coaching.com)



## *Personal note to you from the author*

Happiness is subjective, everyone's is different. There are proven ways that we all can find more happiness in our lives and it is my intention to share a few of the best with you here. Through years of coaching, researching, learning from experts, testing and personal experience I have worked hard to compile 10 of my favourite ways to bring happiness into your life, today. Each will not take long to do, the trick is consistency. As you have committed to finding more happiness, I would like to offer a personal challenge from me to you. Pick your favourite '*happy-practise*' from this guide and give it a go for 30 days, set a time and do it every day. It may just change your entire life...

*Stuart*

Being present is a technique that allows you to deal with stress and issues in a calm and considered way. Being present lets you take the power back. Learning to control yourself, how you react and deal with situations gives you greater control over not only external situations but your internal state of being. Presence is about calmly observing your emotional, physical and psychological state. Press the pause button, take a deep breath and happiness follows.

## Happiness Activity 01

### Clarity and Focus

Take time to sit somewhere quiet, choose a focus, a sound, your breath, a feeling in your body. If thoughts come in, allow them, notice, then go back to your focus. This is training your mind to find balance, each time you do this you build and strengthen your ability to find calm.

Sit with this for 10 minutes daily.

## Some more suggestions...

### Stand on the Shoulders of Giants

There are great resources available to you that can help you slow down. Apps such as Calm, and Headspace are designed to help you get calm and find headspace.

### A Little Help from Your Friends

Arrange with friends a walk in nature, or a picnic. Stop and point out a detail, perhaps a flower, a bird, or take a collective deep breath. #BePresent



Studies show that gratitude helps us sleep better, enhances empathy whilst reducing aggression. It improves self-esteem and mental strength as well as improving physical and psychological health. We experience a 10% increase in happiness each time we express gratitude and a reduction of 35% in depressive symptoms. Imagine that was on the side of a pill bottle, you'd buy all they had right?

### Happiness Activity 02

#### Take note

In your journal write for 2 minutes about 1 positive thing that happened today. Detail what happened and how it made you feel.

If you don't like writing, try recording a voice note on your phone or having chat with family or friends each taking turns to share your positive moments and how it felt.

### Some more suggestions...

#### Gratitude Jar

Write down 3 things you are grateful for every day on separate small pieces of paper and put in the jar. On days when you feel low, open the jar and remind yourself!

#### Write a letter

The written word holds great power. Write someone you love a letter, tell them all about everything you love about them and post it. #OldSchool



Not only the obvious benefits of getting fitter come with physical exercise but it also improves your mood, self-esteem, body image and boosts energy. Exercise reduces stress significantly, 15 minutes of daily physical activity can be as effective as an anti-depressant. It is easier than you may think, it starts with one step. You've got this.

### Happiness Activity 03

#### Get Moving, Your Way

Move your body, go for a walk or a run, do some yoga or whatever works for you. It is essential you chose an activity you enjoy at the level you are at. Build up to the dream, start with reality. Be kind to your self and that way you'll stick to it gong forward. Make it attractive to YOU and what will keep YOU at it.

### Some more suggestions...

#### Habit Stacking

Use this time to do another healthy habit that you enjoy. Listen to an audiobook, a podcast, even a guided meditation - get your body and mind fit at the same time!

#### Better Together

Call a friend and move your bodies together. Agree to go to your favourite café afterward for a rewarding ice tea and chat. #LovingLife



How can I be happy RIGHT NOW!?? Well, there are ways and it takes reflecting on the child within you. Remember the fun crayon wielding, ice cream devouring child you once were? We all have little things that we love doing, that make us giggle, but we stop because they are not 'adult-behaviour'. Well, today I give you permission to be your inner child. Think about fun things you loved to do, and do it. One of mine is going to the cinema. I love it and it feels great. What is yours?

### Happiness Activity 03

#### Do What YOU Love

Think about the little things that you love, the moments that lift you. Grab your diary and schedule in some time one day each week to do one of them.

What did you used to do as a kid that you loved that you have stopped doing as an adult? Gove yourself permission be that kid again, have some fun just for the sake of having fun!

### Some more suggestions...

#### Eat an Ice Cream

Who doesn't love an ice cream or lolly? When did you last put time aside to head out and have one? Nothing else, no other agenda, just go for ice cream.

#### Something Outrageous

What is something you have always wanted to do? I want to get big pots of paint and throw them at a large canvas, what's yours? #BigFun!



Studies show that kindness positively changes the brain, the heart whilst improving immune function. There is even evidence to suggest that it helps cure depression. When you take the time to notice and recognise something someone has done thanking them for it, you both feel happy. When we share kindness with others we feel kindness ourselves, it is a double whammy of happiness. We all have the power to give it, and in doing so, receive it.

### Happiness Activity 05

#### Blow Someone's Mind

Think of someone who has positively impacted your life in a little or large way, in your personal or business life. Perhaps a friend, colleague or family member. Write and email sharing what they did specifically and how it made you feel. Share your gratitude with them for what they have done for you.

It is as easy as that and it makes two people's day!

### Some more suggestions...

#### Re-connect

Remember that friend that you used to spend all that time with having so much fun? Pick up the phone and give them a laugh sharing your memories.

#### Notes For a Stranger

Take 15 minutes to write down 7 positive messages on 7 pieces of paper. Each day this week give one to someone you come into contact with. #MakeTheirDay

 **• YOU ARE •**   
**SERIOUSLY  
AWESOME**



Compassion comprises of empathy, love and affection. It is common to share this with others but what about us? Often being viewed as selfish or self-indulgent. It is however a very effective way for you to improve your mental health, reduce anxiety, build confidence and resilience. You cannot love others if you do not love yourself, we can only develop compassion for others if we do so for ourselves first. Let's take some time to be self-compassionate today.

### Happiness Activity 05

#### Because You're Worth It

First, take a deep breath, relax your jaw, shoulders and forehead. Next, be aware of your self-talk, is it negative? Just notice if you put yourself down even if it is meant in jest. Notice it and choose to change it to something more positive. The words we use inform our thoughts, our emotions and our actions ultimately the results we get.

It takes practise, so patience is key.

### Some more suggestions...

#### Addressed to Me

Write yourself a letter. Think of a time you went through something difficult, a break-up, job loss, etc. Write the strengths and skills you showed getting through it. Write how it feels now on reflection. Using the strengths, skills and feeling write a positive sentence about yourself. 'I am proud of myself for being..... or for doing..... Give yourself a high-5 and take a deep breath. #SuperPowers



We are all made up of bundles of habits. Activities, commitments, work life, social life, exercise and actions we perform on a frequent basis. We often get so stuck into life that we don't pay attention to how we spend our time, and if it serves us? By 'hacking' your existing habits you can completely change your life for the better. By identifying ones that don't serve you and replacing them with those that do. What are your daily habits? Are they serving you?

### Happiness Activity 07

#### Find More Time in Your Day

How do you spend your time? Take a piece of paper and write each activity you do in a normal day, or week. Write how many hours you spend on each. Remember there are only 24 hours in any day. How are you spending your time? How could you spend it in ways that serve you better?

I was amazed at how I thought I was, Vs how I am spending my time.

### Some more suggestions...

#### Doing it YOUR Way

Often we do things as we always have. The world is forever developing. Take a look that what you do regularly and through research see if there are different ways to do it? Who knows what you'll find.

#### Habit Stacking

Already shared but such a good one! Which of your habits could you do at the same time?

BREAK  
BAD  
HABITS

BUILD  
GOOD  
HABITS



Having direction in life is like a map on a road trip to a destination that you have not previously visited. In life we head out dealing with immediate issues, 'putting out fires' often without forward planning. We wouldn't do this for a road trip, so why do it in life? We all have dreams of the future but they can be unclear. Much like the road trip we need a 'life-GPS', a detailed roadmap to take us where we want to end up. What is your greatest desire?

### Happiness Activity 08

#### Set the Direction, Take the First Step

Write out your dreams, things you would really like to achieve in your life.

Think about and feel the excitement when you look at them. Choose one things for now. What could you do today that would take you one step closer to that dream? Now do it, and repeat this exercise tomorrow.

### Some more suggestions...

#### How Does it Feel?

We learn through visual, auditory and/or kinesthetic (activity based) means. Whichever you find best, outline your future dreams. Create a vision board with pictures of what you want. Record a voice note describing your future in great detail. Try painting it or discussing it with friends. The essential part is to visualise having it and jot down how it feels - this is the secret sauce! #MakeItHappen

LIVING  
THE DREAM

We often overestimate what we can achieve in 1 year and under estimate what we can achieve in 10. This leaves us stressed today and disappointed tomorrow. Through any goal we look to achieve we undergo an emotional journey. This journey evolves over time until we get overwhelmed, overcome with uncertainty and fear, 97% of people give up at this stage. Only 3% of people push through to success. Do the research, learn what you need to learn, ask for help and be one of the 3%!

### Happiness Activity 09

#### **We All Get by with a Little Help**

Think about ONE of your goals. Consider what you may need to achieve it. Accept that at some point it WILL get hard, you will want to give up. Prepare for that reality now, build resilience. Reach out to your support system, ask for help. Success can be yours, don't let pride or ego limit your life.

“When you don't know something,  
learn it”

### Some more suggestions...

#### **Professional / Success Crushes**

Chances are what you want to achieve has been achieved in one way or another by someone in the world. Spend some time researching those who have, what did they do to get there? What can you learn from them to help you?

You are not alone and there is a world of information and knowledge out there. Use it. #BeYourOwnHero



Having clean living and working areas has a direct influence on reducing stress guilt and self-criticism, whilst increasing flow. Extensive studies have shown a direct correlation to organised spaces and productivity. Clean spaces are shown to have positive impacts on psychology by decreasing levels of the stress hormone, cortisol. Clean and prepared working spaces increases likelihood of success substantially, it improves your mood, reducing anxiety and irritation. What's not to love, makes sense to me!

### Happiness Activity 10

#### Respect Your Space, Respect yourself

Cleaning is always quicker than we think, the thought of it is much worse than the reality of doing it. Put on some loud music, dance around with the mop, have some fun and get your spaces clean!

You can always hire a cleaner...

### Some more suggestions...

#### Clean Your Desktop

These days we spend a great deal of time in both the real and virtual worlds. How clean is your computer desktop? It might seem like a nightmare to face, however it is almost guaranteed that productivity will increase.

#### Daily priorities

Each morning write out your top 3 priorities of the day. Do them first.





“

---

*Helping others discover their happiness and find meaning in their lives does not take away from your own, it grows it.*

---

”



*Stuart Isham Fairbairns*

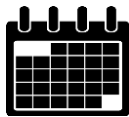
CEO, Founder, Motivational Speaker and Coach

[www.motivate-coaching.com](http://www.motivate-coaching.com)

## HOW TO WORK WITH STUART

### Want more?

Take your journey to the next level with 1-2-1 coaching



[Schedule a Coaching Session](#)



[stuart@motivate-coaching.com](mailto:stuart@motivate-coaching.com)



[www.motivate-coaching.com](http://www.motivate-coaching.com)



[Check out the podcast](#)

[*Your*] Happiness Drives [*Your*] Success

*Let's do this!*  
*Stuart*