



How To Be Happy

6 Week Online Course
With Love From Clare Josa

Bonus Kick Start Training: How To Change Your Life

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Welcome!

Hello! And welcome to your first **How To Change Your Life – Kick Start** bonus training. I'm really hoping you love this and that it will get you off to a great head start for your "How To Be Happy" course!

I know from experience how difficult and even overwhelming it can feel, when you want to change your life. And after several decades of helping people to do just that, I have heard every excuse, waded through every reason for not changing and helped people to release every kind of fear and limiting belief.

To help you short cut your journey, I have pulled together the essentials from those years of mentoring and leading seminars and condensed them into this bonus training guide.

The insights in the following pages will come from you – not from me – because I'm not here to tell you what to do. How likely would that be to work?! Instead, my role is to walk by your side, asking just the right questions at just the right time – and sharing the wisdom you most need to hear, to inspire you to find your own tailor-made solutions, which are waiting for you, deep inside.

And I'm here to answer your questions and to help celebrate your successes – so it's a team effort, but you are your own boss. Does that make sense?

Why do I love to work this way? Because it sets you free! Not only are you changing your life, but you're also learning techniques and strategies that will stay with you forever – whenever you need them. If I tried to spoon-feed you, not only would I miss half the time (my spoon isn't that great at making it through the computer screen 😊), but you would be dependent on me, which isn't a helpful long-term solution.

Instead, I'm showing you how to become your own best mentor – and how to ask for support as and when you need it. I hope you're ok with that! So let's dive in!

Any journey needs 3 things:

- Knowing where you're starting from
- Knowing where you want to go to
- At least a rough idea of how you might get there

And changing your life is no exception.

Just imagine setting out without deciding where you want to end up? Sure, it might be a fun walk, but how likely are you to actually arrive somewhere you want to be?

Or trying to get somewhere, without understanding where you're currently 'at' – how could you possibly plan a route?

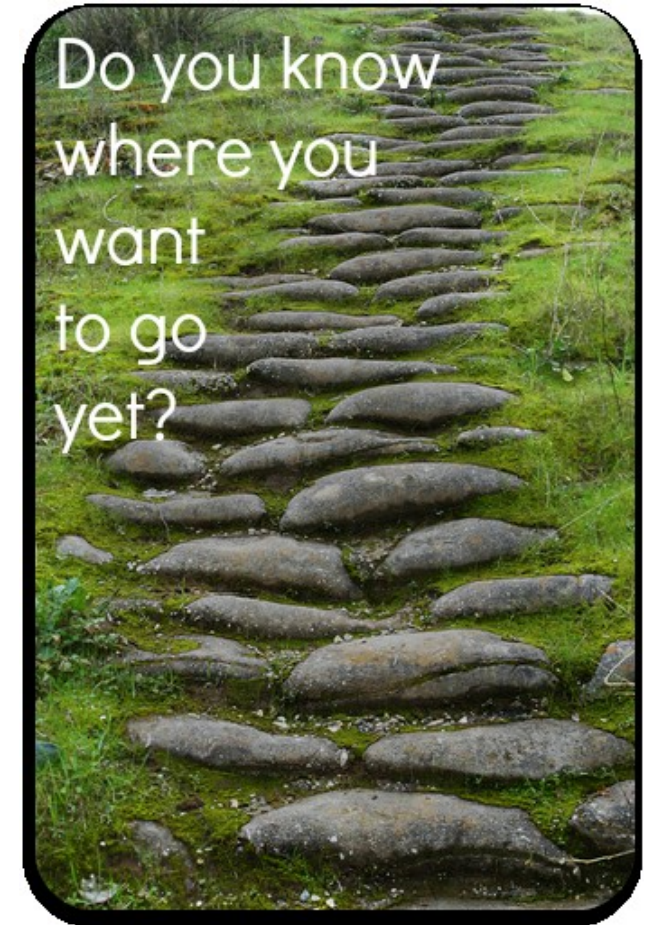
And setting off with no idea of how to get where you're going – or how to find out the way – is very unlikely to lead you to your destination.

Yet this is almost always what we do when we want to change our lives.

The number 1 mistake that most of us make when we're changing our lives is not deciding where we want to go. We simply want to 'get away from the pain of where we currently are' – and don't set any kind of clear destination. Then we're surprised when we don't get there!

So, to make things super-easy, I'm going to guide you through this process. I recommend you set aside at least ½ hour for this – ideally an hour – but it's really worth it!

We're going to start by looking at where you 'are' now. There are some questions on the next page to help. I strongly recommend that you write down the answers, because the act of physically writing (ideally pen and paper, rather than electronic) helps to bring clarity. Are you ready?



Where Are You 'At'?

Here are 10 questions for you – I invite you to pause and take a deep breath, breathing out with a sigh, releasing tension and consciously coming back into this moment. Then ask yourself each question in turn, pausing and allowing your intuitive response to come up. Don't edit or analyse your answers. Simply accept what arrives and write it down.

1. How would you describe your mood, generally, when things are going well?
2. How would you describe your mood and reactions, when things go wrong?
3. How often in a typical week do you feel stressed or anxious? What is most likely to trigger that stress or anxiety?
4. What would you say is going well in your life?
5. What would you really like to change?
6. What bugs you, day-to-day?
7. When did you last do something you really enjoyed doing?
8. How do you feel on a Monday morning? And a Friday evening?
9. How would you describe your general health and energy levels?
10. How often do you feel happy?

Whatever your answers are to these questions, it's ok. If they bring any emotions with them, that's fine – don't dive into the drama or the stories. Simply allow yourself to breathe! You can breathe in calm and breathe out the difficult emotion – and notice how quickly it passes.

Where Do You Want To Go?

This is the bit that most of us haven't figured out yet! So I'm going to share with you my absolute favourite magic question, to help you unlock your answers.

I don't know whether you have ever noticed, but most of us are much, much better at spotting (and talking about!) what we don't want and what we don't like, rather than what we DO want.

And there's a problem with this:

Your unconscious mind gives you what you ask for. If you spend your time thinking and talking about what you're not happy about, guess what? It'll take it as an instruction to find more of it!

Yikes! So turning these "I don't like that" thoughts and stories around will be one of our key focuses over the coming weeks. Phew!

But for now, given that we're looking at where you want to go, here's my Magic Question that helps you to instantly turn that only grumbling habit around:

What do I want instead?

And in the next technique, we'll be working with that question, to help you get clarity on where you want to go – over the next few months and beyond.



For the next few minutes, I'd like you to go through the following process, allowing yourself to be quiet, calm and relaxed as you let the answers to the questions bubble up – and you can write them down:

1. If you could wave a magic wand, what would you change about your life?
2. If you could make a wish and be who you really want to be, what kind of person would you want to become:
 - a. Today?
 - b. In the next 3 months?
 - c. In the next year?
 - d. In the next 10 years?
3. When you were a child, what did you most love doing? What could you do for hours and hours without even noticing time?
4. Fill in the blanks in the following sentences:
 - e. If I had more time, I would...
 - f. If I had more money, I would...
 - a. If I didn't have to do... .., I would...

Now for the icing on the cake:

I'd like you to imagine it's your 80th birthday. Just for a moment, pretend you can get into the shoes – and heart and soul – of that 80 year-old you. Looking back at the years that have passed, what does that 80 year-old you want you to have experienced? How do they want you to have lived your life? Who do they want you to have become? How does it feel, having done all that the 80 year-old you has been dreaming of?

Insider Secret: If you can imagine it, you can create it!

Now we need to do a mini-edit on these answers.

Let's start with a really important question: are any of the things or outcomes you want dependent on someone else's behaviour? For example, do you want Fred to change the way he talks to you at work? Do you want your kids to do something differently?

I'm going to let you in on another secret – two, in fact:

1. You can't change anyone else – only yourself. Sorry!

2. If your happiness depends on someone else, you'll always be at the whim of something you cannot control or change.

So I suggest you go back through your answers to the last exercise and check for any that are dependent on other people changing in any way. The great news is:

You can't change others, but you can always choose how to respond.

So review your answers to the last exercise, asking yourself:

“Given that I can't change the other person, how would I like to react or choose to feel about this, instead?”

“What could I change about my half of the ‘dance’ that would mean their behaviour becomes less of an issue?”

“Which skills or qualities do I want to develop, so that this old issue no longer bothers me – or simply goes away?”

Don't worry about perfection – we'll be revisiting these questions and answers over the coming months. The intention right now is to give you a feeling for where you want to be.

How On Earth Do You Get There?

So now we've cleared that up, would you like to know my absolute gem of a strategy for moving towards where you want to be?

It's amazingly simple, yet it can be the difference that makes *the* difference!

You don't have to jump through hoops or turn life into a game of Twister. Instead we'll be using the power of imagination to connect with your vision and to inspire you to start making those shifts you have been dreaming of!

Are you ready?

There a secret key that unlocks the power of your unconscious mind (the bit that's running the show!), inspiring you to get started, helping to keep you motivated and making it easier for you to keep going, even when you're not in the mood.

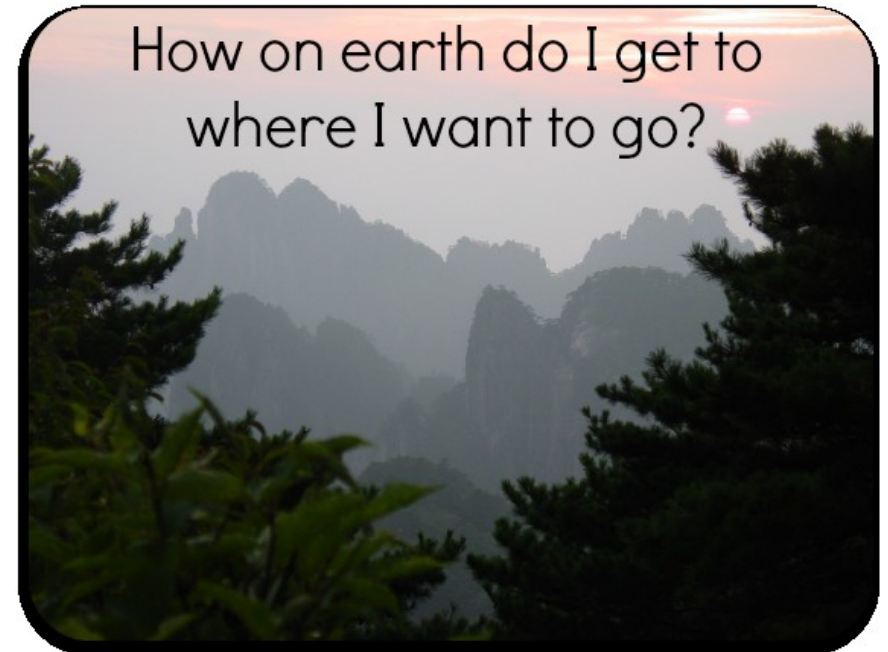
Do you know your 'Big Why'?

Your 'big why' is a reason for making changes that really motivates you.

How can you tell what it is?

Easy!

Go through your answers to the last exercise and draw a ring around those that produce a physical response – in your body. It might be excitement, it might be fun, it might be happiness – whatever it is, it's a positive response. And then...



Now look at the answers you have circled and choose the one that produces the strongest response in your body.

This is the closest to your big why.

So now you'll be able to answer the question: **"Why do I want to change my life?"**

"Because I want.... [INSERT BIG WHY HERE]"

Can you feel how that's going to help over the coming months and years?



I'd LOVE to hear your Big Why – holding each other accountable is one of the major keys to success on this Inner Circle programme. So could I tempt you to share your 'Big Why' with us over at the forum?

Here's a discussion thread for you: <https://www.facebook.com/photo.php?fbid=10152133859966238>

Now: you know where you are. You know where you want to go (at least roughly) and we're going to cover the 'how' over the coming months. Woo hoo!

Would you like one more strategy that can shift things – right now – so that you feel you've already got started?

It's such a beautiful technique that I want to share a video of it with you, to guide you through it, as though we were doing some face-to-face mentoring.



<http://www.clarejosa.com/videos-change-your-life/soul-sized-wednesday-are-you-making-the-1-mistake-that-will-stop-your-dreams-from-coming-true/>

And, when you have watched the video, I'd love to know:

- What is it that your dream is?
- How has the technique in the video helped you?
- What concrete steps are you going to take, **today**, to move towards that dream?



So there you have it, the '**How To Change Your Life**' Bonus Training.

I really hope it has helped you and that you feel you have made a start on this phase of your journey.

I'd love to hear how you got on, over at the private forum. And I'd love to get to know you.

Here's where we're hanging out:

<https://www.facebook.com/groups/806242549387239/>

If you're not a member yet, please click "Ask to join" and I'll get you in and approved asap!

That's all for now.

When you're ready, please dive in with [week 1](#)'s instalment!

And also please do make the most of the online forum, so you can get to know others who are joining us on the **How To Be Happy** journey – and perhaps take the time to work through your other bonus materials. There's no rush – but you might find them helpful!

<http://www.ClareJosa.com/how-to-be-happy/home>

Thank you so much for being part of this exciting journey – and for allowing me to walk by your side. It's an honour.

I can wait to see where the next weeks, months and years take you!

With love, Namaste,

 Clare. ♥

P.S. Got a techy question? Please email a member of my team for support: hello@ClareJosa.com Thanks!