



LIFEWOR^K
Coaching

NEWSLETTER

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This Issue:

The Keys to Happiness

Table of Contents:

The Keys to Happiness

Help Me Celebrate

For busy professional women and small business owners wanting more success and fulfillment in their careers and more time, balance, and joy in their personal lives.

The Keys to Happiness

About a month ago, I noticed I wasn't as happy as I wanted to be. I was busy doing all the things that need to be done for my business... designing my website, developing my first audio products, preparing and practicing for upcoming speaking engagements. All activities I've *chosen* to do. Things that in the past have given me great joy. But something was missing.

What was missing was *me being happy in the moment* doing the things I'd chosen to do. I was so busy doing activity number one, thinking about activity number two, three, or four that needed to be done next, that I wasn't having any fun.

So I started thinking about happiness and playing with how you expand it. I discovered that the more I focus on happiness... the more I'm aware of being happy. The more I'm aware of being happy... the happier I am.

As I worked through this process, I compiled 10 keys to happiness. I hope you'll find these as delicious as I have!

1. Appreciate where you are in life... in your career, finances, and health. Stop struggling, resisting, and *pushing against* the things you want to change. CHOOSE to be happy right here, right now.
2. Focus deliberately on how you want your future to unfold. Imagine the ideal. Visualize it... in glorious detail and living color. Enjoy how great that feels.
3. Change your focus to what you WANT instead of what you DON'T WANT. Catch yourself saying, "I don't want X to happen." Instead, visualize the positive outcome you'd like to create.
4. Consciously create your day. Take a few minutes in the

shower or in your car imagining *exactly* how you want your day to go. Feel all of your interactions and activities flowing easily just as you want them to.

5. Spend 5-10 minutes each day appreciating all that you have... focus on the people you love... the blessings in your life. Get in touch with your spiritual core and watch happiness flow in!
6. Give up something you feel obliged to do. Release it and notice the feelings of relief and freedom and the energy that creates.
7. Consciously *manage* your thoughts and emotions. When negative thoughts show up, do not give them energy, but don't try to squelch them either. Acknowledge your fears and concerns and then concentrate on *soothing* yourself. Your only job is to feel better.
8. Let go of criticism and judgment. Don't take things personally. Ask yourself, "Can I let this go?" More importantly..."Am I *willing* to let this go?"
9. Ask yourself every day, "If this were the last day of my life, what would I be doing differently?" Do more of that. Don't defer joy.
10. Make it a priority to focus on happiness. Incorporate at least one of these tips into your life as a daily practice. When that practice has become routine, add another. The *practice* of happiness builds upon itself and expands your blessings exponentially.

Help Me Celebrate

If all goes as planned – and I intend that it will – my first- ever website will be launched at the time of our March newsletter. As part of my newsletter family, I would love for you to see the result of my efforts.

There'll be all kinds of free stuff for you to enjoy. There are assessments that measure the quality of your life or the health of your business. I've included a library of articles and newsletters that you can revisit or share with your friends.

And, for me, the most exciting of all, is that I'll be offering my first audio programs: *Decide ~ Believe ~ Dream* and *The Power of Attraction*. These were written and recorded in collaboration with my boyfriend, Tom.

All coming soon to a theater near you!

Much love,
Denise

Subscription Information

This free publication is produced monthly and features inspiration and strategies for building your career or business while creating more time, balance, and joy in your personal life. Your feedback is always welcome.

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