



MAKE CHANGE *NOW*

A STEP BY STEP GUIDE FOR
SHAKING THINGS UP

HAPPINESS OVER EVERYTHING

Creating change in our lives doesn't
have to be hard.

Honey, you've taken the first big step already. You landed on my website, you signed up for this guide, and well- you even downloaded and opened it. I'm all for celebrating when it's called for, and you deserve it. Showing up is half the battle. Now the real fun begins. Before you read further, I want you to take a big deep breath.

Breathe in, breathe out.

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Ask yourself: Am I ready to change? Am I committed to prioritizing this? Putting in the honest effort required?

Because if we aren't ready to start giving over 15 minutes a day to this process, then we're just setting ourselves up for failure, and we really don't want to go down that path again. So get out your piece of paper and write down all the reasons why you're already convinced this isn't going to work. Do it. Go deep. Get real- this is for your eyes only.

Now burn that mother fucker!



Or you know, recycle that bastard! But burning feels good- in fact, instagram that shit and tag me in it. I feed off that flame

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Now, take another deep breath and let's get into it already.

Making change in our lives is actually REALLY fun. And SUPER easy. Here, I'm going to give you my TOP 3 practices I implemented in my life that made lasting change stick (and then EXPAND).

The thing we usually get stuck on is taking the first step. We say to ourselves "yes yes, tonight let's do that. Let's sit down and figure out what we want to do next." So..

PRACTICE ONE

Create a bit of space to smile

Part One

Set aside an hour to go through this guide. Schedule that shit out in your ical or the googles. Come back here then. Or if you have the time now, get into your comfy pants (or not pants) and settle in.

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Part Two

Let's take a good look at our lives. I want to do this by looking at joy. Experiencing joy is well... joyful. So, we want to soak up as much as we can. But first we need to get real about our current experience of joy. We're going to get our word-vomit on.

Word vomiting is a super special technique where you write down everything that comes to mind, stream of conscious-like. No erasing, no crossing out... everything goes on the page including those "ugghhs" and "I don't remember what my train of thought was...". This also means that we are not judging ourselves silently- we're doing it on the page. Write down that thought that tells you "that's stupid". Everything on the page. No tricks.

I'm not providing you a special space to do this here, because I want you to be expansive as possible and not feel limited. So get your journal out and go through each of the following questions in order. Write out two words or two pages for each question. **No wrong answers here.**



Photo credit: My World in Clicks

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Step Two (con't)

1. Thinking back, what are some of the activities that you remember feeling joy doing. For example, when I think about my childhood, I remember loving skipping. I could skip all day. I could also lay on hot asphalt all day too, looking for "fools gold". List as many as you can remember.
2. What are some of the things you do for yourself now that bring you happiness? For me, I love having a small dance party for one after I get home from my office job just to shake it off. All Beyonce. All the time.
3. How often are you practicing the things that make you happy? Really take a hard look here. Be honest with yourself. Don't think about what that might mean about you. Just write it out.
4. If that last one surprised you, forgive yourself now. Write a letter of forgiveness to yourself for not prioritizing happiness. "Dear Jo, I'm sorry that it's taken me so long to realize that I've been neglecting joy. For hours of bad television, or just because it was easier to be a grump at the time".



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Step Two (con't)

5. Let's end this with a promise. Get out your calendar and let's plan TWO joyful moments this week. TWO fifteen minute pockets. And from there, we're going to expand. The key to this goal right now, is to ensure that it's possible. It's SUPER important that we set ourselves up for success. Change doesn't happen overnight, it's a result of taking small, soul-conscious actions. Take it slow, build up to soar.

Good idea: On Monday and Wednesday before work and



lying in bed, I'm going to listen to a 10 minute guided meditation from YouTube (BONUS POINTS if you go bookmark that shit NOW).



Bad idea: I'm going to paint a complete watercolour every week. HINT: It's bad because it's not realistic and it's not scheduled- make good choices.



6. **DO that thing you wrote down.** No excuses. We're creating achievable goals and we're holding our feet to the fire. Finish week one and build on that- instead of two pockets, let's go for three. Or an entire hour once a week. Make it fit. Let it expand naturally and keep those goals within reach. Let me know how this goes so we can celebrate together. Tell me about it.

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PRACTICE TWO

Grab a journal, make it your new home

Step One

Building healthful routines that feed us is uber important. This may seem completely pointless. But it's a process in finding the creativity that got tucked away some time ago.

Morning pages are part of the Artists Way's basic tools- something to be done every day

NO MATTER WHAT.

Morning pages are stream of consciousness... For me, that often means a mind-dump of all my "to-dos"- not in a list, but in a long narrative. This is usually followed by some serious grumblings. And then some grumblings about having grumblings. They're often negative, frequently mundane, self-pitying and repetitive. Get it on the page and out of the way of your creativity. Give this negative being a name, an image. And put them on your notebook for your morning pages. Let your worst critic roar on the pages. Shake that mother-fucker out. Because you know what...

There is no wrong way to do morning pages. So as you write down those nasty thoughts about yourself and your artistry and your creativity, remind yourself that this voice isn't a voice of reason. You can't fuck up morning pages! This is an exercise in writing, but it isn't writing per say. It isn't art. It's simply expression. Art has no rules. Morning pages do.

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The Rules

1. Do it. Without take-backs and cross-outs. Just write out those thoughts.
2. No one reads it but you (and even you might consider not reading them for the first couple of weeks).
3. You must write three pages.
4. This isn't point-form lists. This is long-hand writing. Preferably on paper with a writing instrument. If you need pretty paper, I know a gal.

This is also going to teach you about mood. We don't need to be in a specific mood to get creative, we just need to do it. So just do the notes, even when it's the last thing you want to do. Even if it means writing "I don't want to do this" for three pages. Just do it. Not like Nike, but the way you want to do it! This is your morning meditation. Tap into the power that comes from staring your demons in the eye and walking on past.

This is the path to finding the inner wisdom that is at the heart of creativity.

"These pages lead us out of despair and into undreamed-of solutions". – Julia Cameron

So let's get there. Again, no excuses. This will take 10 minutes of your day. Set a reminder if you have to.

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PRACTICE THREE

Sisterhood, babe.

I spent the majority of my life trying to be an island. And it was a lot of fun, until it wasn't. Until I got to a place where I could no longer move forward, and it felt crushing.

So do yourself a favour and call in support now,
in whatever form feels good to you; online, in-person... whatever
floats your self-care boat.

It's important to recognize two key things here:

1. You can't do this all on your own. That's asking too much of yourself. You can be you AND be vulnerable. The lessons there are to learn about the power of vulnerability are infinite. Dive in head first.

2. You can't look for support from one place. That's asking too much of them. We need to find multiple points of support for our multitude of journeys (that we're all taking at the same time).

Examples of some of the support I've called in over the years: Coaching (doy! Currently I have 3!), My Gal Pals, Books and book clubs, Self-help workshops, Meditation groups, Yoga classes, Yoga retreats, Counsellor, Personal trainer, self-study Courses, Online groups (Facebook, forums, etc.)

Be active in your support. Ask for it, tell people how you need it. Then give of yourself in return. And celebrate, celebrate celebrate.