

Let's GET You HAPPY First

4 Steps To Your Happy

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Home Study Course

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Part 2

Wholeness

Part 2 – Wholeness

What part of my life (as lies I believed or was told) am I willing to release to embrace a new life?

Part 2 – Wholeness

The **Story of the Amazing ME** - write your story of all the amazing aspects of you that make you whole and that you appreciate.

Part 2 – Wholeness

Cultivating My Wholeness

Mind: Journaling, Silence, Conscious Thoughts, Daydream Goals, Reading Think and Grow Rich, Millionaire Mindset.

Spirit: Followed intuition, gratitude day, live a principle: beauty, joy, peace, compassion, inward focus.

Body: Exercise, dance, walking, stretching, sleep, eat more veggies.

Indicate below for the month, which you did on each day by letter.

Month: _____

Sunday Monday Tuesday Wed. Thurs. Friday Sat.

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Part 2 – Wholeness

Self Discovery and Self Reflection

You are a super being. You have a mind, you're not your mind, that you are to use and program for your success, happiness, fulfillment and freedom.

You have a body, again you are not your body that you are to use to physically accomplish task; and stimulate the flow of energy throughout your being.

You have a heart, this is what you really are, which is the greatest navigational system gifted to you by your Creator to always know where you are to be, how you feel, and what experience is calling you into a grander version of expression.

Too many times, we are out of alignment with our power favoring one over another. However, when we recognize the value of our full and complete alignment with all the divine aspects of our being... we are powerful.

Look at your life experiences that involve your heart, especially those where you find yourself thinking, my heart was broken, or my heart betrayed me.

1. Make a list of all those experiences, note the year.
2. Identify the story you tell yourself and others about the experience.

Part 2 – Wholeness

3. Set aside some time with each experience and identify the **nuggets/diamonds wrapped in sandpaper** in each story.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Again, set some time aside and explore the follow....

4. How much do I believe in myself? Think of circumstances that rob your belief in yourself & explore how it happens. Write your insights.

Part 2 – Wholeness

5. What are you willing to do to allow your heart to be free to express and navigate your journey with you? Write your actions and insights.

Begin to notice what you hear or feel your heart say....

Write down what you notice, hear or feel:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.