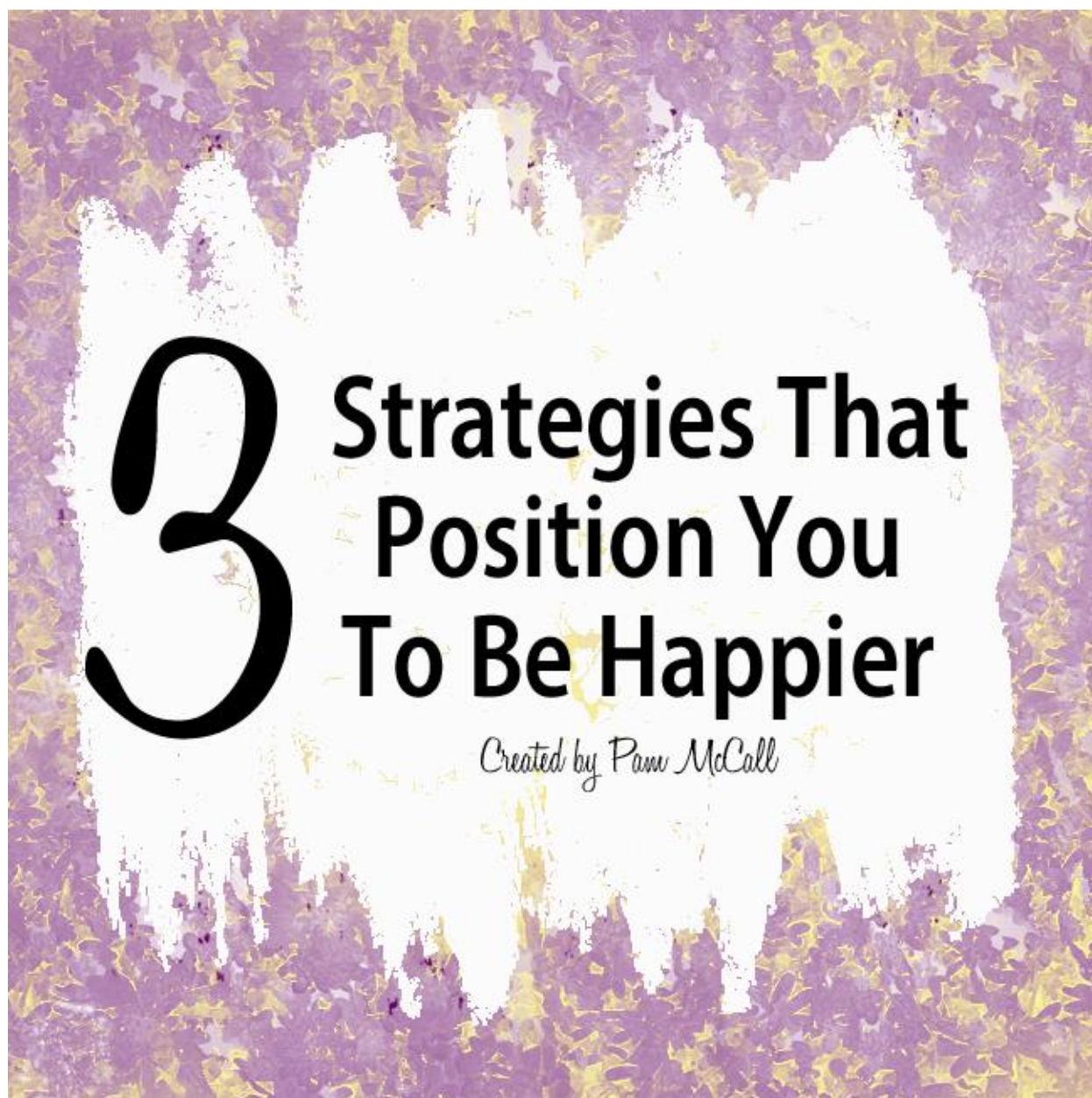




I'm excited for you because you've decided to take a stand for your personal well-being and true happiness.

This mini-training is for women and entrepreneurs. You will benefit if you struggle with purpose as a business person. It will help anyone feeling overwhelmed, uninspired, and anxious about life and seeking a path to feeling inspired and happy.

[Pam McCall](#) – Life Coach/Spiritual Teacher #LifeByDesign
Teaching Life Skills and Spiritual Practices to Women Entrepreneurs
Who want to be happy and bring their lives into balance.

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Strategy No. 1 DAYDREAM

They who dream by day are cognizant of many things which escape those who dream only at night.

Edgar Allan Poe

Daydreaming is good for you. It helps encourage creativity.

Have you ever been in a creative space where you lose yourself for long periods of time? Creative thinking has an energy that grounds you and excites you all at the same time. Great feeling of calm, but inspired focus.

If you can take your thoughts to a place where you feel better, naturally you're going to be happier.

Give it a try, go to a happy place now.

Mentally, daydreaming is good for your health. It allows you to freeze frame reality for a moment and let you catch up when your energy is higher. Wonderful way to de-stress.

Action step for Daydreaming below...



Action Step-

Spend a few minutes (or more) each day DAYDREAMING about anything you want. Allow yourself to live in the clouds for a bit, just like you did as a kid. How does it feel to escape even if for a moment? Notice if it makes you feel happier.

What did you daydream about?

Strategy No. 2

APPRECIATION

Appreciation can
make a day, even
change a life.

Your willingness to put
it into words is all that
is necessary.

Margaret Cousins

Happiness is a state of mind. If it doesn't come natural to you, then it's a decision. No problem, just decide.

In order to experience happiness you don't have to be in a state of elation.

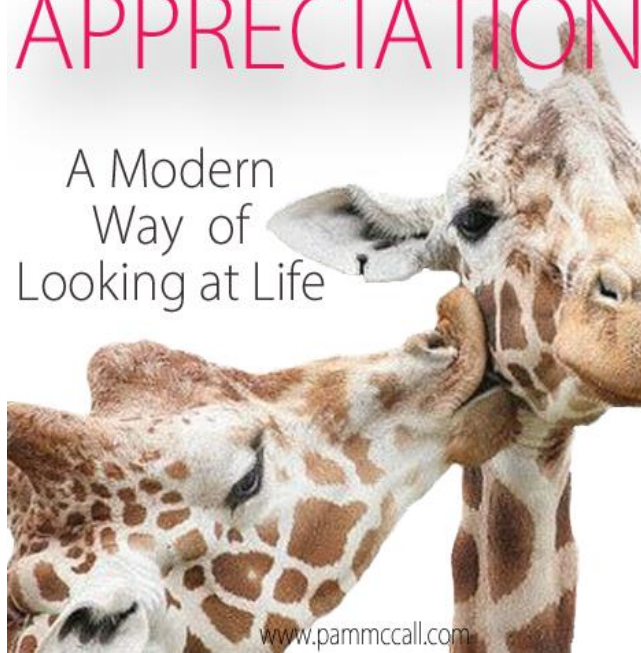
To step up a level, all you have to do is get from angry to mad, from excited to thrilled, or worried to cautious. Anything that makes you feel better.

Appreciation and gratitude are tools that can move your emotions very quickly. There's something to be appreciative for in every instance. If you don't like your weight right now, be thankful you have eyes to see and a voice to speak. It takes the focus off your weight.

Action step for Appreciation below . . .

APPRECIATION

A Modern
Way of
Looking at Life



Action Step-

For one week, keep a daily gratitude journal (or just make a list on your phone) of all the ways money comes into your life and be grateful every time it happens. If you find a dime on the ground, get a refund, get a discount on something, it all goes on the list. Pay attention to how you feel when it happens. Does it make you happier?

So, did you find any new money?

When you received unexpected money, no matter the amount, did it make you feel better?

Can you APPRECIATE the different ways money comes into your life?

Strategy No. 3

SELF-LOVE

Never allow someone
to be your priority
while allowing yourself
to be their option.

Mark Twain

2015 was my year to find joy in [my life](#). I found it in places I never expected. One was in the practice of self-love. My value was inside, not externally.

Only when you love yourself will you experience true happiness. If you're not feeling the attraction so much right now, that's ok. Start by changing your inner chatter.

How do you speak to yourself? Are you condescending and judgmental? If so, change what you say to yourself in your thoughts and comments you make.

"I'm fat." "I am so stupid." "Ugh! I can't believe I keep doing that." "I'm too afraid to try it." You get the picture, change the rhetoric. Talk to yourself like you would a friend.

Action step for Self-Love below . . .



Action Step-

Every morning, look in the mirror and tell yourself how you enjoy something about your personality, or what you like about your body. Maybe you like the way you look in red or how good of a cook you are. (Anything!) Then say, I LOVE YOU . . . like you mean it. After a week, see if you feel happier about your bad self. ☺

Hello, I'm Pam McCall

It's Your Life, Design it in a way you'll love it!!



To find out more about me and how I can help you create a life you can appreciate, visit www.pammccall.com/about

