

Love
you  YOU
30 Days to a Happier Life.

RUHAPPELIFE COACHING

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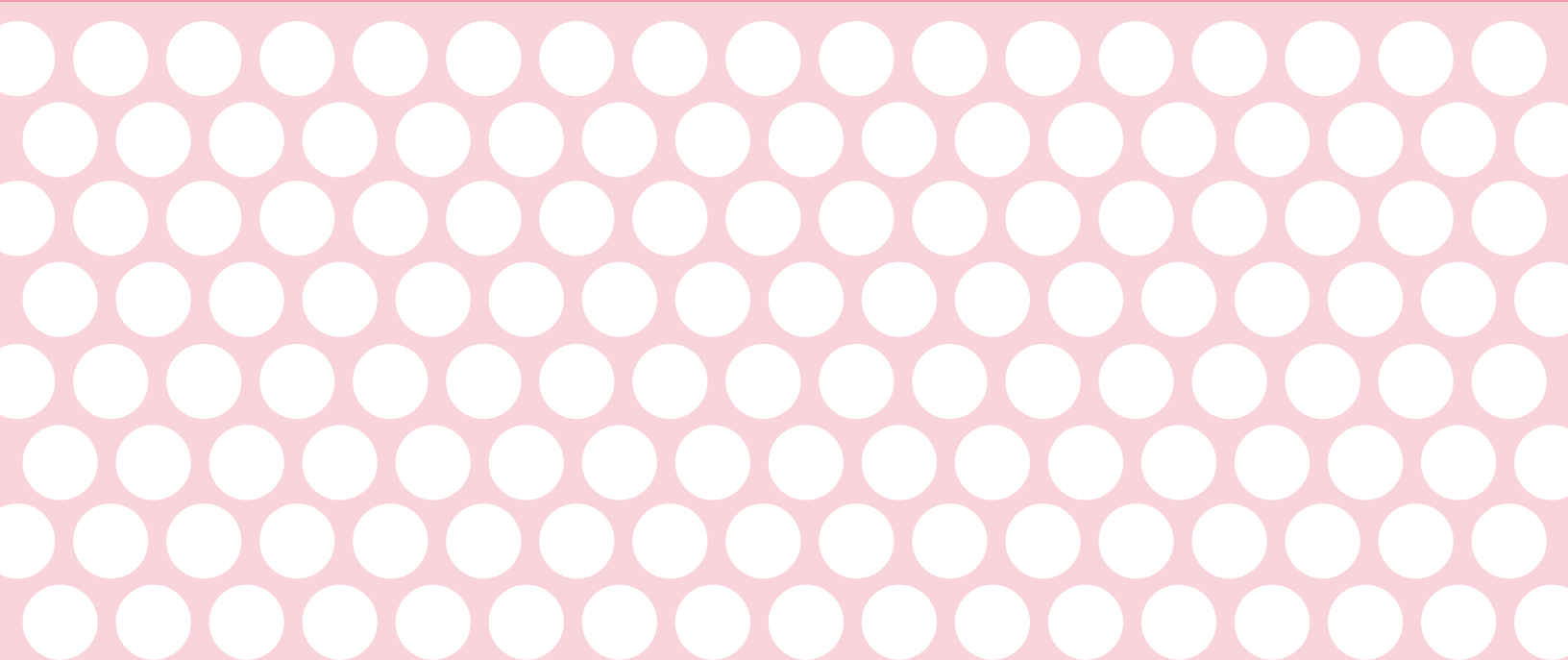




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Introduction

I came up with the idea for this program after a morning meditation. Almost instantly I felt a need to create a program to help millions of woman live happier lives. This is normally how the process works for me: I have the desire to put a piece of work out into the world and the idea comes. When and from where it comes I have no control. My job is to be grateful for the seed and go about the work of planting the wonderful gift that has been given.

This is the first course offered by Love University or Love U as I affectionately call my new series of courses. My sincere intention is to give you all the tools you need to start living a happier and more productive life. You're reading this because you want to live a life filled with love, happiness and passionate work. The problem is that you never really were taught how to do that and live a life filled with doing and being who you "think" you should be. I'd like to change that with a series of classes to help you focus on issues that cause unhappiness and lead you to solutions that immediately will help you live a happier life. By the end of the month you'll be a lot clearer about what's important to you. You'll be closer to living a life filled with more joy and a lot closer to living the life of your dreams.

How the course works

The course will offer expert Life Coaching to help you start living a different life

Each day you will have a short reading and/or writing assignment. Each week you also will be required to spend at least an hour doing something that makes you extremely happy. The only catch is that you have to do it alone.

Thanks for taking the first step toward living a happier life. Please know that you deserve it and I'm grateful you're taking this giant step with me. Feel free to e-mail sheryl@ruhappe.com any questions or concerns that may come up during the course.

I am just an e-mail away!



Week 1:

Learning to Love yoU a whole lot more

Day 1 What I love about ME!

Write five things you love about yourself.

1. _____
2. _____
3. _____
4. _____
5. _____

Why do you love these things about yourself?

What do you do to celebrate the special things you love about yourself?

What do you do or say when someone gives you a compliment?

Your job today is to notice how comfortable you are in your own skin. If you had a tough time writing five things you love about yourself it's likely because you never ever think of yourself in that way. You may not notice how much time you spend focusing on what you don't love about yourself; you're not alone. Women often obsess about what our bodies don't look like. We constantly complain about what we can't fit into rather than the wonderfully unique attributes that make each of us who we truly are. It is time to become more conscious about what you're thinking and pay close attention to how these thoughts make you feel. Brain researchers estimate that we process more than 70,000 thoughts a day and only are aware of just a precious few. If you're careful, you just may be able catch a fleeting thought.

It's a wonderful moment when you're able to see what you really think. A few weeks ago I saw an attractive man and suddenly thought to myself, "He's much too handsome to be attracted to you." Wow! It was like my best friend just stabbed me in the heart and it really hurt! As I processed this nasty little thought I traced its origins back some 30 years ago when my fragile heart was shattered into a million pieces by my first true love — a rather handsome fellow. This wonderful revelation led me to the subconscious thought I've believed all these years: attractive men break your heart; unattractive men don't. I guess that explains why I've been attracted to men who were nice and not very good looking. This helped me uncover a whole lot of negative thoughts about my ability to date an attractive man who also was a great guy. Now I'm more aware of my thoughts when I meet new men and have become comfortable in knowing that my one true love — wherever he is — will be someone I enjoy being with and looking at as well.

Day 2 What I dislike about me

Write five things you dislike about yourself.

1. _____
2. _____
3. _____
4. _____
5. _____

Why do you dislike these things?

In what ways does this dislike show itself in your life and your relationships with others?

How long have you disliked these things about yourself? Can you trace this back to a specific time, place or event in your life? (The way I did when I thought the guy was too good looking to date me.)

Was it easier to write about things you dislike or things you love about yourself? Why?

Remember when you were a little girl and the thought a Boogie Man in your closet was the scariest thing in the world? No matter what anyone said, you knew he was there waiting for the perfect opportunity to get you. Your job is to confront these thoughts (which are cleverly disguised as the things you dislike about yourself) and expose them as the monsters in the closet that they really are.

You will uncover the thoughts that make you unhappy during the next couple of days. Most of the time this is a simple process that involves asking the question you just answered above. Knowing what you hate or dislike about yourself is the quickest way to get to the heart of your deepest fear. From there you can get to a place of self-love and acceptance. It's not an easy process at times, but it's well worth the effort.

Answering this question has drastically improved my life on several occasions. One thing I dislike about myself is the fear I feel flying. I once was stuck in an airport for more than three hours because severe thunderstorms prevented the plane I was waiting to board from leaving Philadelphia. With each new announcement I found myself getting more and more angry until I seriously thought about canceling the trip and going home. At that moment I asked what I really hated about this experience and I realized it had nothing to do with the delayed flight. All I really wanted at that

moment was to conquer the intense fear I feel every time I board an airplane and the sheer panic that makes me want to scream uncontrollably just as the plane takes off.

Once I realized this, I remembered how I cope with this fear. I consciously focus on breathing and count the seconds I feel out of control once the plane lifts off the ground. Once I knew I was able to handle the fear, I listened to my favorite piano music and instantly calmed down. When I boarded the plane this time I counted only eight seconds of fear. I guess the moral of the story is that we can control our thoughts, especially the ones that make us unhappy.

Your job is to make peace with what you dislike about yourself or your life, much like I did with my fear of flying. The way to do this is to question your thoughts and see how true they really are. It's quite simple. Pick something you dislike about yourself from the list you wrote earlier and answer the following questions.

One thing I really dislike about myself is: _____

How do you want this to change?

What needs to happen for it to change or be different?

In what way is the answer you wrote above not true?

What can you do today to change what you dislike about yourself?

What can you do tomorrow?

What can you do the day after that?

This is how one client answered the questions:

I hate my muffin top belly that hangs over my pants and makes me look like a fat cow when, in reality, that's my only problem area. I'd really like to have is a tummy tuck or a way to hide that embarrassing problem. Several things need to happen before I can solve this problem: get an estimate for a tummy tuck, buy a girdle to keep the muffin neatly inside it's container, start an exercise program to lesson the spillage over my pants or figure out a healthy way to lose weight. After investigating the tummy tuck I found out it's not covered by my health insurance and would cost around \$9,000. That's simply wasn't feasible (or true for me) right now so I decided a trip to the mall was in order. I never knew there were so many types of girdles and I bought one. I didn't like wearing it and decided loosing weight would make me feel better and live longer so I talked to a few friends at work that had similar concerns and we started a walking club a few days later. I immediately felt better and two weeks later I lost five pounds. I really thought I would have to live the rest of my life with this muffin top spilling hideously over my pants. Thinking about my problem in a different way and coming up with a list of solutions made a huge difference and now I feel a lot more confident in my clothes. I'm glad I don't have to go through another summer sweating profusely because I 'thought' I needed to wear a sweater or baggy jeans to hide my waist."

Day 3 What I dislike about me Part 2

Pick another item from your list of things you dislike about yourself and answer the following questions just like you did yesterday.

What I dislike about myself is: _____

How do you want it to change?

What needs to happen before it can change?

What step can you take today to get what you just wrote?

In what way is the answer you wrote above not true?

What step can you take tomorrow and the day after that?

You can do this exercise with everything on your list on a separate sheet of paper. This activity gives you the opportunity to problem-solve in a different way and helps you live more consciously. Your goal is to challenge all of the negative thoughts you have about you, your life and your ability to live a happier life from now on. It's turning off the internal chatter that says, "I can't do or be or I'm not (smart enough, pretty enough, wealthy enough) to do whatever it is I want to do or be." Now that you have this valuable tool it is my sincere hope that you use it at least once a week for the rest of your life.

Day 4 Mirror, mirror on the wall

When we're happy in our own skin and love ourselves more than we love anyone else, everything in our lives is much happier.

Why? Because we're constantly focused on doing and being true to ourselves. We spend time with people we love. We do work we love.

We spend every waking hour pursuing things that bring great joy to our lives. For most women that's not the case. We are so accustomed to doing and being what we "think" we should be and doing what we think we should do that we somehow lose track of what we want and what we need to live a happy, happy life. Here's a perfect example of what I'm talking about. I love watching "What Not To Wear" on TLC. Normally some unsuspecting woman is ambushed in front of her family and friends and challenged to learn a new way of dressing. The hosts, Stacy and Clinton, are hilarious and have some of the best one-liners geared toward persuading the poorly dressed victim that dressing differently will help them live more confidently. Most participants whole-heartedly embrace the challenge and are thoroughly transformed inside and out by the end of the 30 minute program — all except for one woman from Texas. She had big, bleached-blond hair straight from the 80s and wore lots of rhinestone-embellished clothes. She bombed the first day of shopping and was redeemed the second day after Stacy and Clinton helped her find a real sense of style. After Nick cut her precious golden locks and toned-down the color, she cried like a two year old who had just lost a favorite toy. She hated her hair so much they re-curled it. I've never seen that done before. She still wasn't happy. My point is that she had so identified herself with her hair that she "thought" living without it wasn't an option. At the end of the program, after the reveal where friends and family told her how beautiful she looked, she went to her hair dresser and had her hair colored back to its original bleached-blond look and had extensions added. The new hair looked worse than the original.

Why did she do that? After Nick showed her the new hairstyle one of the first things she said was, "Men won't like my hair this short. Men won't find me attractive." She based her whole look on what she "thought" men would like. I instantly thought she was terribly wrong.

Men won't like her bleached-blond hair because it really wasn't her. It was part of a persona she "thought" made her attractive when in truth it made her look 10 years older. The point of this story is that we all know what's best for us deep down inside when we take the time to find it. We all know what looks good on us and we sometimes get so caught up in the stories our thoughts tell us that we aren't able to realize the real truth.

Your job today is to focus on all the things you love about yourself. Louise Hay strongly urges in her book, "You Can Heal Your Life" to do what she calls mirror exercises. While looking directly at yourself in a mirror say out loud, "I love and accept you exactly as you are." She explains many people find this difficult or impossible to do because we're not conditioned to say these types of things to ourselves. Heck, we very rarely say nice things to ourselves.

I suggest you try this today and see what happens. When I first did it I thought it would be the easiest thing in the world. I've never had a problem with me. In fact, I reasoned, I'm one of my biggest supporters. Yet, when I tried this for the first time, I felt a little silly and noticed a small voice that immediately gave me a long laundry list of how this couldn't possibly be true. I noticed the lines around my eyes, the scar over my left eyebrow, the fuzzy little hair that seemed to frequent my upper lip more these days and the million blackheads that I once thought were freckles on my nose. After several weeks I got better at this and now try to say these words to my beautiful reflection every time I look into a mirror. I accept my imperfections as a badge of honor that signal I'm still alive and doing quite well.

Please be mindful of your thoughts when you do this activity. Try to do this for two minutes. You can use a timer. After you finish your first mirror exercise answer the following questions.

How long were you able to do the mirror exercise?

What were the first thoughts that came to your mind?

Were they positive or negative?

How did you feel after thinking these thoughts?

Were you aware that you had these thoughts about yourself? Please explain:

How have these thoughts shown up in other parts of your life?

Day 5 Loving the woman in the mirror

If you're like most women, you probably had a negative thought when you did the mirror exercises and that's perfectly normal. Your job today is to challenge these thoughts. Only do this activity if you had a negative thought when you did the mirror exercise.

What was the first thought that you were aware of during the mirror exercise?

In what way is this thought untrue?

What is the exact opposite of the negative thought?

What would it take for you to believe the thought you just wrote?

Which thought makes you happy: the first thought (negative) or the second thought (positive)?
Please explain:

In a quiet place imagine yourself really believing the positive thought and then write it five times.

Spend the rest of the day repeating this positive thought over and over again. Your job is to say this to yourself at least 200 times. If you say it in a mirror you only have to say it 100 times. Have fun.

Week 1 Review

Think about your experiences this week while answering the following questions.

What did you struggle with this week?

Did you resolve this struggle? Please explain:

What lessons did you learn about loving yourself?

What work still remains to be done about the things you dislike about yourself?

What issue or questions do you need help with? Be sure to e-mail any lingering questions you may have to sheryl@ruhappe.com.

In what ways, if any, have you started living a happier life?

sneak peek
PROMO COPY



SHERYL JONES

I hope you enjoyed this sneak peek of
Love yoU: 30 Days to a Happier Life.

To purchase the book in its entirety
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Love
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30 Days to a Happier Life.