

## How to Work Yourself Happy

***“How do YOU intend to experience the rest of your life?”***

Quotes straight from the mouth of Terri Levine, Master Coach  
[www.terrilevine.com/workyourselfhappy.htm](http://www.terrilevine.com/workyourselfhappy.htm)  
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***Here I've given you one of the most amazing tools to create happiness for yourself. These are my best quotes and my five secrets on how to Work Yourself Happy. Take it all in, close your eyes after each quote and really breathe it into your essence, get a feel for how YOU can make it a part of your success and happiness. Enjoy the journey!***

*--Terri Levine*

Blend work so that it fits with your life-Don't settle for less!

Think you don't have to be your own boss? WRONG, you do!

Connect the right work at the right time.

Reinvent as you grow and change.

Work isn't about \$ or success, it is to honor ourselves.

17 Second Rule: 17 seconds of pure focus (thinking) equates to 40 hours of action (doing)

Forget "shoulds," create "wants."

Career happiness – doing what we love

## Clear the Past: (secret 1)

Most careers are created by default... not to enhance one's life experience.

Any time a client confronts a negative story, encourage movement to a higher story- ie:

*What are your beliefs about work?*

*What are your dreams that died?*

*Where was change beneficial in your past?*

Whatever we focus on gets larger

Whatever we resist, persists

Focus on lack...get more lack

Lock-on metaphor – like TV satellite signal

STOP apologizing...blaming...making excuses

SNIOPer's –Suggestive to the Negative Influence of Other People

Whatever you really really want, you get

*Q What do you really want? ...what is it about\_\_\_ that intrigues you?*

Forget the "HOW" for now – we'll come back to it later

Sacred contract:

Surrender

Articulate issues to resolve (tape or write)

Specifics: name, date, subject details

One contract per issue

Let it go (claim, release, visualize...gratitude)

Operate in NOW

We create our reality thru our thoughts

If our thoughts are in the past, we are stuck

Tell your brain what you want it to think

Shift out vibration:

I want what I don't have

I have what I don't want

Notice: resistance attracts

Feelings are a powerful magnet

It shows up if vibes are in alignment

Key: What **IS** working? (shift the paradigm)  
Compile in an Evidence Journal

## **Previous Endeavors** (secret 2): look for common thread (perhaps decade by decade)

Past Experiences  
Shifts & wins  
Joy  
Fun  
What's missing?  
Wish list

Build a life story of significant events  
Events effect where we are today.

*What past experiences resonated for you?*  
*Who/what influenced you?*

*What would the perfect job look like?*  
*What would the job from hell look like??*

Spend uninterrupted time looking at this.

## **Know Yourself Really Well** (secret 3): What's authentic? Unique?

The more you define yourself, the more you Work Yourself Happy

If it's a struggle for you, ask 5 people who know you well to tell you  
your personal & professional strengths

You are what you value – *What are you drawn to?*

*What do you stand for?* (no should's allowed)

Priorities  
Balancing life roles  
You ARE at choice

***How do you intend to experience your life?***

If you do what you value, you ARE working yourself happy

*Are you going to do it whether or not you find a partner?*

*If you made ½ the money, would you still do what you do?*

Gifts sprinkle magic dust on aptitudes

*If you're not using your gifts, what are you using?*

Habits can be unlearned, "stories" can be re-created:

Abandonment – "people will leave me" (fear, panic)

Deprivation – "my needs won't get met" (hopelessness)

Subjugation – "it's always YOUR way"

Mistrust – "people can't be trusted" (quick to anger, rage)

Unloveability – "I'm flawed" (shame, humiliation)

Exclusion – "I don't belong" (anxiety in groups)

Vulnerability – "catastrophe is coming" (fear losing control)

Failure – "I'm not good enough" (self-doubt, sadness)

Perfectionism – expect too much, self-critical

Entitlement – "Rules don't apply to me" – "you owe me"

Don't avoid the fear, redefine it.

Shift the energy:

Be aware of dominant pattern

When does it run?

What are thoughts & feelings?

*What are some of the ways you might sabotage*

*yourself?*

*Let's try to prove your limiting belief!*

Identify it without being hard on yourself

Shift Pattern (apply tools)

Re-create program

## **Soul Destination** (secret 4): (Can be a 1 to 3 year process!)

Soul destination will continue to evolve throughout your life

One's "calling" isn't chiseled in stone

Career choice is NOT a lifetime commitment

There's always room to re-invent yourself

Vision what you want

Write what you want

Ask for what you want

Share with others what you want  
Align your head with your heart

Develop Focus Plan: take an integrated look at beliefs, programs,  
and sabotage behavior

Write the script of your life the way you want it to be:

*What do you want?*

*What is it that leads you to want it?*

*What do you need to let it in?*

*What beliefs are keeping you stuck?*

*What beliefs are you willing to embrace to activate what  
you want?*

In the short run, life may appear out of balance –it's the price  
you may pay for starting a new business

Develop a focus plan: *Are you willing to commit to plan to succeed?*

**F-O-C-U-S** (#1 reason for failure is absence of focus)

**F**eelings (what are you passionate about)

**O**utcomes

**C**larity

**U**nification of thoughts & feelings

**S**trategize

**P-L-A-N**

**P**lay

**L**ove what you do

**A**lign with like-minded people

**N**avigate the flow of opportunities

New Reality Plan:

Create your vision

*What is your ideal life like? (use a magic wand)*

*What feelings do you have in the new reality?*

Name 2 primary essences

Create goal ("I allow myself to...")

*What don't you want? (get rid of junk)*

*What DO you want?*

*How much do you want it?  
What is it that leads you to wanting it?  
What's stopping you?  
What is the story you're telling yourself?  
What is the fear?  
"...and then what happens?"  
What do you want to be known for?*

Ask yourself, "Does that decision afford me the specific feelings I want?" If the answer is yes, then it's easy to pursue with authentic commitment.

Take action TODAY...and every day thereafter

Most important resource: WHO (not what)  
*Who's voice are you listening to?*

*Do you really want to get to be \_\_\_\_ (some age a few years in the future) without having THAT skill?*

## **Enjoy the Journey (Secret 5): (It's not the destination!)**

"Life is what happens to you while you are making other plans."  
- John Lennon

Don't be so focused on the result that you miss out on the journey

Your work is only a piece of your life  
It's not who you are...it's just what you do...

"How can my work make a difference?" (keep your job...but make it happy)

Tools:

Evidence Diary (Journal) – what is working  
Flow (let it happen vs make it happen)  
Already perfect

### **5 Question Framework:**

*What do I know is already right? (what's working)  
What makes it right? (why is it working)  
What would be ideally right? (new reality)  
What's not quite right yet?*

*What resources can I find to make it right? (inspire)*

Extraordinary Self Care Day

One 24 hour day

One day every 30 days

Life is not about producing results

Looking forward to list...

**Some other ideas:**

Challenges to Stress-Free Productivity:

Too much to handle, too little time

No edges (or ends) to work... Terri's old idea of closing the door

Key: clear the mind be flexible, describe the time when you're really productive

Close the Loops: Design Day

**Work on your business, not in your business**

Interruption-free – one day/week

Use objective tools (not mind collection tools)

Make intuitive choices

Close all open loops 100% - get clean, clear, current, complete

Gather & process

Key: Think about, more than realize

It's not lack of time, rather lack of clarity

Manage actions, not stuff

Project Planning:

Clearly defined outcomes & next steps, reviewed regularly

Written master list (concentrate on step, not projects)

Less doing, more brainstorming

Have fun

Specifics, with clarity

More planning, better results

Eliminate stress of over-commitments

Commitments: Big Trouble

Stress of over-commitment

Frustration over incompleteness

Write out project & outcome

*What is the next physical action to move forward?*

*What changed?*

Manage the action:

Think more effectively (ease...control)

Manage actions to do only (can't "do" projects)

Make appropriate choices

Do it

Delegate it

Defer it

Dump it

"Drive the business; let it not drive thee." B. Franklin

Spring Clean Your Life:

Working for a living or working for a life?

Working for a lifestyle, or living your life?

My work is not my life, but a rich part of it

My work environment brings out my very best

My work meets my needs – intellectual, social, emotional

I automate, delegate, and dump...

I am naturally inspired

I am evolving.

