

My 7 keys to happiness

CREATE MORE #SELFLOVE IN YOUR LIFE

BY SUSAN SCOLLEN



***Happiness truly is an inside job,
but we're not raised to believe that.***

We think to be happy we have to:

- Buy new high heels, that look simply amazing!
- Buy a new car
- Eat beautiful, clean food

Or some version of that.

Then there are other ways we think we'll be happy, and we often ask other people to create our happiness for us:

- If only my husband would put the washing away
- If only my children would pick up the mess
- If only my boss didn't put unrealistic demands on me

***The true magic starts when we turn up for ourselves
and we believe our dreams are possible.***

To truly be happy, we have to 'go first'. When we go first, we anchor into our own belief of what's possible and we move from that place.

We can go first in all areas of our lives:

- Relationships - say I love you and I'm sorry, book in date night
- Career - dive into that new project and take full responsibility for it
- Self-love - start mediating, go to bed early, read aligned books
- Physical - go for a walk, join a gym, take up yoga
- Nourishment - try out a new recipe, eat more fruit, drink more water

In those moments when our brains comes up with stories of why we shouldn't do something, let's choose to create a different story, because the decision to show up for ourselves is made and now's the time for aligned action.

***Remember, when we create more health in our life,
we get to choose the direction our life takes.***

Each of my 7 happiness keys will support you in creating greater health and wellness. They intertwine and when applied daily, our lives truly blossom.

Love Suze xo

Nothing changes if nothing changes

How to use My 7 Keys to Happiness

Making changes in our lives can feel hard and that's because:

- What we're doing is new, or
- What we want to do is different, or
- We don't want to make the change.

If it feels easy to make a change then we've generally done something similar before, we're ready for the change or we believe that the change is good for us.

Whatever it is for you, be kind to yourself on your journey, Key #1.

What I recommend you do with My 7 Keys to Happiness, is:

- Print off Page 18 - *'Today I remind myself to...'*
- Read through the book, one Key at a time, and
- Identify 3 things within each Key that would support you and recording it on *'Today I remind myself to...'*

Next commit to 14 days of practice, where you pick 1 thing from your *'Today I remind myself to...'* list and take action.

Perhaps you choose your thing the night before and put in your calendar when you're going to do it. Perhaps you intuitively choose it on the day. Explore what works best for you and allow it to evolve.

Also, don't hold on so tight that you let go all together. If you miss or skip a day, that's ok, just turn up the next day. There is no perfect way to do this.

Remember, this is about learning to turn up for yourself, and no matter what you do or don't do, you're turning up for yourself because you're aware you want things to be different, and it's coming.

I've also given you affirmations with each Key that you can use in your daily life or that can inspire you to create your own.

Key #1: Be kind to yourself

*We're really good at being kind to others,
but not so good at being kind to ourselves.*

We tell ourselves that we're being kind because we:

- Buy our favourite coffee
- Get our nails done
- Buy ourselves a beautiful dress

And that might be kindness in the moment, but it could also be putting icing on a stale cake.

Let's think about it, imagine you're being kind to your friend, and you're telling her:

- 'It's ok, you're a wonderful mother, and you're doing the best you can'
 - but all the time you beat up on yourself for not turning up for your kids.
- 'It's ok, you can have another glass of wine if you feel like it'
 - but you're telling yourself you drink too much.
- 'It's ok, don't worry about your husband, its time you do things for yourself'
 - but all the time you're waiting for your husband to create the life you want - even though you tell yourself your not.

*At some point we realise that we're not being kind to ourselves
and it's time to choose ourselves and what we truly want.*

The other story we tell ourselves is that being kind to ourselves is being 'selfish'.

As women were taught to give everything to others, to push through and not take time for ourselves. This is one of the greatest lies of all time. It's an old story, one that's been passed through the generations, and it's time to release that story because here's the secret:

When we give to ourselves first, we have so much more to give to others.

When we stop judging ourselves, we can choose to say to ourselves:

- Thank you for expressing how you're feeling right now, it truly shows me what's important and it's ok to be here.
- Thank you for comforting me with yummy chocolate, perhaps we can sit and journal too and look at why we're eating this, from a place of love and curiosity.
- Thank you for ending another relationship and looking after yourself.
Thank you for choosing you, now let's start exploring where we want to go.

When we move into a place of kindness, and love, we start to transform our mindset. We create the space for understanding, grace and acceptance of what is, and the opportunity for change.

Creating kindness and love for ourselves is the first step in creating happiness in all areas of our lives.

Your Affirmation:

I speak to myself with a kind heart that's full of love.

Key #2: Allowing your intuition to guide you

Every soul has an inner voice, an inner knowing that's here to guide us. Our intuition is soft and kind, it takes us on our journey if we're willing to listen and say 'yes'.

Your possibly thinking, I'm not intuitive, but let me ask you this:

- Did you feel guided to your partner?
- Did you feel guided to have children?
- Did you feel guided to move towards a particular career path?
- Did you feel guided to move to a particular home or location?
- Do you sometimes feel guided to spend time with a particular person?

This is our intuition supporting and guiding us. The key is allowing ourselves to see that we're being guided.

We're guided to particular relationships, careers etc. for our higher good.

These people, places or things will help us grow and expand, and when we've learnt what we're meant to learn, then we'll be guided to a new experience.

At every point we get to choose.

- Do I stay in this relationship or do I go?
- Do I have children or do I travel the world?
- Do I become a nurse, a coach or an analyst?
- Do I live in Canberra, Queensland or overseas?
- Do I call my mum, bestie or my brother?
- Does it need to be one or the other? Can I do both/all?

When I follow my intuition, I always ask myself 'what am I here to learn?' The same can be said for the times I don't follow my intuition, but I always find the road is more direct when I do follow my intuition. What about you?

There are six intuitive types:

- Clairsentient - feeling. We're guided by a feeling in your body. Have you ever had a gut feeling about something?
- Clairvoyant - visual. We're guided by imagery and visions. Have you ever had a visual dream and that thing became reality?
- Clairaudience - hearing. We're guided by a voice, a sound, a tone that you hear. Have you ever heard a sound but no one's there?
- Clairsalience - smell. We're guided by a scent. Have you ever smelt something and known what to do?
- Clairgustance - taste. We're guided by a taste in your mouth. Have you ever had a funny taste in your mouth, even though you're not eating?
- Claircognizance - knowing. We're guided by a clear knowing. Have you ever had something pop into your mind?

We're predominately one type but you can have more than one.

It's fun to practice following your intuition.

We can follow our intuition in all situations:

- Should I buy carrots or potatoes this week?
- Should I pay off some debt or invest in a new program?
- Should I work from home or the office today?

When we play with our intuition it naturally gets stronger. Anchor into it more and more, and our decision making will get quicker and quicker.

Our fear about making the right/wrong decision dissipates because we know that no matter what we're fully supported. I'm not saying that fear won't come, it will and sometimes we want it there, to remind us to double check ourselves.

Start following your intuition today and most importantly - have fun with it. Notice what happens when you don't follow your intuition - did it take longer to cross the road? Or did that meal taste as good as you expected?

Your Affirmation:

I am divinely guided, everything in my life is happening for my highest good.

Key #3: Move your body

When we move, we shift our energy from one of inaction to action.

This can be through cleaning our home, going for a run, turning up the music and dancing or simply getting out of bed, onto the floor and stretching.

In that moment we choose ourselves, and even when we don't want to move out of our warm bed or off our comfy couch, we do and when we reflect inward, we say 'thank you' and every cell in our bodies light up.

Choose something you love and commit to turning up for you regularly.

Here are some things you could do:

- Walk
- Run
- Weights
- Dance
- Pilates
- Yoga
- Swimming
- Aerobics
- Netball
- Basketball
- Football
- Triathlons
- Marathons
- OzTag
- Touch Football
- Stretch
- Tai Chi
- Incidental movement
- Pickle Ball
- Tennis
- Cycling
- Shooting hoops
- Pole dancing
- Flying a Kite
- ...



Pick what works for you, and I recommend you select 1, 2 or 3 things and then do them every day for 14 days - yes, every day!

Of course, if you're doing high intensity exercise like running, cycling or a cardio class, then add in stretching, a weights class or walking on the alternate days - I don't recommend running every day.

I like to exercise in the morning because then it's done for the day and I'm not having to play mind games during the day, like:

- You can do it tomorrow
- It'd be easier if you just went home
- Have that chocolate cake at 3pm - you're about to work it off!
- You don't have to run today, just walk
- Dinner's ready, there's no time to work out now

This is your commitment to yourself, so pop it in your calendar, tell your family about it and do it.

After your 14 days, assess what went well, what you struggled with and how you'd like things to look going forward. Explore what works for you.

The decision is made, it's time to move.

Your Affirmation:

I move my body daily in ways that light up my soul and bring joy to my life.

Key #4: Eat well

We only get one body, and what we put in and on our bodies determines how it performs.

The nutrient density of an apple is much higher than that of a packet of chips, yet they're both about 100 calories. One apple will fill us up...a packet of chips will leave us wanting more. Food for thought.

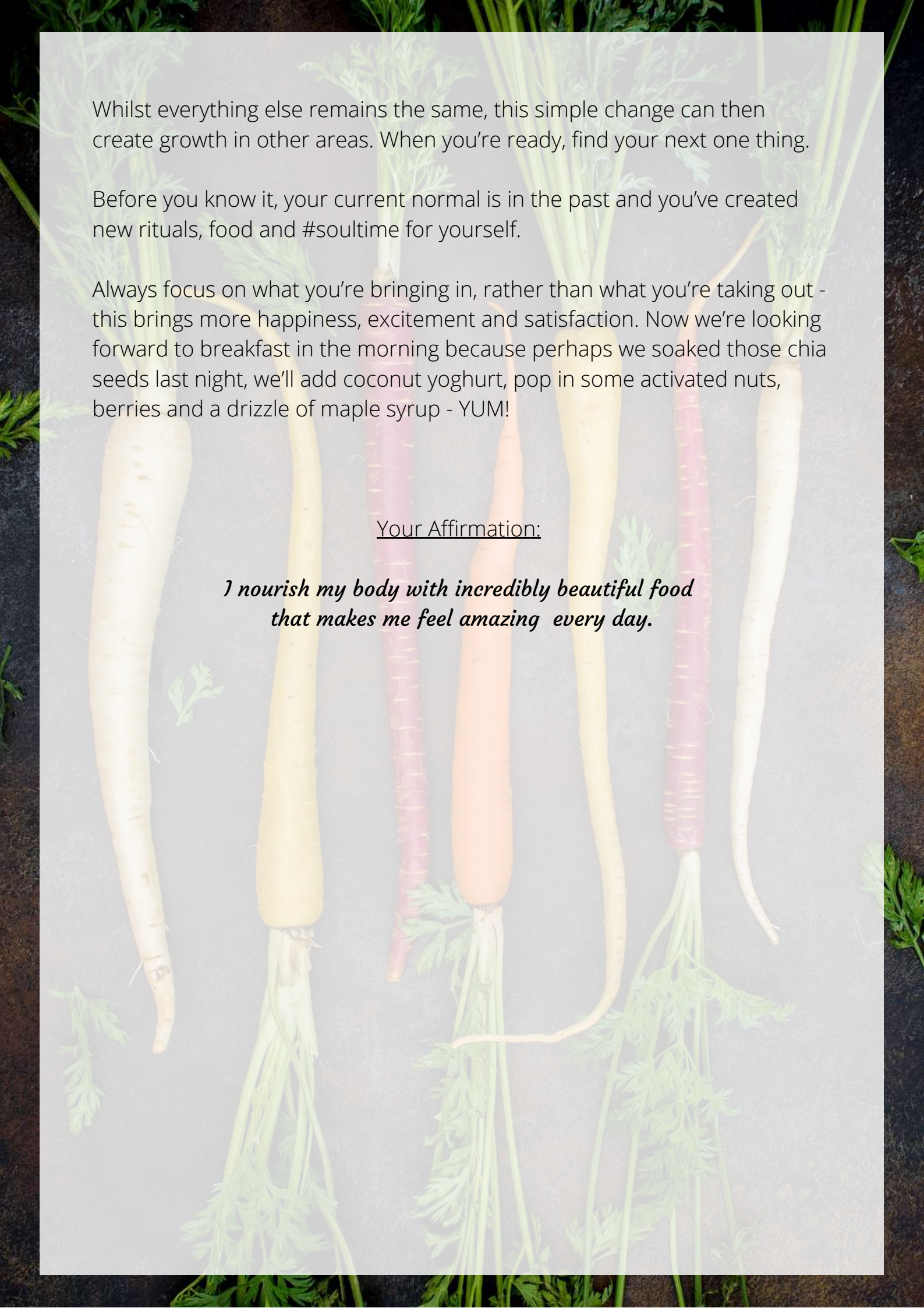
When we turn to food out of love and curiosity, we unlock a new relationship. We unlock the potential for our body to be fuelled beautifully, for all the parts to be humming in sync and for our mind to feel alive, open and ready.

Food can feel overwhelming and inconvenient - it takes time to shop, prepare, cook and clean up. But we can definitely taste the difference between a home cooked meal and takeaway.

Creating a sustainable approach towards upleveling your food is key to creating happiness in this space. When we try to change everything all at once we don't stick with it. In fact, if you haven't created a supportive environment around you for change then you could struggle to retain it.

My KISS - Keep it Simple and Sustainable approach, recommends you start with one recipe, one meal, one snack - you choose and I encourage you to choose what's easiest for you, here are some ideas:

- Make bliss balls on a Sunday afternoon for snacks during the week.
- Choose two breakfast options. Alternate them through the week and then have a big breaky or pancakes on Sundays.
- Choose one new recipe a week to create for your family.



Whilst everything else remains the same, this simple change can then create growth in other areas. When you're ready, find your next one thing.

Before you know it, your current normal is in the past and you've created new rituals, food and #soultime for yourself.

Always focus on what you're bringing in, rather than what you're taking out - this brings more happiness, excitement and satisfaction. Now we're looking forward to breakfast in the morning because perhaps we soaked those chia seeds last night, we'll add coconut yoghurt, pop in some activated nuts, berries and a drizzle of maple syrup - YUM!

Your Affirmation:

*I nourish my body with incredibly beautiful food
that makes me feel amazing every day.*

Key #5: Create your #selflove practice

Your #soulhour is the most important part of your day.

It can be three deep breaths or a yoga class or a walk up the hill. It's truly all about what lights us up and doing things that bring a smile to our face.

It's our space - no one else's, where we get to decide what we do. We can choose to be intuitively guided towards a book or a bath or buying some flowers for ourselves, or have a set routine.

The first step is to decide what we want to create. Is it more:

- Happiness
- Balance
- Love
- Lightness
- Creativity

Or, perhaps a combination of all of those things.

Then decide how we'd like to explore them, maybe through:

- Writing a poem, story or book
- Lying in the grass
- Going for a run
- Meditating
- Painting
- Making a dress
- Reading a book
- Creating videos about a topic you love
- Taking a dance class
- Playing the piano
- Gardening
- Visiting your local art gallery
- Journalling
- Tapping
- Writing what you're grateful for
- Practicing Reiki
- Taking a long, hot bath
- Cooking a beautiful meal

The next step is to put in in our calendar, on our shopping list and tell our loved ones about it.

Then take action in the moment and this can be one of the most challenging parts - because our brain's going to tell us:

- Just have a sleep in
- We can do it later/tomorrow/next week (which never happens)
- They (our family) needs us more

Sometimes that's true - but not very often.

Remember, this is the moment that we get to decide to show up for ourselves.

Showing up for ourselves is the most incredible gift we can give ourselves, and this has a ripple effect over every other area in our lives.

When those moments arrive, tell yourself:

- I'm bringing more me into my life.
- Taking this time creates more balance for myself and means I can respond to things from my heart.
- My family need me to be happy, and when I'm happy they're happy.

Take action and when you've finished ask yourself, 'Do I feel happier now?' My answer is always a big 'YES', I hope yours is too.

Remember, creating your #selflove practice is a time to get curious. You might love what you're doing straight away, it might feel strange and silly, or it might not be your thing - but always give yourself two weeks.

Two weeks to turn up for you, to learn something about yourself and if it works - keep going, if not, flip it for something else. It's your time, you get to decide.

Your Affirmation:

I close my eyes and I choose me. I know that in choosing me I'm also choosing my loved ones and I create more light and love in the world.

Key #6: Surround yourself with like-minded people

Your life is a reflection of the people in it.

Have a look, pick out five people that you spend the most time with and look at the commonalities you have:

- The work you do
- The money you make
- The friends you have
- The types of relationships you have
- The food you eat
- The exercise you do
- The beliefs you have

When you look at this list you might be totally stoked, or you might think 'I love my friends, they're amazing people but I want something different'.

Write down what you want and then start finding people who want or have what you're looking for. This may exist in your current friendship group, or it might be a fringe friend or you might have to go exploring for new friends.

It's kinda like dating, and that can challenge our minds, but when we know what we want then we'll naturally find people who want the same things.

A good way to start is to look at the things you're interested in, is it:

- Health & wellness
- Podcasts
- Books
- Online communities
- Events
- Bands
- Travel
- Clothes
- Personal development
- Business growth
- Fitness
- Craft
- TV shows

A background image showing three young people lying on their backs on a bed with a floral patterned sheet. Their legs are raised straight up in the air. The person on the left is wearing a striped shirt and jeans. The person in the middle is wearing a white t-shirt. The person on the right is wearing a white t-shirt with a graphic and sunglasses. The image is semi-transparent, allowing text to be overlaid.

Then, spark up conversations with people, ask questions, get curious about what they do, who they are and what lights them up. Go out for coffee with them, do dinner, go to a movie, follow them on social media, send them a private message, set up a weekly call, go for a walk - just like dating right!

Choose to connect, choose to find similarities, choose to celebrate them and choose to listen to them. Ask thoughtful questions, love them right where they're at and watch how you learn and grow.

Your Affirmation:

***I am so blessed to have so many incredible people in my life.
I meet new aligned people all the time that have similar beliefs to me.***

Key #7: Find your soul work

You might already be doing something that lights you up, if so, keep doing that. Deepen your love for the work you do, find ways for it to evolve so you continue to grow and expand as well.

On the other hand, if you think there's something missing from your life or you really don't like what you do, or you just know there's something more - it's your responsibility to go and find it.

And this starts by being the best you can be - right where you are.

I know you're fighting me on this one - 'no Susan, you're wrong, I need to find another job, one that lights me up and one that helps me grow' - and yes that's true to a point but you know all those things you don't like about your job:

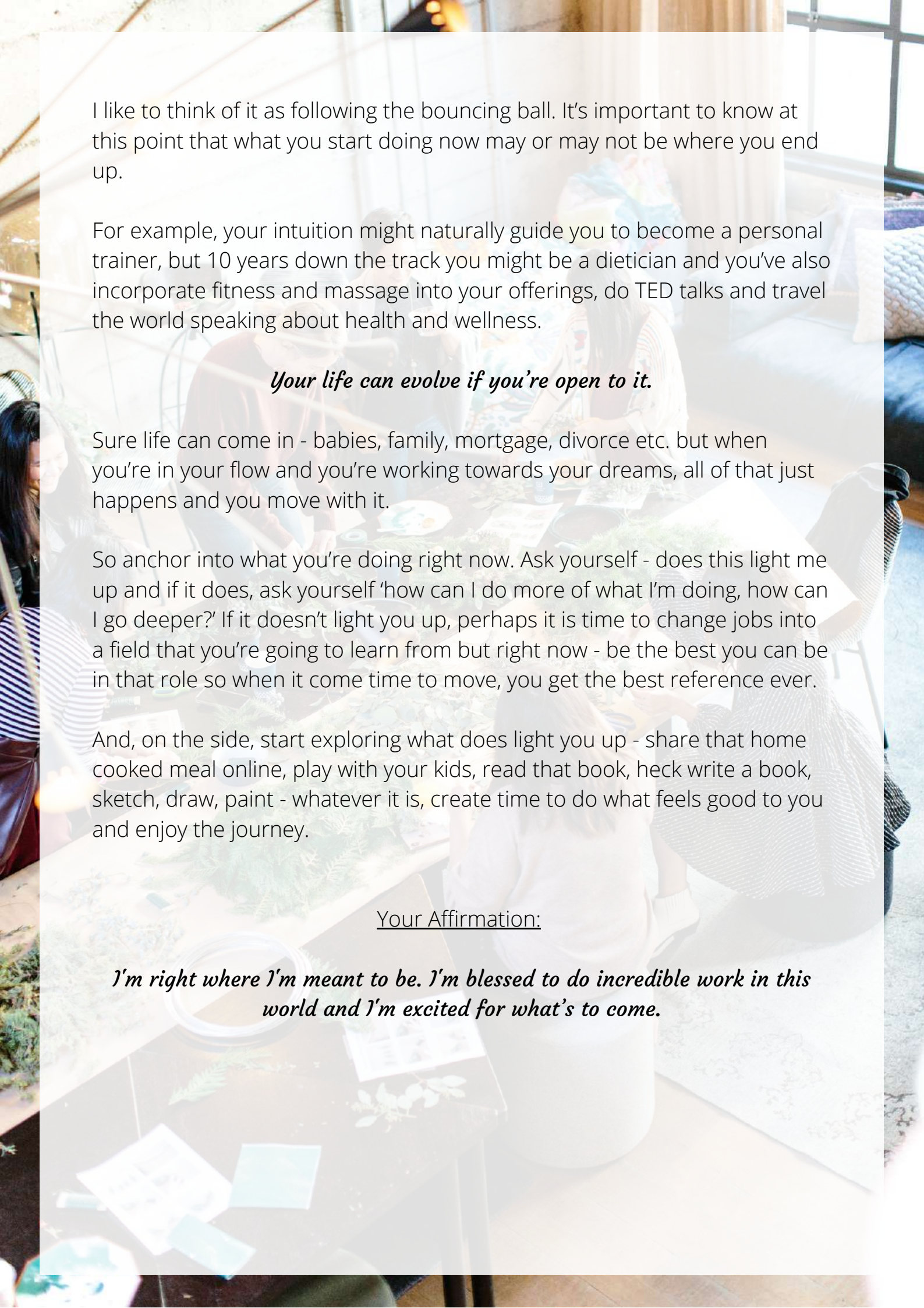
- Your boss who's really demanding
- The work that doesn't stop
- The customers that always want more

That doesn't change. You may find another job but you still have a boss, the work and you still have people that you need to serve and work with.

Our first step to making a change in this space is being the best person you can be right where you are:

- Show up and give the highest level of service
- Contribute to meetings you attend, honestly and with curiosity
- Meet deadlines
- Deliver quality work
- Walk your talk
- Inspire people, and support them to grow

Then, in your spare time, it's time to get curious about where you want to be, and it's a discovery process. This is about following your intuition and doing the first thing that comes to you. This opens up our creative portal, allowing things to flow, and through taking action more things come into our consciousness.



I like to think of it as following the bouncing ball. It's important to know at this point that what you start doing now may or may not be where you end up.

For example, your intuition might naturally guide you to become a personal trainer, but 10 years down the track you might be a dietician and you've also incorporate fitness and massage into your offerings, do TED talks and travel the world speaking about health and wellness.

Your life can evolve if you're open to it.

Sure life can come in - babies, family, mortgage, divorce etc. but when you're in your flow and you're working towards your dreams, all of that just happens and you move with it.

So anchor into what you're doing right now. Ask yourself - does this light me up and if it does, ask yourself 'how can I do more of what I'm doing, how can I go deeper?' If it doesn't light you up, perhaps it is time to change jobs into a field that you're going to learn from but right now - be the best you can be in that role so when it come time to move, you get the best reference ever.

And, on the side, start exploring what does light you up - share that home cooked meal online, play with your kids, read that book, heck write a book, sketch, draw, paint - whatever it is, create time to do what feels good to you and enjoy the journey.

Your Affirmation:

I'm right where I'm meant to be. I'm blessed to do incredible work in this world and I'm excited for what's to come.

Today I remind myself to...

Key #1 be kind to myself

Key #2 allow my intuition to guide me

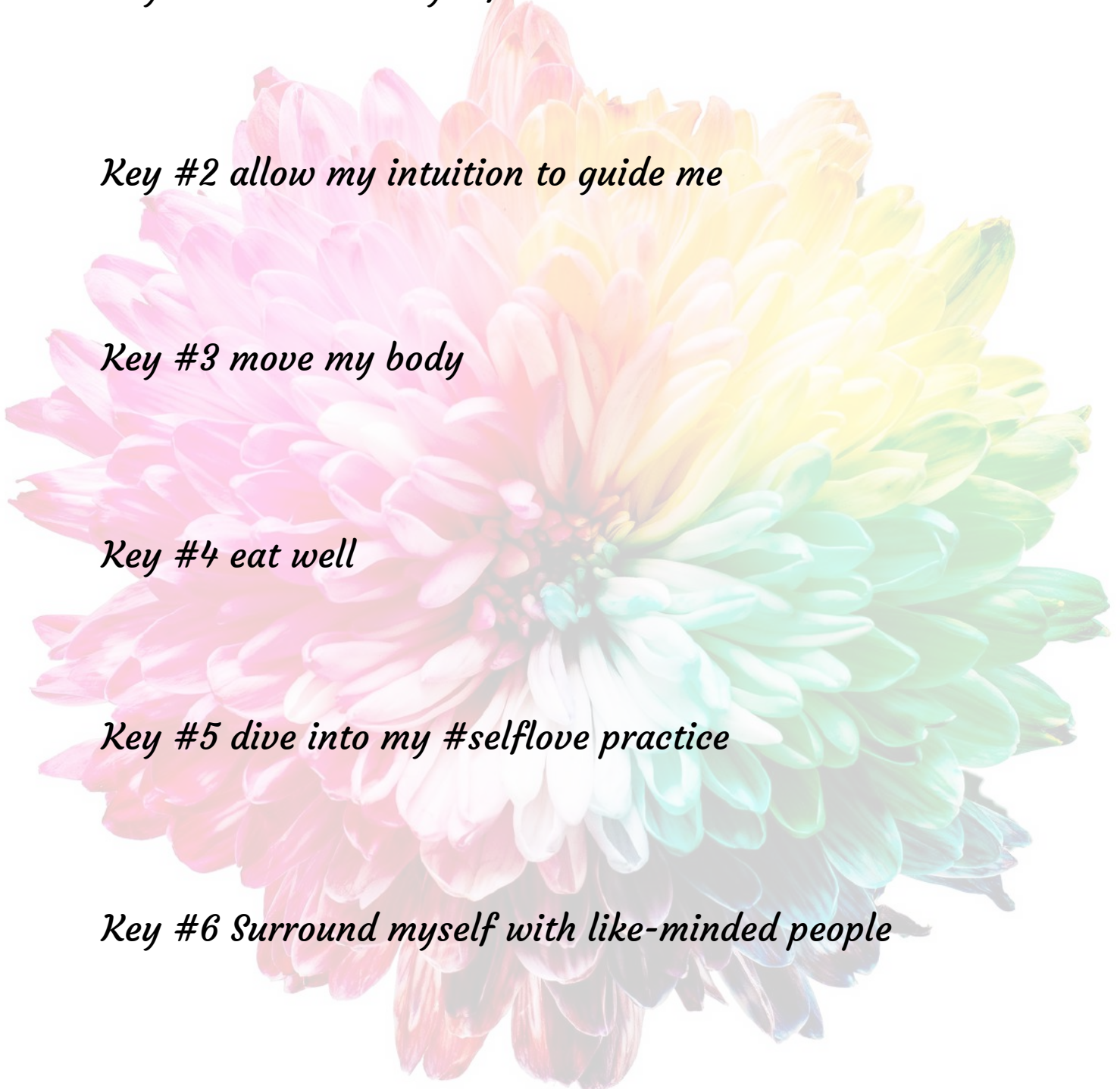
Key #3 move my body

Key #4 eat well

Key #5 dive into my #selflove practice

Key #6 Surround myself with like-minded people

Key #7 Find my soul work



I'm here to support you on your journey

Thank you for reading my 7 Keys to Happiness. I truly hope they support you, just as they supported me on my journey. These are the exact steps I took towards creating the life that I have now and I gift them to you, so you can transition even faster towards a life filled with happiness and love.

We have this one amazing life to love, grow and connect with others. It's time to take action. Be the 1% who design their life on purpose. Be the example of what's possible. Be the one who's smiling, laughing and creating connection - because it's all possible, you've just got to believe in your dreams and in yourself.

Firstly, print off your 'Today I remind myself to...' sheet (page 17) and write down three ways you're going to be kinder, follow your intuition, move your body, eat well, practice #selflove, surround yourself with like-minded people and connect with your soul work. Then put it on your wall or next to your bed, read it daily and take action from it.

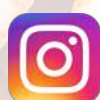
Then, if you want more support, check out the ways you can [Work with Me](#)

Also, you'll receive inspirational emails from me, and you'll also find more inspiration over on my website to inspire you :

- [My Soul Life Podcast with Susan Scollen](#)
- [My Intuition & Manifestation 10-part Podcast Series](#)
- [My Projects](#) - where I make changes in my life and share with you what I'm doing, what I'm learning and who I've become

You've read My 7 Keys to Happiness for a reason and I want to thank you for that. Now make sure you take the steps to implement the changes in your own life that resonate with you, and enjoy who you become on the journey.

Love
Suze xo



A small request and acknowledgements

A request

Did you enjoy My 7 Keys to Happiness? You may want to share this with someone in your life that you think would benefit from reading it. If so, I'd love you to direct them to my website susanscollen.com so they can receive their very own copy and more soulful conversations from me.

Acknowledgements

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