



Jess Stuart - Wellness Coach, Speaker & Author

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How to make 2016 your best year ever

A guide to achieving your dreams and creating happiness

It's that time of year again. A New Year dawns and we begin to think of the clean slate, a fresh start and what we'd like to change. We tell ourselves this year will be different, but how? Einstein said 'insanity is doing the same thing and expecting different results'. If we want to transform our lives we need to change but how do we break the cycle and make this year different? What do we need to do to finally achieve our dreams and create a life that we love?

Whatever our goals for 2016 are; a better job, more money, getting fit, losing weight or finding a soul mate. They are all for one reason; happiness. We search for the things that we think will bring us happiness but so often we are looking in the wrong places. Rather than searching for happiness (again) this year, what if we were to set about creating it for ourselves! Try these simple tips to rediscover the art of happiness and create a life you love;

1. Let go

As we let go of the old we make room for the new and a New Year is an ideal time to review what we've achieved so far and look ahead to what we'd like to change. Lao Tzu said "To become learned each day add something, to become enlightened each day drop something". Clearing clutter, removing blocks makes room in your life for the things that matter. Letting go of what no longer serves you makes room for things that do.

Similarly, if you have been hurt by someone and you still hold anger and resentment because of it, you are letting them hurt you again. Forgiveness sets you free, let go of resentment. Buddhists say that holding onto anger is like holding a hot coal with the intention of throwing it at someone else, you are the one that gets burned.

2. Do more of what you love

It can be the small things like a walk along the beach, playing with the dog, visiting your favourite coffee shop, sitting down to read a good book or bigger things like travelling the world, skydiving or simply a night in with the family. Think about what





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makes your heart sing and incorporate things you love into every day. If you do what you love you will be successful.

3. Learn something new

Continuous growth is important, we all like to have something to aim for. Our ambitions and goals gives us a sense of direction and satisfaction when we achieve what we set out to do. Whether it's a dance class you've wanted to start, learning to draw or a language you want to learn. It stimulates your mind and soul and stretches you to challenge yourself and achieve.

4. Remember to be grateful

Don't get so lost in the search for something better that you forget all the good things you already have. Get into the habit of giving gratitude everyday even for the small things, you may even want to keep a gratitude journal.

5. Find your purpose

Why are you here, what's it all about, what makes your life worth living? What's important to you, what would you do and who would you be if money and other barriers were no object? What sort of person would you be, how would you like to be remembered?

Work is something we spend so much of our time doing we should ensure for a happy life that we enjoy it and it brings us a sense of purpose and satisfaction. Yet so many of us leave our souls behind when we go to work. Don't ask 'what do I want to do' ask 'what kind of life do I want to have?'

6. Be yourself, love yourself, empower yourself

You can do anything you want but you can't do everything you want. Success isn't about your job, money or people accepting you, it's about living, being comfortable in your own skin and doing what you love and this will also bring you happiness.

There will be ups and downs, praise yourself for the small successes but don't beat yourself up when things don't go so well. Your attitude is critical in your success, so if you accidentally ate that piece of cake at lunchtime, get back on the wagon rather than letting it ruin your good intentions and doing more damage. Be kind to





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yourself and don't let a little de-railer put you completely off track.

7. Face the fear

So often we can remain stuck where we are due to the fear of change. This can be fear of the unknown, of failure, of what people may think, of risking our security and what is comfortable and 'safe'.

It takes courage to step outside our comfort zone and do things that are different and unfamiliar. But unless we take the first step we'll never grow to become the people we're capable of being.

8. Make it Happen

Set goals about where you want to be and when, be specific about what you'll be doing. It helps by visualising this and writing it down be clear about what you want but also sets your intention and makes it more real. It can seem such a big and daunting task at first but nothing is ever too big, it can all be broken down into smaller bits.

Then put that plan into action. Start today! If it's a new job you want that might begin with updating your CV, registering with an agency, booking an online course or researching your new career path. There may be some voluntary opportunities to help you get new experience on your CV. It's about taking small steps each day that bring us closer to our goal.

Tell people what you're doing; the more people know, the more 'pressure' there is to succeed. It holds you accountable and you may also find that by making it public you encourage others to join you or find support in places you least expected.

9. Enjoy the ride!

Most importantly we need to realise that happiness is not some far off destination we arrive at. It's more about the journey that happens along the way and this is the everyday moments that are in fact our lives. We need to let go of our limiting beliefs and what is holding us back and embrace our own power within. This is how we create a life we love and cultivate our own happiness.





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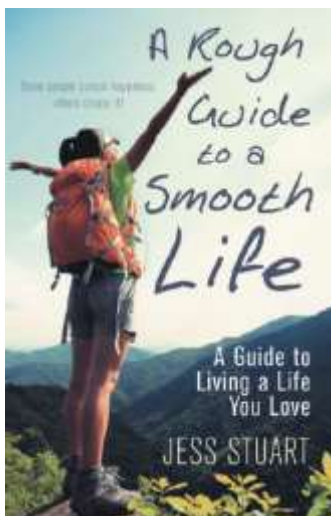
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The bottom line is, we must learn to change what we don't like or love what we can't change.

Seneca said "It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult".

Procrastination may tempt you to wait for perfect conditions, this indulges the fear of change and puts it off for a while, it also postpones your happiness.

There's no time like the present and the time is now, start today. Make 2016 your best year yet!



Support Available

I offer one to one coaching and workshops to groups as well as presentations and speaking on all of the above. If you'd like to explore this further or want to talk to someone about applying this to your own life please get in touch via the website.

My first book **A Rough Guide to a Smooth Life** is out in the New Year and covers these topics and more about creating happiness; a guide to living a life you love.

Find out more on www.inspireyourlife.org

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Born in England and a resident of New Zealand Jess Stuart is a Wellness Coach, Author and Speaker. After a successful career in the corporate HR world, Jess decided to follow her passion in health and wellness. She is a qualified Yoga Teacher and Life Coach who has trained in Buddhist meditation and mindfulness. Having lived, worked and volunteered in many countries, Jess draws her life experience into her work with a mission to inspire people to realise their potential and find happiness to create a life you love.



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