

**How to Become a more
HAPPIER, BEAUTIFUL
Version of Yourself**

The Secret to YOUR HAPPY LIFE



Happiness: the truth you need know

How often have you stated or thought or felt:

“I just want to be happy”?

Happiness remains the most precious yet mysterious of all human wishes.

Happiness is something everyone wants to have!

Let's pause for a moment, think what happiness means to you?

What form, shape or feeling does this happiness have for you?
You must be wondering why?

It important because it's hard to recognise and feel true happiness if you aren't clear about exactly what happiness is for **YOU**.

What is Happiness?

Happiness is not one formulae for all, one size fits all.

Is Happiness feeling good all the time?

Is happiness having all the money in the world?

It's not a final destination

So, what is this elusive HAPPINESS?

Happiness is a combination of how good you feel on a day-to-day basis and your life. **Your happiness is as unique and special as you.**

So what do you need to make, happy, life fulfilling and satisfying? Let me show you how....



Step 1

Explore: Know who you really are?

Knowing yourself, connecting with yourself is one of the most empowering gift you can give yourself. Exploring your inner world can be amazing and so enlightening. All you need is be willing to go inward. Look a little deeper. Discover how truly beautiful you are. Connect with the love, joy, happiness, wholeness, compassion and abundance that resides within you.

The most important priority in your life should be cultivating and maintaining a solid, deep, beautiful relationship with yourself.

If you do this, your outer experience in the world will unfold naturally and effortlessly.

To achieve this you really need to know who you are

Love.... yes pure love

Power

Happiness,

Bliss

Truth

Compassion

Heart

Do you know how amazing you are? I really hope so, if not it's my mission to let you know how amazing and remarkable you are .

Your Higher Self your true self really knows how extraordinary you truly are.



Below the doubt, insecurities, mental chatter, fears, ego is the **voice of truth** that will light up your path to happiness on this journey of life. Let's explore further to finding your unique path to happiness

Step 2

Discovering your desires

This can be a daunting task. Where to begin can be a difficult decision. To help you, we have identified 9 broad Happiness Fundamentals (wishes) that can help you map out your Pathway to Happiness



This will help you get direction where to begin.

Each person has wishes or desires. They vary according to your personality, dreams and life experiences. You may have discovered that some of your desires are already being realised and feel satisfied the way life is unfolding.

There are some Happiness Fundamentals that just don't matter to you. That's ok. They have no significant impact to you or your life. Just ignore them. Fabulous.

Now let's explore areas in your life that is causing unhappiness or have not really worked on....

Step 3

Defining your Happiness

Awesome you have found and selected your Happiness Fundamentals.

Now you thinking Which one do I start with?

As humans we tend to choose the easy one where very little effort is required to fulfil the wish.

To experience true happiness you must be willing have courage to be committed and to do what is required

On your unique Pathway to Happiness, you select the desire/wish that is extremely important at the moment and most discontented that requires you to deal with the nitty-gritties....

Step 4

Design your Happiness Pathway

Let's get down to the nitty-gritties. Designing your Pathway to Happiness Plan



Create a vision board to imagine to what this top desire would look like, feel like. With all your senses what would that desire be like in near future, in the long-term.

Keeping this in mind, research information if needs be, talk to people on how it will be the best way for you to achieve this desire. It's imperative not just to think about it but put it down on paper.

This way you will know how to accomplish fulfil your need in a clear and precise way.

You will be comfortable what requires to be done immediate, short-term and long-term.

Now let's move onto the most fun part.

Step 5

Setting **Happiness in Motion**

Let's get moving and shaking.

Start doing what you aimed to do. Take each step forward. Keep the momentum going!

Each step forward, you are empowering yourself, taking charge of your own happiness. You are reaping the rewards of your action and feeling the deep gratification from fulfilling your wish/desire



Regularly, review your growth, amend your plan of action, this way you stay motivated, excited and carry on travelling on your Happiness Pathway.

Living & Thriving in Happiness

You have been given a very powerful heart-based, scientific method to understand your needs/desires and find ways to realise your wishes and

How to become a more HAPPIER, BEAUTIFUL version of yourself.

It is my wish and hope that you have found some powerful nuggets here today. Use these nuggets to build a richly fulfilling, deeply satisfying, and happy life because ***you special and deserve a happy life.***

To make Happiness a reality for you, contact me to help you Discover **THE SECRET TO YOUR HAPPY LIFE**

anjana@stresstohappy.com

[**www.artofhappiness.institute**](http://www.artofhappiness.institute)



Get to Know **ANJANA LALA**



Thank you for joining the
ART OF HAPPINESS INSTITUTE.

Fabulous

***A little about me:* I'm a certified Laughter Coach/Teacher & Happiness Expert, Tension & Trauma Release (TRE) Facilitator.**

I was a wreck emotionally and spiritually as I was unsuccessful in my business, I was overweight and heaviest I ever been. I was searching for answers in order to guide what I was doing wrong. Wondering and doubting what was I meant to do?

Because I was so desperate for a change, I listened. I dedicated my time to listening to heart-based coaches. That was it - I simply listened to the voice within my heart. I soon recognized this voice as the wisdom that we all have, our Higher Self! I am still listening to my voice of truth. Listening to my inner voice has led to the creation of this eBook.

I have started to write blogs about ***How to be Happy***. I am still learning how life unfolds. I have learned first-hand that by facing your limiting beliefs and identifying with the Love within, you can create anything you want. I am currently transforming my business to a heart-based business, I have deep connections with friends and loved ones, and I feel happy, healthy, beautiful, clear, purposeful, and whole.



Life truly is created from the inside-out; connect to the love within you and it will appear in front of you. It's my purpose and passion to show you how.

Fun Facts

Anjana has travelled and visited 22 countries
She loves the art of cake decorating
Loves to chat to people

Inspired By

Anjana is inspired by unlikely heroes, dreamers, and doers.

Something Weird That Makes Her Happy

Garlic Ice Cream

