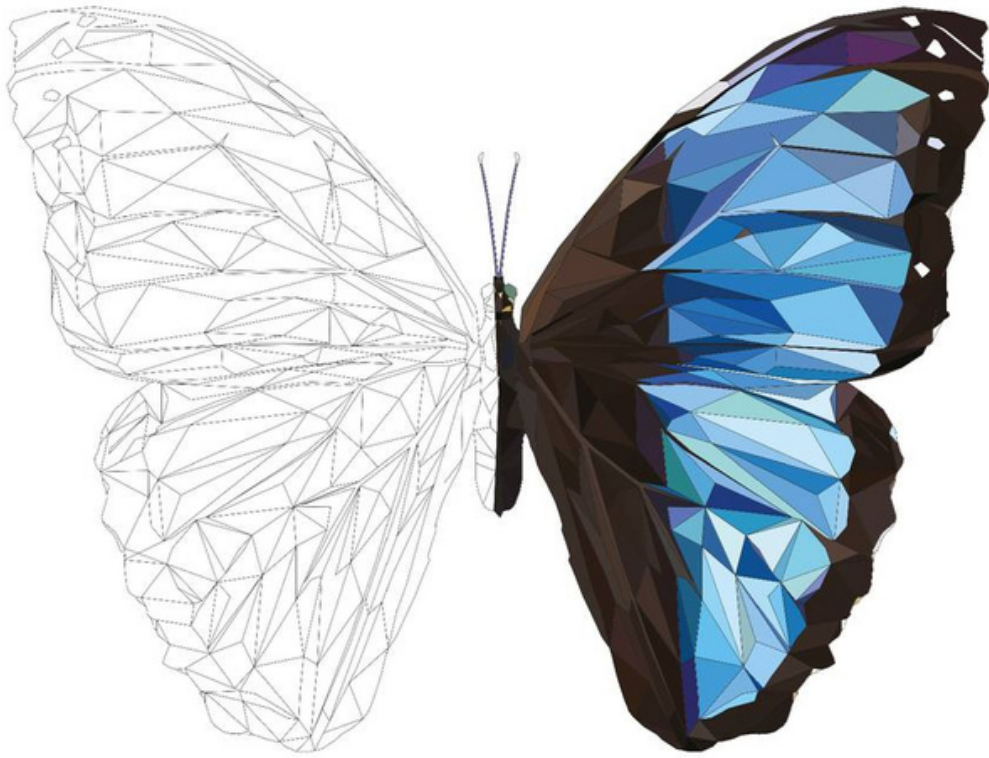


*Letting go of who you think you are,
to create the life of your dreams*



IT IS
Possible

F I O N A R E D D I N G

The Happiness Hunter's Creed

While the creed is our code of conduct as a collective, ultimately and foremost, it is how we show up each day and operate as individuals.

We are Leaders

I take 100% responsibility for my results and outcomes. I know that true leadership starts with self. I am self aware and walk with integrity.

We are Decisive

I am focused - I make decisions and commit to the outcome by following through. I know that the decisions I make today shape my future. I trust that when I make a decision, everything falls into place to make it happen.

We are Courageous

I am brave and I step into fear. I embrace and celebrate emotional triggers in my life as opportunities to uncover and strengthen my weaknesses. I am resilient.

We are Grateful

I recognise and appreciate the value in all that is before, within and to be. I generously and freely express my gratitude daily. I actively seek out the miracles and joy in every moment.

We are Forgiving

I am compassionate. I know that I am going to make mistakes, and that this is how I learn and grow. I am loving.

We are Community

I am a part of something that is bigger than me - the sum of the whole is greater than the individual parts. I treat myself with love, respect and integrity and extend this to others. I know that I am not alone, and that I am always supported.

We Show Up

I show up for me, especially when I don't want to, and things feel really hard. I am committed to my growth and results. I know who I am, and my identity and values align with my goals and vision.

We Take Action

I am focused and action oriented - recognising the force and the power of a clear focus and positive action. I live my life in the field of play. I play all out.

We are Flexible

If something is not working, I adjust according to the feedback. I have a growth mindset. I am open to new ideas and different ways of doing things.

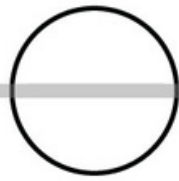
We are Solution Focused

I look for the gift and learning in all situations. I pause and review the data, and ignore the drama. I take the lessons from the past, live in the now and build for the future.

We have Fun

I know how to laugh at myself and without taking myself too seriously. If I see someone without a smile, I give them one of mine. I play, because it keeps me young.

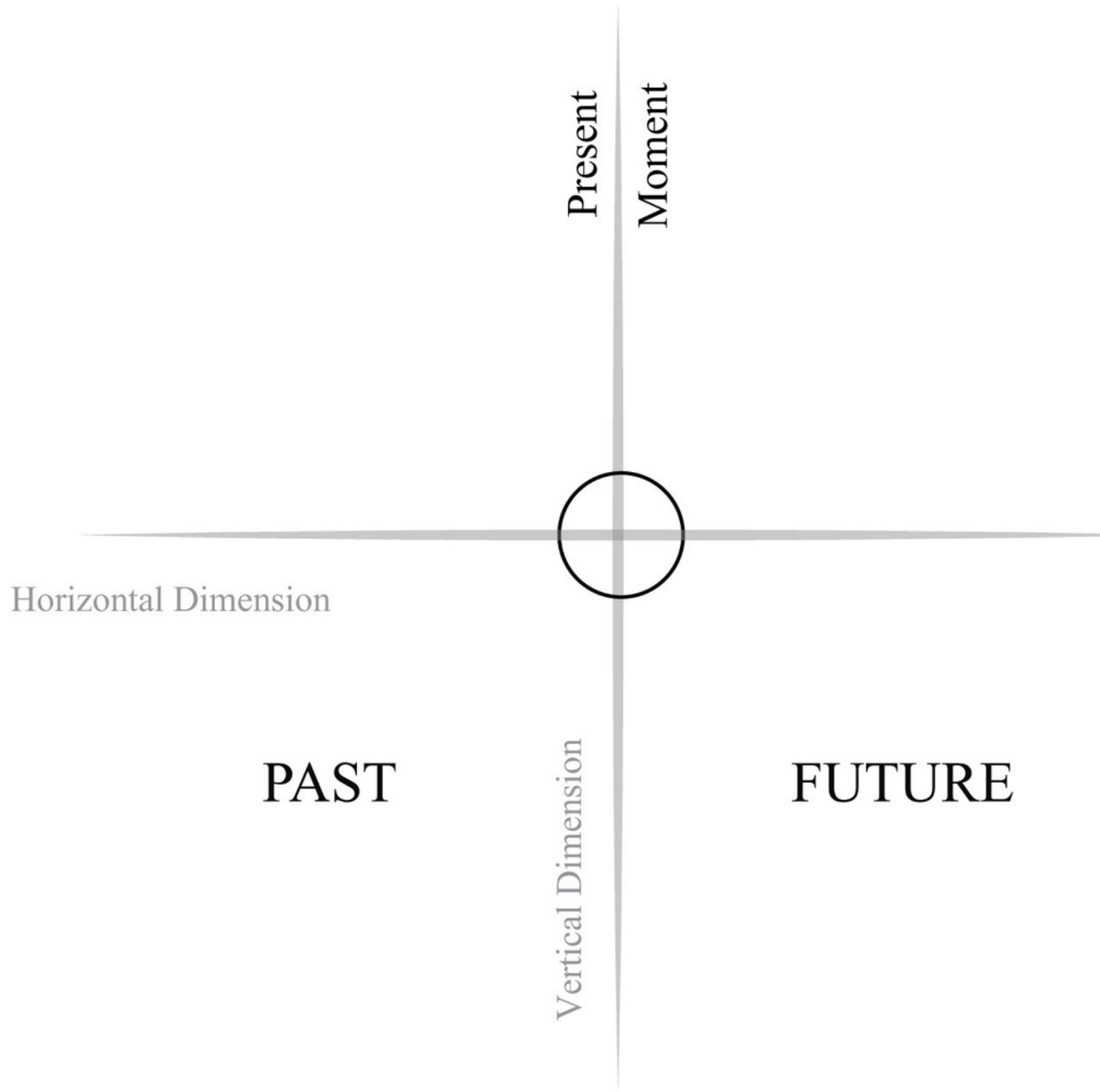
Present
Moment

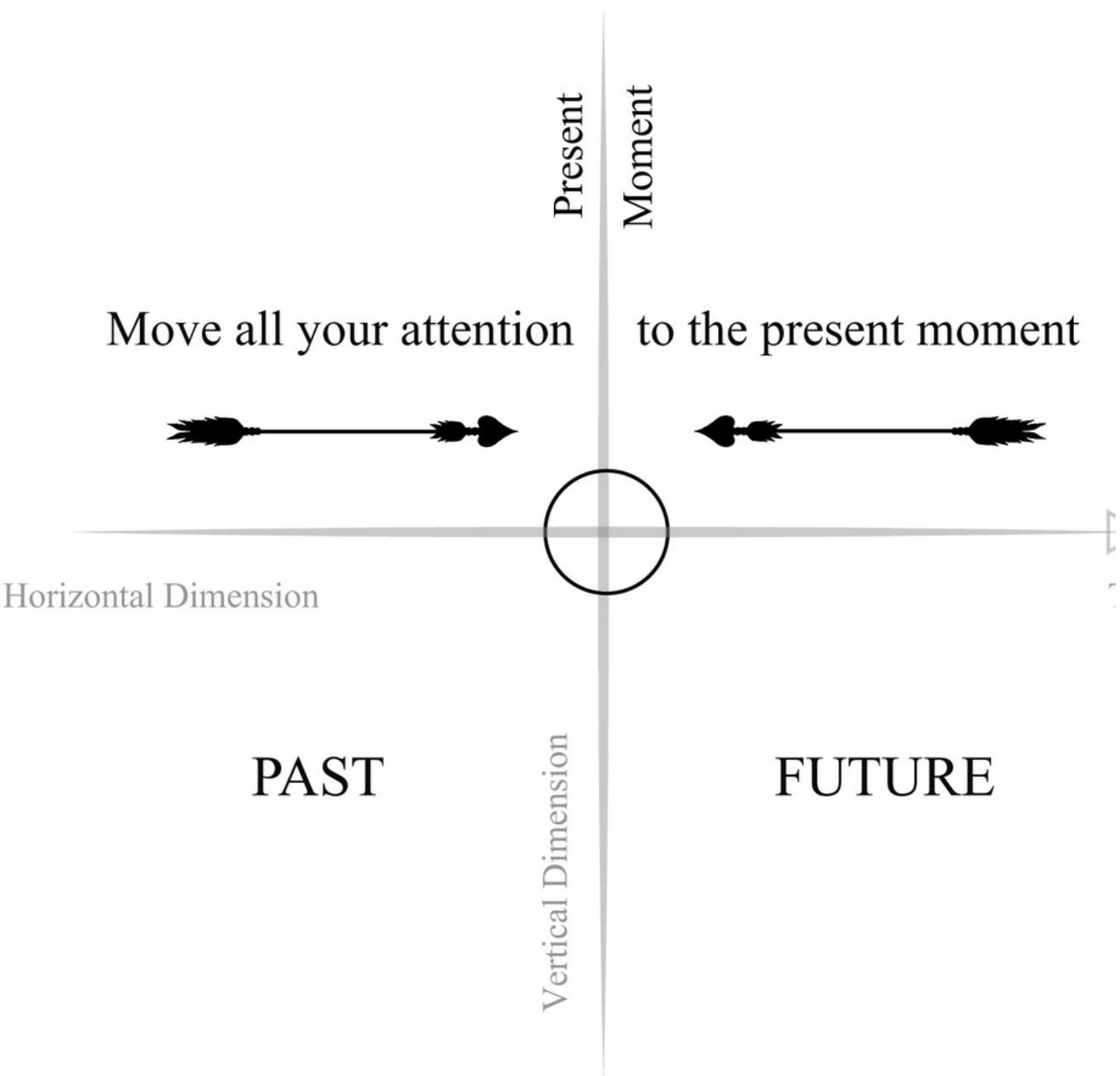


Horizontal Dimension

PAST

FUTURE








MY RESPONSIBILITY

My thoughts My actions
My beliefs My attitude
My emotions My behaviour
My words My reactions

My decisions &
their consequences

NOT MY RESPONSIBILITY



Others behaviour
Others decisions and
their consequences
Others attitude
Others thoughts
Others beliefs
Others emotions
Others words
Others actions

DRIVERS

Challenges
Contrast for change
Weaknesses
Where I am now

VISION

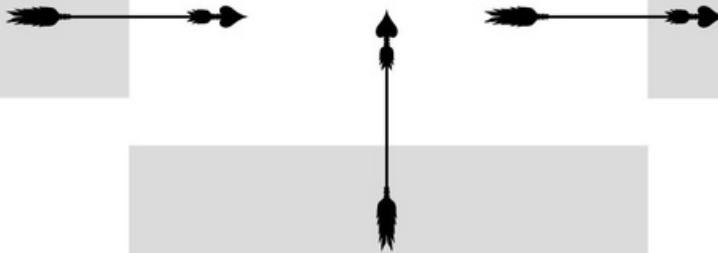
Major definite purpose
Who I want to be
How I want to be
What I want for my life
The legacy I want to leave
The impact I'd like to make
Where I want to be

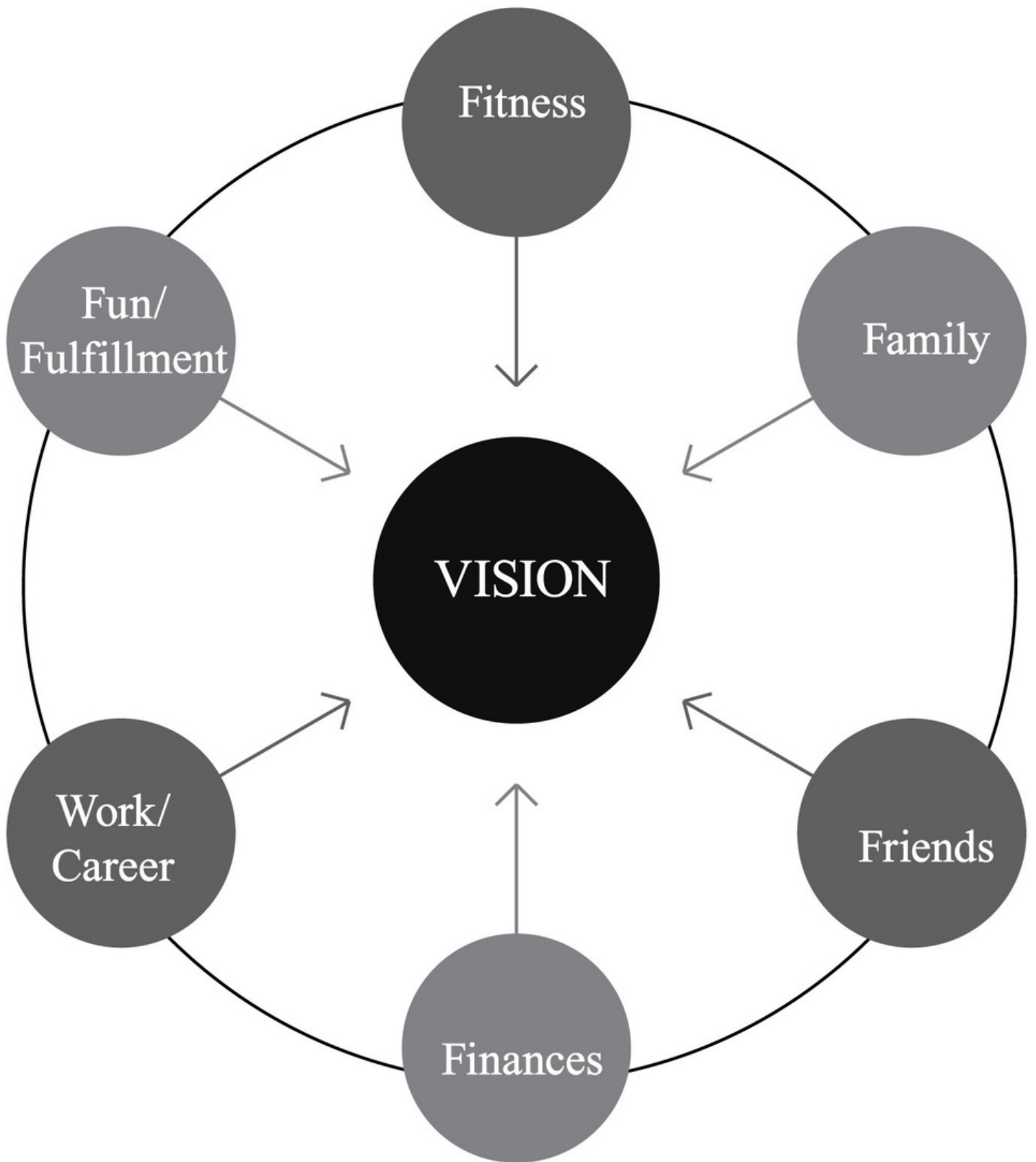
DECISION

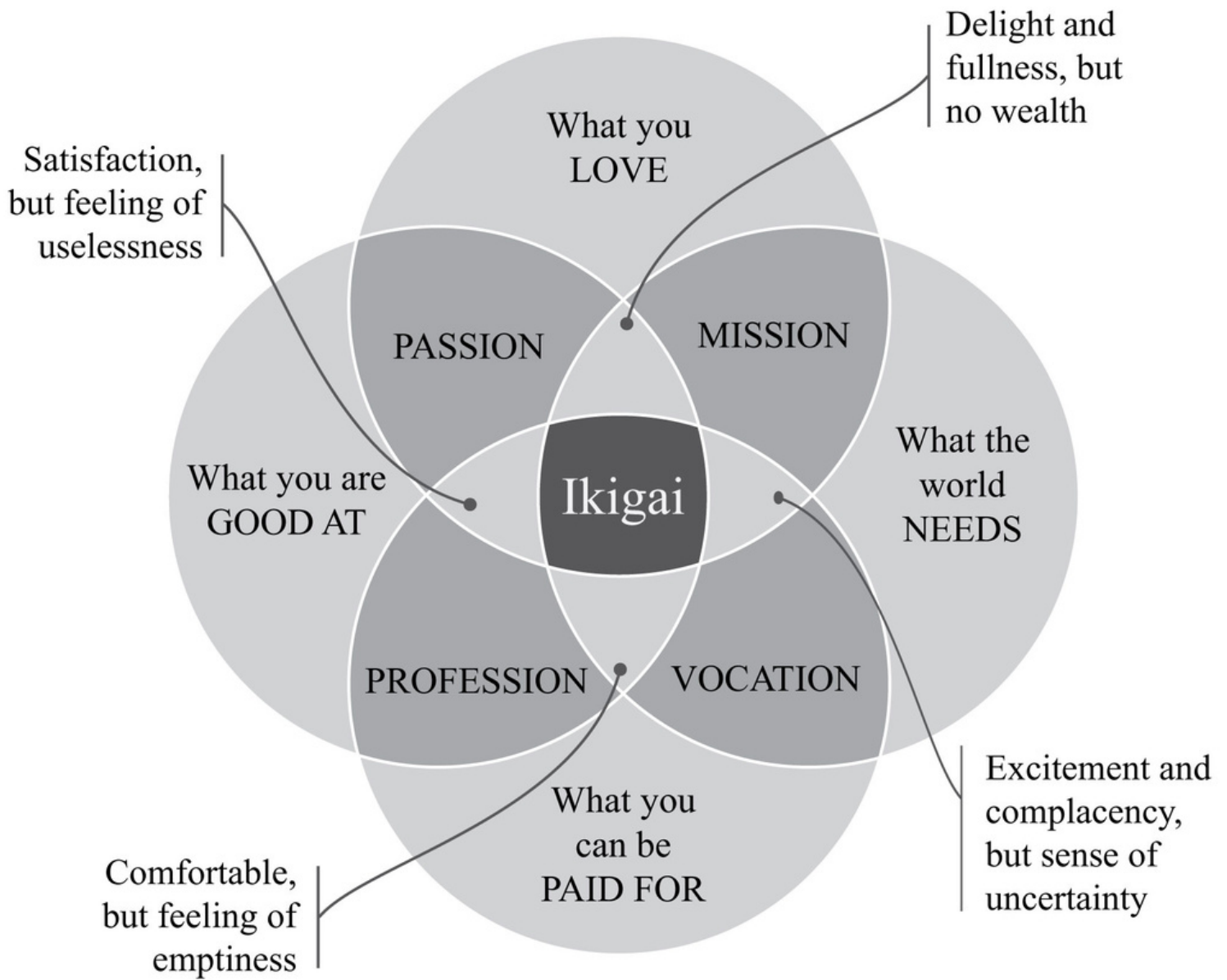
Yes or No

VALUES

Principles
Ways of being
My moral compass
How I want to get there







Weekly Schedule

Week beginning:

Name:

hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 a.m							
6 a.m							
7 a.m							
8 a.m							
9 a.m							
10 a.m							
11 a.m							
12 a.m							
1 p.m							
2 p.m							
3 p.m							
4 p.m							
5 p.m							
6 p.m							
7 p.m							
8 p.m							
9 p.m							
10 p.m							
11 p.m							
12 p.m							
1 a.m							
2 a.m							
3 a.m							
4 a.m							

Masculine

Logical Thought
Mind
Decisive
Risk - Taking
Achieving (Goal Oriented)
Controlling
Competitive
Intellectual
Giving
Respectful
Inspiring

Feminine

Intuitive Feeling
Senses
Creativity
Nurturing
Experiencing
Being
Collaborative
Expressive
Receiving
Empathetic
Trusting

Masculine and Feminine - Lower

Masculine

Controlling
Dominant
Hard
Overbearing
Aggressive
Emotionless
Heartless
Abusive
Competitive (when not called for)
Forceful
Rigid

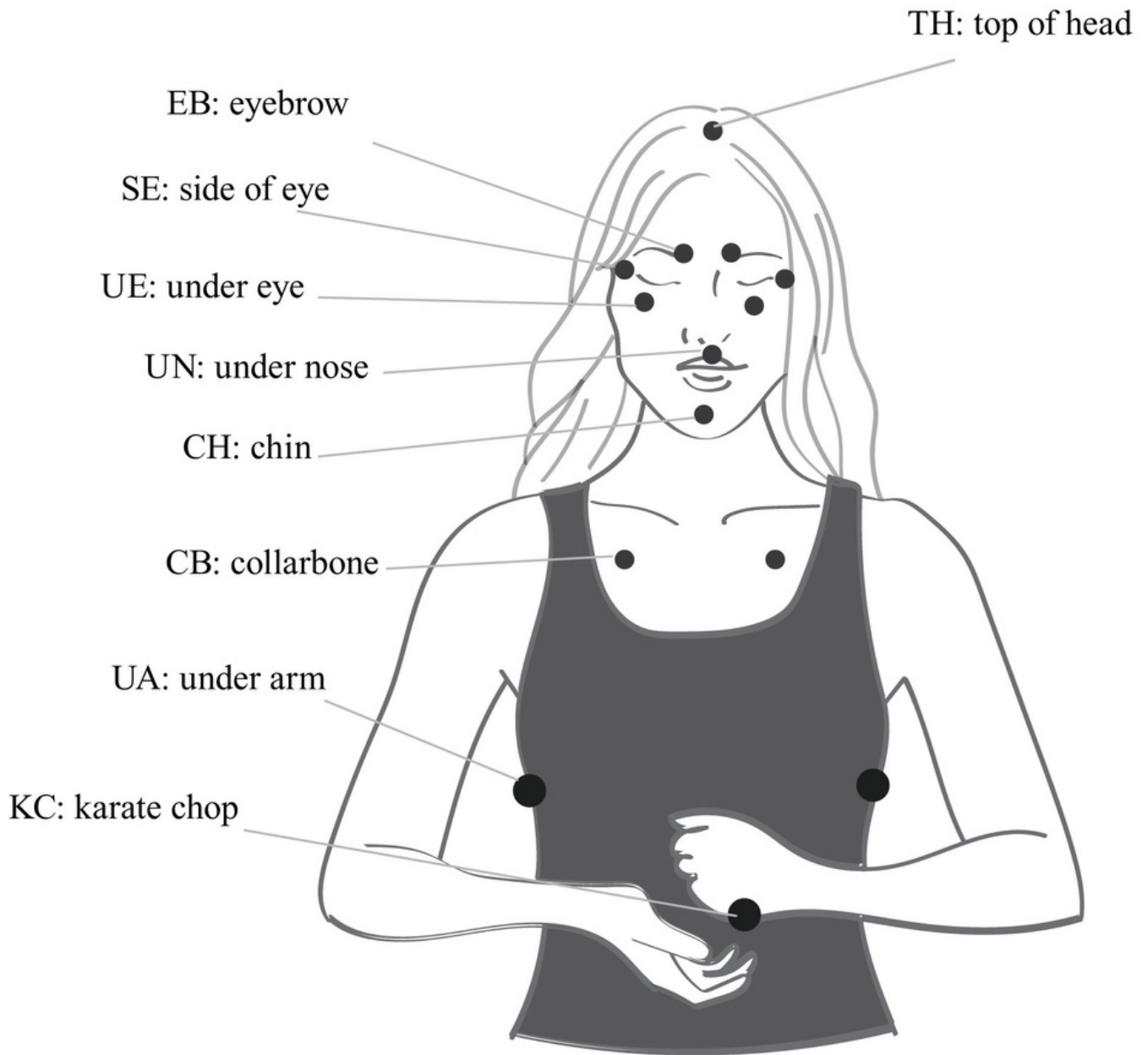
Feminine

Controlling
Insecure
Passive - aggressive
Belittling
Bitchy
Timid
Manipulative
Naive
Gullible
Erratic
Illogical

The Passive - Assertive - Aggressive Spectrum

<i>Passive</i>	<i>Assertive</i>	<i>Aggressive</i>
Scared to speak up	Speaks openly	Interrupts and talks over others
Speaks softly or weakly	Speaks in a conversational tone	Speaks loudly
Hesitant speech, frequent pauses	Fluent speech, steady even pace	Fluent often abrupt, clipped, fast
Avoids eye contact	Makes and maintains good eye contact	Glares and stares
Reduces own self esteem	Increases own self-esteem	Reduces others self-esteem
Minimal facial expression	Facial expression matches the message	Intimidates through facial expression
Physically slouched and withdrawn	Relaxed with an open stance	Rigid, crossed-arms, invades space
Isolates from groups	Participates in groups	Controls groups
Values self less	Values self equally	Values self more
Put others needs first	Takes all need into account	Puts own needs first
Can't say no	Can say no in a calm and direct way	Says no aggressively or reactively
May not know or doesn't reach goals	Reaches goals without hurting others	Reaches goals but can hurt others
Aims to please others	Aims to express needs	Aims to win

Tapping Points



The Seven Chakras

Crown (Violet)

Third Eye/Ajna (Indigo)

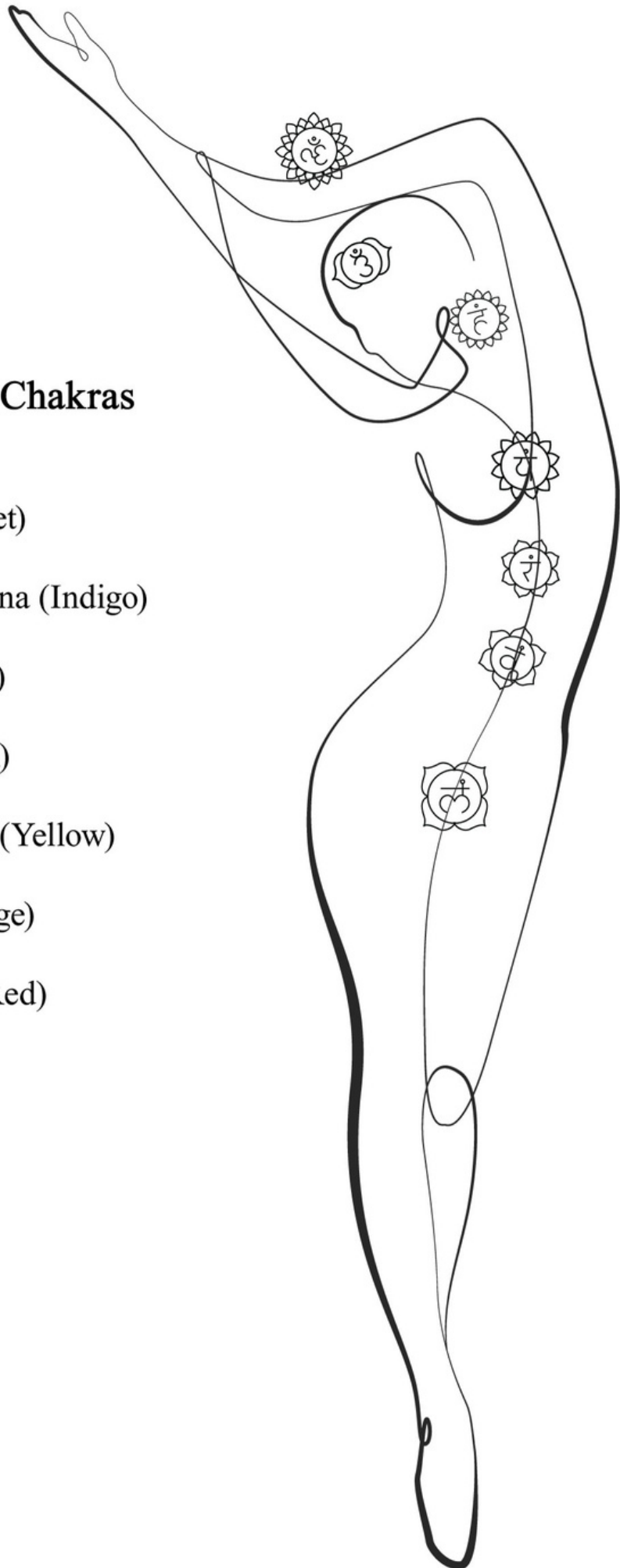
Throat (Blue)

Heart (Green)

Solar Plexus (Yellow)

Sacral (Orange)

Base Root (Red)



*Ready to take
the next step?*

SEND ME A MESSAGE
FIONA@THEHAPPINESSHUNTER.COM

AND IF YOU LOVED THE BOOK, PLEASE
LEAVE A RATING AND A REVIEW WHERE
YOU LISTENED TO IT

THANK YOU

LOVE, FIONA