

Cool new checklist!

50 Ways to Bring
More Happiness
and Success into
Your Life



Moira Shepard

50 Ways to Bring More Happiness and Success into Your Life

- I am choosing affirmations with care, making sure that they are:
 - Specific
 - Ones I can believe in

- I have made a commitment to focus on how my glass is half-full—instead of half-empty

- I am releasing toxic people from my life—the ones who:
 - Talk only about themselves
 - Focus solely on what I can do for them
 - Make me feel stressed or heavy at the thought of interacting with them
 - Suck me into a negative mind-frame
 - Make me doubt my abilities
 - Drain my energy
 - Other _____

- I have made a commitment to reframe habitual negative self-talk and thoughts

- I am on the alert for the words “always” or “never” in negative self-talk, since I am now aware this is a destructive habit known as “all-or-nothing thinking”

- I am reframing all-or-nothing self-statements to more positive, proactive and realistic statements that empower me

- I am checking catastrophes, big and small, against the benchmark of: “Will this really matter five years from now? A year from now?”

- I have created a “worry time” and I am rigorously practicing tabling all worry into that limited period

- I am reminding myself that fear can be just another name for excitement

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- I understand that I have to change my responses and actions before my feelings may follow them, and I am committed to persevering until they do
- I have realized that out of failures, we learn and grow: The only true failure is never trying
- I am focusing on others, instead of continually being absorbed with my own fears, emotions and needs
- I have found a way to tap into what brings me joy and ignites my passion in my current life/work situation—even if this happens in the smallest way with the most limited scope—for now
- I am acknowledging that by persevering I am already a success
- I am creating cut-off dates where action must be taken whether or not I am ready, as an antidote to “analysis paralysis”
- I am aware that asking for feedback indiscriminately is less helpful than keeping it limited to a just a few professional and objective peers, friends, or colleagues
- I am listening internally for small signs tipping me off to potential events and decisions that are either emotionally right—or tripping off alarm bells
- I have loosened up my planning to include a basic preparedness around which I can be flexible
- I have committed myself to getting small tasks that can be done immediately, right away (instead of saving them for later)
- I am relieving staleness or mental fatigue by occasionally changing my environment

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- I am learning to recognize my triggers for negative thought patterns or behaviors—and head them off before they get out of hand
- I am aware that building in rewards is a necessary life and business investment, and I am doing that now
- I have created the ideal home office space for me
- I follow the ground rules I have set for others, providing them with an example, *and* respecting my own “space”
- I am facing my own weaknesses with a non-judgmental, objective attitude
- I am breaking overwhelming tasks (especially those that cause me to procrastinate) down into bite-sized chunks
- I am making use of tools to help me manage my workload, including:
 - Apps
 - Schedulers/calendars
 - Timers
 - Other _____
- I am learning to delegate—successfully
- I am remembering to plan for outsourcing, so I can free up not just my time, but raise my energy, too
- I am honoring my learning style and preferences by investing in what I need to learn in the way that comes most naturally to me
- I have cut my “To-do” lists down to each one’s top three priorities at most

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- I stop adding extra “To-do” items until I have accomplished that main list’s top three priorities
- I am remembering to physically take a short break from the computer several times a day to refresh not only my circulation and body, but also my mind
- I have adopted the habit of looking to see how I can make the most out of work I (a) create once (b) have already created, so I can finally drop the “hours for dollars” model
- I am setting a big but achievable monthly goal—and adopting a “Motto of the Month” to inspire me to keep focusing to reach it
- I have adopted the daily habit of:
 - Starting each day by finding three things I can be grateful for, on awakening
 - Reciting three things I like about myself, that day
 - Asking myself: “What do I want to remember about today?”
- I have not only released negative people from my daily life, I have replaced them with positive people
- I have dropped asking self-questions beginning with “why” and have replaced this with “How” and “What,” so I will set myself up for more proactive responses
- I have given up the bad habit of thinking that perfectionism is a virtue, and now recognize it as a cognitive distortion
- I am defusing fearful or stressful anticipation or situations by asking myself realistically, before weighing up the risks: “What’s the worst that could happen?”
- I am taking steps to ensure I stay in touch with and connect with real, live people

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- I recognize that twenty-minute power naps are more effective than:
 - No sleep
 - Poor quality, longer naps

- I am catching myself every time I tell myself I “should” do something, and eliminating that word (and the guilt that goes with it) from my vocabulary

- I am checking my To-do lists for three things I can easily drop, every day

- I am getting into the habit of only focusing on one task or topic for short blocks of time

- I value and nurture my relationships

- I am listening more than I speak—and I follow through

- I am letting go of things I don’t need and creating more of what I want, including:
 - _____
 - _____
 - _____

- I am using all these tips to fine-tune my life—and achieve happiness and success, my own way!

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MORE RESOURCES FOR YOU

→ Share Your Message

“This is really terrific! So many great suggestions that are manageable and doable,” says Executive Coach Marguerite Senegal.

Discover 3 power moves to get your message out in the world and start making a difference in people’s lives. Get this free handbook now – it’s packed with inspiration, writing prompts, and practical tips for sharing your ideas with a world that needs to hear them right now.

www.ConfidenceBuildingPlaybook.com

→ Love Your Way to Success

“A terrific guide for growing into your best self and owning your power!” says best-selling author Chellie Campbell.

This book takes you on a deep dive into 5 keys to confidence that help you build a successful career and a fulfilling life – one loving choice at a time.



[Get it on Amazon now](#)

→ Free Abundance Breakthrough Session

“This is turbo-healing!” says Catheryn B.

You’re a smart person. If you could think your way to abundance, you would have done it by now. Sometimes all you need is a fresh perspective. You’ll be amazed by what you and I can do in 15 minutes.

[Click here for details.](#)

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What People Are Saying

Turbo-Healing

"My session with Moira was really fun and highly productive. Her intuition and depth of understanding is phenomenal. She laser beamed right in on my core issues and then provided help - releasing energies on a soul level and putting into words concepts that I have been struggling with for years. Turbo-healing! I highly recommend. (And did I remember to mention - it was FUN!)" - *Catheryn B.*

Opening the Door to Success

"The day after I worked with Moira, I went to the book expo in New York hoping to find a new agent and interest a publisher in my new book. As soon as I walked off the plane, I met the agent – it was that easy! And I have FIVE publishers interested in my next projects. I know that the work we did opened the door to all of this ... thank you!!!" – *Donna Sozio*

Exciting and Empowering

"Thank you so much Moira, I'm still AMAZED by this reading... And filled with so much excitement, I can barely stand it! This was such an amazing and empowering experience! I know now, more than ever, I'm ALWAYS, EXACTLY where I am supposed to be :) – *Jane Liddell*

Dream Job Offer

"I went to Moira to figure out the best way to do my two businesses – interior decorating using Feng Shui and Earth-friendly materials, and art direction for television shows...

"First, she helped me get clear that I needed to decide on one or the other to avoid dividing my energy and focus. Then, she helped me see that television really is my first love, and what I most enjoy doing. Finally, she showed me I have everything I need to succeed in this right now.

"We did all this in a one-hour session – and 30 minutes after it was over, I got a phone call offering me my dream job on the Bonnie Hunt show – and I hadn't even applied for the position! Wow! Moira, you're incredible!" – *Kelley Wright*