

Happy Family Institute presents
Awareness Series
7th E-book



your Life in 3 DAYS

By Life & Relationship Coach
Yasmin Abouelhassan

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Table of Contents

Copyright Notices	2
Legal Notices	3
Acknowledgement	5
Preface	6
Introduction:	7
Change:	8
Types of Change	9
Subconscious Change	9
Conscious Change	9
Forced Change	10
Positive Change Equation:	11
Day:1 AWARENESS	12
Step one: Navigating the direction	12
Exercise 1: My Life Wheel	12
Step two: Dig deeper, search for the roots	15
Exercise 2: I feel dissatisfied with area of my life:	15
Step three: Evaluation	17
Day:2 CHOICES	19
Step One: Define the choices needed to achieve the Change you want?	19
Step Two: Visioning	22
Exercise 2: Scenarios	22
The worst Case Scenario:	22
The 50-50 Scenario:	24
Now the BEST SCENARIO	25
Step Three: Planning for Action	27
Baby Steps	29
Day:3 ACTION	30
Tips to Consider	31
About Life & Relationship Coach	34
10 Reasons are my answer to the question "WHY I transitioned to Coaching"?	36



Acknowledgement

I am very grateful to my great and loving mother Eng. Thanaa Salem for she has been the premier support for me in all my steps. She is the one who hears me out when I get an idea, witnesses all my steps and finally reads, watches, and amends through her insightful opinions.

I am so grateful to my son Zyad who has been my primary motivator for the whole journey of life. Not only is he my North Star, he is my advisor at lots of times through his enlightening vision, wisdom and sense.

I am also grateful to my semi-twin sister Eng. Amel who always takes the time to review my products and give me wise and loving insights that always puts the material in more appealing function.

I am grateful to my brother Eng. Mohamed who despite not having enough time to read or review, has great faith and believe in me.

I am grateful for my dad Prof. Mahmoud Abouelhassan for raising me allowing me to expand whenever I wanted in my education, career, and hobbies. I am grateful for who he was because it made a great impact on who I am. He never witnessed me as a coach. I wish his spirit can see and feel my happiness, success and life on purpose.

I am extremely grateful to all my beloved customers whose inspirations and needs are my motivation to create products and learn more. Their feedback and usage of my material are the fuel for my journey in coaching and writing.

I am grateful to God who has guided me to this path and in every step I take.

Yasmin Abouelhassan



Preface

Thank you for using this product, I appreciate the effort, and time you took to check it out.

The main motivation in our life is "Being happy" and since each of us perceives "Happiness" in a different way and is happy in a different way, I thought of a tool that can help you make the changes that you want in order to achieve your happiness and came up with this **Tool**.

I hope this tool can provide some guidance through your challenging situations.

*"No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change."
~Barbara De Angelis*

Introduction:

There are times when we are at crossroads and not certain about where to go and how to do it.

Some people stand still, for their whole life not taking any step, puzzling themselves more with fear and uncertainty. The feeling that something is missing in our routine life keeps us exhausted, unfulfilled and empty.

This can be the wake-up call that alarms us that Change is needed.

The Challenge is we don't want those feelings but we don't want to decide to change. We want the change to happen miraculously from outside because making the change is frightful.

The bad news is that Change does not happen on its own and the longer the waiting the more the suffering. And the lesson we don't want to learn is "Unless we exert an effort, make a decision and start taking an action, nothing will really change."

*In Quran, God says:
..God does not change people (and how they are) unless they do change themselves.."
(Translation of the meanings of the words in Surat "Al Raad"= Thunder, verse 11)*

Change:

Change .. Change .. Change .. so what?? Why is it a frightful word?? Why resist it?? What happens??

Imagine yourself eating boiled eggs for breakfast, lunch, dinner every day for 80 years.

Imagine yourself wearing the same color "white" every day at home, outside home, at all times for 80 years..

Imagine yourself looking the same way.. same size..same features..your hair has the same length, same color, same type, same style ever, your body, your face has the same expressions for sadness or fear or love or happiness or joy.

Imagine the day to be all day no night; all light and sunny with the same temperature all day, every day.

How will you feel? What will you do? How your life would be? Can you even imagine it..

BORING .. extremely BORING..

YES!! That's the point Change may be the only reality in this world.

Everything is changing every second; The day and night. The sun is changing between sunrise and sunset every day. The weather is different along the day. The moon has different phases. The year has different seasons. Everything has a life cycle in which its size, shape, composition and behavior changes..

Is all this a coincidence?? No...

Change is the only reality.

"We can change. We can be different. We can defy history. Our past is but a memory dragged into the present moment. That moment is no more important or significant than the next. And in the next moment, we can change it all. We do it by changing our point of view by changing our beliefs."

*Barry Neil Kaufman,
Happiness is a choice*

Growing is change, having a baby is a change, healing itself is change. Disease is a change. Digestion is a change.

So why do we (as humans) hate change or feel uneasy about it? Why man wanted to eliminate change or control it or even predict it? Why doesn't he just accept that Change is inevitable and that whatever is true this moment can be untrue for the next one..

I will leave you with these words to ponder on. And let's continue with changing your life in 3 days!!

But there are different types of Change.

Types of Change

Subconscious Change

We do change daily, every second or less. We are in a non-stop change process. We change with every bit of information that we receive, with every single interaction we take. We change physically, emotionally, mentally and spiritually. Some of these changes are un-noticeable. One reason for that is that they happen slowly that we are unaware of them. Other changes are recognized by people in our lives who see us at different extended periods of time and tell us how they see the changes.

All these changes are done subconsciously according to the environments you are repeatedly subjected to.

Conscious Change

A conscious change happens when you are aware of how you are developing and how your needs are changing. Your conscious change here is a path you consciously decide to take to respond to your internal change. Conscious change takes

“If nothing ever changed, there'd be no butterflies”.

~ Author Unknown



awareness, intention, plan and execution to be finalized.

Forced Change

The Third type of change is a change that you never expected nor planned to. It is what suddenly happens that forces you to change. Like a hurricane, a revolution, an illness, a death or breakup or even a lay-off or more. A forced change is perceived as a disaster. This is only because of its unpredictable nature. However in most situations when time passes and we learn our lessons we discover how the forced changes helped us to master the skills that we have always resisted to acquire.

In this workbook, we are going to go through the process that helps you to be the master of your life, to embrace a conscious change.

So Let's start the journey of Change in 3 days

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.”

~ Author unknown, (commonly misattributed to Charles Darwin)

As in My Year Evaluator Mini-Booklet kit I share with you

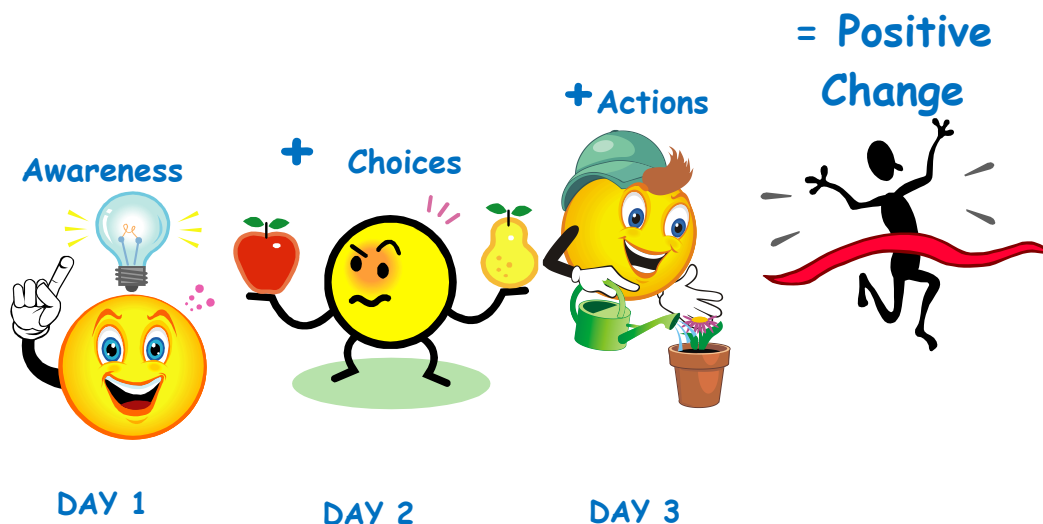
Positive Change Equation:

Where there is a human being, there is development. There is forward movement; there is change, creativity and upgrades. That's the major asset of being human.

Human beings are created to face challenges, develop solutions and upgrade those solutions. Your mobile phone, car, laptop, clothes, home, appliances and more are all proofs.

So for you as a human being on your path of development and upgrade here's a little tip that can put things in perspective; the positive change equation.

The positive change equation is a simple 3 component equation that you can memorise and use as benchmark to ensure you are on your right track of positive change.



Day:1 AWARENESS

Step one: Navigating the direction



Do you feel unhappy, something missing, something not working right? Search within yourself for what is inhibiting your happiness. What are the areas of your life that you feel dissatisfied with, what areas drain your energy? Be Courageous, at this level we just want to get a direction. It is ok to feel that you do not want to face it for fear of what could be next. Turn on your Consciousness and tap into your feelings.

Exercise 1: My Life Wheel

My life wheel is a common life coaching tool that helps you have a remote view on your whole life, it helps you:

- Determine what areas compose your life (at the current time= the time you use this tool)
- You can put them in order if you feel you look at them by order of importance or urgency or whatever you decide on.
- Evaluate your degree of satisfaction at this moment in each of these areas.
- You can use this tool to check where your energy is sapped or where your attention is focused or where you need more balance, attention or effort.
- You can also use this tool frequently as your evaluation form for a general preview of your life. (Daily, weekly, Monthly, Annually)

If you feel you need to give it more in-depth you can hire a coach and use her help in identifying those areas in your life and how you reached those results and make a plan for your next move.

*“To exist is to change,
to change is to mature,
to mature is to go on
creating oneself
endlessly.”*

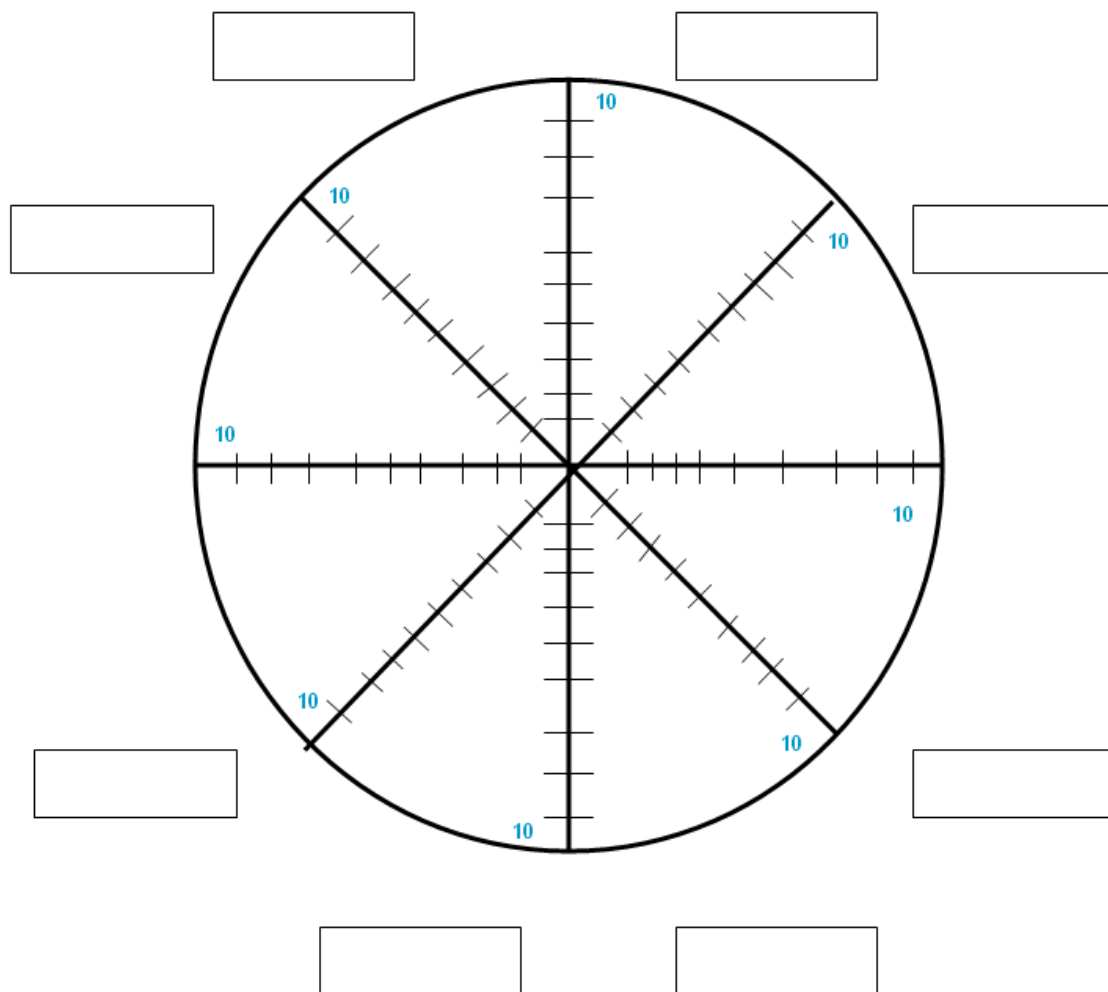
~ Henri Bergson

To do it on your own please follow the following steps:

1. Draw a circle
2. Divide the circle into 6 or 8 equal portions or more.
3. Name each portion with the area of your life
4. Degree of Satisfaction: the center of the circle is the zero point of satisfaction (totally unsatisfied) the edge of the circle is the maximum level of satisfaction (level 10)
5. Check your level of satisfaction and draw an arc at this level, shade the area the satisfaction.
6. Look at the wheel after you finish, is the shaded area looks like a wheel (balance), where are the best areas, where are the worst.
7. Write down your conclusions.

“God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it’s me.”

~ Author Unknown



Examples are:

Home Family Friends Fun & Recreation Retirement	Career Money Health & Well Being Motivation	Confidence Spirituality Personal Growth Significant Other
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My Conclusions from Ex.1 are

.....

.....

.....

.....

.....

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.....

.....



Step two: Dig deeper, search for the roots

Search for information inside yourself on what you think is obstructing your path to happiness in this area of life. Ask yourself more and more in-depth questions. Lots of why's and more details as what exactly that you don't like. Get to the core reasons till you say: "Yes, that's it"

Exercise 2: I feel dissatisfied with area of my life:

Self Exploration Questions:

1) Why am I dissatisfied in this area?

1. -
2. -
3. -
4. -
5. -

2) What exactly bothers me?

1. -
2. -
3. -
4. -
5. -

3) What don't I like about it?

1. -
2. -
3. -
4. -
5. -

*"We all have big changes in our lives that are more or less a second chance."~
Harrison Ford*

4) What do I wish to have instead?

1. -
2. -
3. -
4. -
5. -

5) What possibly can happen that make this area fulfilling and satisfying for me?

1. -
2. -
3. -
4. -
5. -

6) What Can I do to make this area fulfilling and satisfying?

1. -
2. -
3. -
4. -
5. -

“We all have big changes in our lives that are more or less a second chance.”~ Harrison Ford

Step three: Evaluation

Evaluate the information you got in Step 2 using exercise 2. This is a crucial step that guides you to step four. Evaluation is so tricky; there are key patterns that can be clear signs for need for change of

attitudes:

- Blaming others for the situation you are in (including blaming governments or universe or nature)
- Having something else that is bothering you deep inside but it is projected on the area you think is unsatisfying (ex. having an emotional unmet need, a feeling of insecurity...)
- The feelings of dissatisfaction you have are based on future worries or what if's. (Reflect future bad expectations which are totally different from facts)
- Compiling lots of problems all at the same time (things you think of as troubles -indicate a tendency for self pity or feeling helpless).

These are examples of just a few indications, if you suspect your findings you can always ask for assistance through working on this matter with your coach.

*“Our only security is our ability to change.”
~ John Lilly*

Now let's go for Exercise 3

Exercise 3: Evaluation Form

For each of the answers you gave in Exercise 2:

A) Use one of the following words to label your answer

- Fact¹
- **Feeling**
- Future expectations
- Internal self talk
- Others' opinion
- My own truth
- Blaming others

B) For any answer that has an evaluation of "Feeling" Write in brackets the exact feeling you get (ex. Fear of failure,, fear of rejection, fear of success, sadness, helpless, inadequate, anxiety, incompetent, fear of unknown,.. add any other feeling or fear you have)

Conclusion of Day 1

Avoid generalizations, and avoid compiling all problems at the same time. Take your time to reflect on your finding in Step 3 and come up with what you think is the primary area that needs change. Remember the only person responsible for your happiness or misery is your own self. So give it your best shot, is it the way you think about this area of your life, is it about future anticipations, is it lack of skills, is it an imaginary problem or a factual one??

I clearly understand that my core Challenge is

.....
.....

The primary area that needs change in my life NOW.....

The Change² I want to achieve in this area of my life now is

¹Facts are(measurable events that happened not a story we or others tell. Stories are our perceptions, judgments, interpretations, assumptions or labels.

"It does not matter what your circumstances are at the present moment. Think positively; expect only favorable results and situations and circumstances will change accordingly. It may take some time for the changes to take place, but eventually they do."
~ Remez Sasson



Day:2 CHOICES

Step One: Define the choices needed to achieve the Change you want?

Remember you always have choices. To start thinking take this small tip.

You always have 3 choices to start with. Guess what are they??

<p>1 DO SAME as I used to</p> <p>Is always a valid choice & is yours to choose; whether you are on your chosen track or if you intend not to change regardless consequences.</p>	<p>3 Other Choices</p> <table border="1" style="margin: auto;"> <tr> <td style="text-align: center;">1. Increase awareness</td> <td style="text-align: center;">2. Take steps</td> <td style="text-align: center;">3. Seek Help</td> </tr> </table> <p>Depends on your degree of awareness, capability of taking action on your own or knowing what can give you a push.</p>	1. Increase awareness	2. Take steps	3. Seek Help	<p>2 Do just the OPPOSITE of what I used to do</p> <p>Is an immediate response when being angry or disappointed or hurt- but still your choice to choose</p>
1. Increase awareness	2. Take steps	3. Seek Help			

Ex1: Choices I have are
Use as much space as you need

	Choice1	Choice2	Choice3	Choice4
Define your Choice clearly
This choice is great because..

² (Please name it in details, be very specific)



This choice allows me to achieve the change I want because
The risks of this choice are
The cost I will pay for pursuing this choice is
The Financial resources I need to have to pursue this choice are
Do I have the resources needed?	Yes No	Yes No	Yes No	Yes No
Can I have them?	Yes No	Yes No	Yes No	Yes No
The Material resources I need to have to pursue this choice are
Do I have them?	Yes No	Yes No	Yes No	Yes No
Can I have them?	Yes No	Yes No	Yes No	Yes No



The Emotional resources I need to have to pursue this choice are
Do I have them?	Yes No	Yes No	Yes No	Yes No
Can I have them?	Yes No	Yes No	Yes No	Yes No
The Time resources I need to have to pursue this choice are
Do I have them?	Yes No	Yes No	Yes No	Yes No
Can I have them?	Yes No	Yes No	Yes No	Yes No
I can ask for advice for this choice from

The Choice I choose to achieve the change in my life is

.....

Step Two: Visioning

This is my favorite part in the process so get ready.

This step you need some preparation.

For each challenge in our life that we name as problem, we get stuck with our fears and worries and the what if's , in this step we are actually opening and catching all possible scenarios that may happen, I usually use this with myself (self-coaching) as well as with my clients and it works like magic!!

If you don't feel full of ideas or different scenarios you can start using this exercise (exercise 2) till you master being open to more ideas then you can develop your own.

For every challenge there are at least 3 scenarios; the worst case scenario, the 50-50 scenario and the best case scenario.

Are you ready? Go to Exercise 2

Exercise 2: Scenarios

The worst Case Scenario:

The worst case scenario with all bad expectations; is the main cause of our fears, worries and feelings of helplessness. So it takes a lot of courage from you to face.

1. Sit down and write the worst case scenario (This may need the help of your coach for support)
2. Put the scenario in real mode as of the events and consequences, go deeper and go more and more pessimistic. Get to the worst result ever and write it down.
3. If you feel you have finished, there is no more bad things to happen, stop for a minute and take a breath.

“When we are no longer able to change a situation, we are challenged to change ourselves.”

~ Victor Frankl

*“In a progressive country change is constant; change is inevitable.”
~ Benjamin Disraeli*

Now the BEST SCENARIO

Getting Prepared:

Take a 10 minutes break, refresh yourself, treat yourself gently (you may listen to a nice piece of music that elevates your energy level, enjoy a cup of coffee in the terrace, watch something funny, remember funny memories, meditate, concentrate on breathing for these 10min..)

1. Visioning:

Feeling refreshed now, set the ambiance, choose a place you like (at home, in the garden, in sunny spot, at work, a place where you feel cozy and comfy), Use background music if you like (something relaxing yet cheerful, or listen to the sound of nature (birds twittering, nice breeze, sea waves), having you paper and pen, close your eyes for 10 min and start visioning the best scenario that if happens exactly as you want will make this area of your life extremely satisfying, imagine the details, actions, words, breath it, feel it as real and hold on this vision.

2. Capturing:

Open your eyes and start writing what you envisioned detailed, descriptive that anyone who reads this can feel its reality.

Examine your feelings:

How do you feel?? If you feel energized, relaxed, optimistic, empowered, then you are on track... Go

Baby Steps

Put your Goals in Action Steps and break each step in smaller and smaller steps till you reach your set of prioritized baby steps. A baby step is the smallest action needed on the path of your goal.

- Put a set of 10 daily baby steps to achieve
- Keep daily record of your achievements
- Celebrate your Achievements

Take yourself gently, and act in baby steps. Doing so will build your confidence through every step you decide to take. Regression is not an option, adjustment is always an alternative.

“Everyone thinks of changing the world, but no one thinks of changing himself.” ~ Leo Tolstoy

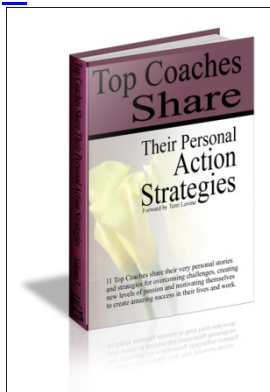
Day:3 ACTION

Step Seven Take the baby steps you defined in the day before towards the selected solution. A Great resource to help you implement the change and take the action is this e-book

"Top Coaches Share their Action Strategies"

<http://www.topcoachesshare.com/volume3/index.htm>

[m](http://www.topcoachesshare.com/volume3/index.htm)



"Sometimes it is the smallest decisions that can change your life forever."

~Keri Russell

Tips to Consider

Avoid the "Happy Ending" trap

Every activity in our life is an ON GOING PROCESS that never ends and is never fixed to one routine; your career, relationships, personality, life, spirituality, this goes for everything.

Nothing stops and nothing works forever using the same formula.

"Change before you have to."

~ Jack Welch

So be ready for your feedback system³ to be always ON



5 steps FEEDBACK Track

One: Put a set of measures by which you can check if your solution (Best Case Scenario) is successful or not.

Two: Routinely evaluate your suggested solutions according to the measure of success.

Three: Decide to continue or change your path based on your evaluation.

Four: If your decision is to change it, be bold and do it.

Five: Decided to change; go to the 3 DAY CHANGE PROCESS again.

³ Your Feedback System is the system that allows you to check you and amend whenever needed

Using Writing as a tool

Writing your thoughts, ideas, feelings, and visions is an extremely effective tool to:

- Give you the chance to have a real understanding of whatever you are writing
- Frees your mind from revolving ideas and thoughts that takes a lot of your energy and exhausts your mind
- Helps you face your fears
- Prepares you to express your feelings, fears, ideas and thoughts to anyone
- Build your self-confidence
- Programs your mind into achieving your dreams, thoughts, and visions.
- Vents your negative feelings, thoughts and ideas.

Share your opinion:

If you like this report or have ideas that can make it more beneficial please send me your comments using this link:

www.happyfamilyinstitute.org

Do you need Help??

Do you **need** an **internal mirror** to help you reflect back so you can really change what you want?

Do you need a companion along this journey who:

- Listens to you
- **Gives** you the time and space to fully express your feelings and thoughts
- **Endures** you when you are not quite sure what is wrong or how to face it, or change it.
- **Advises** only when you ask for his advice.
- **Supports** your decisions instead of judging them or trying to alter them in a way or another
- **Accepts** your truth and does not impose his truth on you. **Believes** in you and your ability to reach your goals no matter how big they are.
- **Is** there for you at all times that you

"You are not here to merely make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand."

~Woodrow Wilson

challenge yourself about your decisions or when you may yield to your own self defeating talk.

- Holds your dreams and vision for you
- Celebrates with you your triumph
- Is always ready to start a new challenging journey with you no matter in which aspect of life you choose

Use the following link
to schedule for a Free Coaching session.

www.happyfamilyinstitute.org

*“Action and reaction,
ebb and flow, trial and
error, change – this is
the rhythm of living.
Out of our over-
confidence, fear; out of
fear, clearer vision,
fresh hope. And out of
hope, progress.”
~ Bruce Barton*

About Life & Relationship Coach

Yasmin Abouelhassan

Founder & President

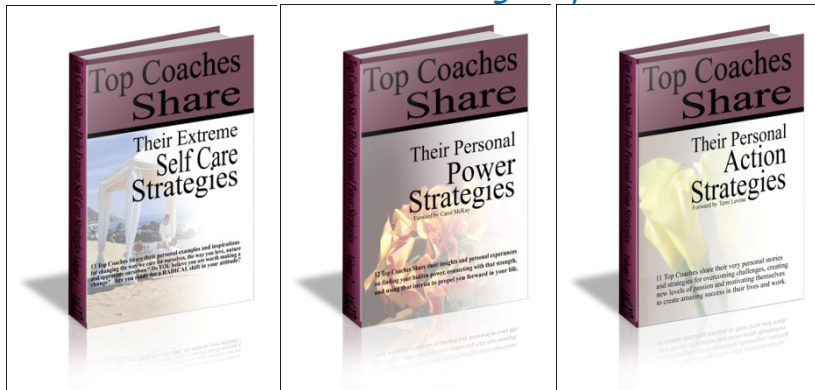
Happy Family Institute

Yasmin is a professional life and relationship Coach, awareness speaker and an author. Yasmin devoted her all her time and effort to break the vicious circle of failed relationships in our society through coaching programs, courses, events and workshops.

To Know more about Yasmin Abouelhassan Check her website

www.happyfamilyinstitute.org

Yasmin is an author who shared in writing "Top Coaches Share" series




[Volume1](#)

[Volume2](#)

[Volume3](#)

Also Yasmin wrote some books and manuals in Arabic and English, Check them [here](#)

You can also join Yasmin Abouelhassan groups on  Facebook; [Life Coaching in Egypt](#) & [Relationship Coaching In Egypt](#) & [Happy Family Institute](#)

Or Watch her on

by searching her name in Arabic

or watch all episodes on her website www.happyfamilyinstitute.org

Professional Background

I graduated from Cairo University, Faculty of Engineering, Biomedical Engineering Department in 1993. I finished my diploma in Executive Management in 2004 from The American University in Cairo.

I studied Coaching at The Coaching Institute in 2005 and graduated in 2006. In 2007 I started my adorable learning journey of Relationship Coaching for Singles and Couples at RCI; Relationship Coaching Institute.

In 2011 Summer I volunteered in my dream place in USA; The Option Institute, a dream that has been postponed for 6 years and WOW it was a marvelous learning Opportunity. And I commit myself to continue my learning journey till I leave Earth.

My professional Career started as sales of Medical equipment and supplies since Sept.1993, and I was quickly placed in management positions. I grew in a well known National company of its time where I learned lots of things that were crucial to my job as well as to my life.

Since 2005 I've been coaching individuals and organizations towards their specific goals and challenges, as well as coaching singles and couples towards their dream goals.

10 Reasons are my answer to the question “WHY I transitioned to Coaching”?

Personally:

- 1. For myself; After going through the pains of divorce I wanted a career that as I pursue I develop, grow, learn how to choose my life partner again and how to live happily whether single or married.*
- 2. For My son; I wanted a career that allows me to learn and develop so as to raise my son as a healthy real man, future husband and father and deal with whatever challenges that faces him healthily.*

Purposefully:

- 3. I wanted a career that helps people with their personal lives. An area that is left unattended and its deterioration leads to misery, crime and downfall of countries.*
- 4. I wanted to provide a service that:
 - a. Enriches people's lives and allow them to celebrate who they are and what they have and enjoy their lives.*
 - b. Will affect not only the person I serve, but all people who get in contact with them.*
 - c. Can make the world a great place to live in by allowing people to live in peace, harmony, love and happiness.*
 - d. Is really crucial and if provided will enhance people's other aspects of life.**
- 5. I wanted to have an influence in decreasing the divorce rate, rescuing children from ignorant parenting, and regaining the healthy social networks.*
- 6. I wanted to raise personal awareness, responsibility and ability to "Choose" happiness.*
- 7. In the Egyptian Organizations' World, I wanted a career that address employees' personal challenges and treat them as humans by helping and allowing them to understand that work and family are equally important and go side by side.*

Professionally

8. *A Future Vision; I wanted a career that never gets obsolete. I wanted to provide a service that people will always need.*
9. *I wanted a Career that provides a continuous learning and friendship with worldwide colleagues with similar mentalities and aspirations.*
10. *I wanted a career that allows me flexibility in time, variety of tasks, room for creativity and unlimited growth.*

*I chose Life and Relationship Coaching
Honored to provide the services of life & relationship Coaching.*

*Yasmin Abouelhassan
Life & Relationship Coach
President & Founder
Happy Family Institute*

*For more information or any inquiry please visit my website
www.happyfamilyinstitute.org*



Happy Family Institute

Happy Family Institute is the first Egyptian organization for Life & Relationship coaching provides coaching services to individuals and organizations since 2005.

Awareness Series

Awareness series is a series of simple and easy booklets to raise the personal awareness for individuals.

Change your Life in 3 Days

Change does not happen on its own and the longer the waiting the more the suffering. And the lesson we don't want to learn is "Unless we exert an effort, make a decision and start taking an action, nothing will really change." This is a tool that can help you make the changes that you want in order to achieve your happiness. This tool can provide some guidance through your challenging situations.



**Life & Relationship Coach Yasmin Abouelhassan
Founder & President
Happy Family Institute**

Yasmin is a professional life and relationship Coach, awareness speaker and an author. Yasmin devoted her all her time and effort to break the vicious circle of failed relationships in our society through coaching programs, courses, events and workshops.