

#16 Sharing stuff that lights me up...

Starting with a quote...

"If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely" ✨ Roald Dahl - even this quote makes me smile and you'll understand why I chose it when you see my book share this month...

So, onto #16, a selection of stuff that I've loved this month...



Podcast shares...

Slo Mo - A Podcast with Mo Gawdat and his guest, Dr Robert Glover on Boundaries and the Pitfalls of Being a Nice Guy: Not a new podcast and you'll recognise lovely Mo from previous shares but this conversation is very different from others I've shared in regards to the topic. Advance notice, it's all about relationships and is rather sexually explicit in some of the discussions!! But hey, we're all grown-ups! Whether you agree or not with some of the perspectives, from women as sexual Ferraris and men as sexual Mopeds (I kid you not), to the infamous 50 Shades of Grey and fairytales, it's a conversation that is sure to have an impact and in true Mo style it's done with grace, love, honesty, and humour. I have listened to many more of the podcasts from his Love & Relationships series and found them all to be fascinating and so much learning from each of the conversations. Here's the [link](#)...

Going Within Is The New Going Out with Carol-Ann Reid - How to Worry Less, and Live More: This is a new podcast series for you and I will admit, I have only listened to one episode from it but there's a lot to take from it in just 20 minutes. So many people worry a lot. I coach many clients out of worrying so much. And I know I worry too, and I have all the tools and techniques at my fingertips to help me not to! Sometimes, we just need to remind ourselves that what we are doing ie: worrying, isn't going to make a bit of difference and we could be doing so much more else with our time and lives instead. So have a listen, it's time to worry less, and live more. Here's the [link](#)...

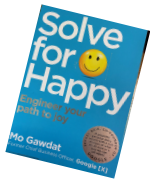
Book shares...

Solve for Happy - Engineer your path to joy - Mo Gawdat It seems like I am a bit of a Mo fan-girl but I have to share this book. Many of the books I read have an impact on me in some way or other but I can honestly say, this book has had such a positive impact and continues to do so. And I want to do my bit, by sharing Mo's message, to help 10 million people become happier (#10millionhappy). You can't quite believe that a book all about happiness came out of Mo tragically losing his son, #10mLet me share a few lines to explain. Mo writes:

"I was, in reality, given two choices: (a) I could choose to suffer for the rest of my life and it would **not** bring Ali back, or (b) I could choose to feel the pain but stop the miserable thoughts, do all that I could to honor his memory, and it would still **not** bring Ali back - though it would make the world just a little bit easier to endure. Two choices. Which would you choose? I chose (b)."

Through the book, Mo shares his Solve for Happy formula, his happiness equation and it starts with creating your very own Happy List. I have created mine, and it keeps growing each day, which makes me even happier. It's a book filled with simple things that cost nothing but mean everything.

So are you going to join the #10millionhappy movement too? I'd love to hear if you do...



And so, a coaching task for you - time to start writing your very own Happy List

As assignments go, this one's not too tough. The list can be nothing more than a string of short, declarative sentences that get right to the point and complete the phrase, "I feel happy when....." Don't be shy. There's no reason to feel inhibited because no one ever has to see your list. You can include the obvious, like cuddling your cat, watching a sunset, chatting with friends, eating hot buttered toast. There are no wrong answers. Write as many as you can think of. And the best bit, the very act of creating your Happy List makes you happy - I can vouch for that!