

# Happy Life Newsletter

## May 2007



### Message from the Founder of Happy Life



#### **Creating your own reality**

One of the most powerful tools you have access to is your ability to create your own reality. We all have the power to choose our destiny and to leave the past behind. The KEY is to enjoy the process along the way.

#### **Focus on the here and now - not on the future**

I came to the realisation recently that the future never really arrives when you don't enjoy "the moment". What do I mean by this? Well if you're always looking into the future, when and if you do arrive at your destiny, you'll most likely develop a new goal and won't even give yourself permission to enjoy what you have achieved so far.

The keys to creating your own reality:

- 1) Realise what you want
- 2) Ask for what you really want
- 3) Enjoy the process/journey
- 4) Give thanks when you actually achieve/receive it
- 5) Be open to enjoy the future when it arrives

Think about where you are right now. If you're reading this at work, can you remember looking for your current job and wishing for it to appear? If not, what about your home, friends, university degrees or holidays. There are positive things in your life that you wished for, strived towards achieving and made them happen. BUT did you enjoy them and did you give thanks for all/any of the good things that came from them? If negative things have come from the situation (for instance, you're not happy at work), think about what you have to be grateful for - what have you learnt and achieved so far? Then, think about what you would really like to achieve in your life (and go through the 4 steps above). Begin your journey towards ultimate happiness TODAY.

Liz O'Halloran

### Are your limiting beliefs holding you back?

Limiting beliefs can have a debilitating effect on your efforts to improve your life. In the *Refresh Your Life* program, we work on changing some of the beliefs which may have stopped you in the past from achieving your dreams. Here are some additional TIPS to STOP LIMITING BELIEFS right now.

#### **Limiting Belief:**

- I don't have time to be active

#### **Happy Life Response:**

- It's important to make being healthy and active a priority in your life. If it isn't ask yourself why it's important to you to be fit and healthy - this will help you to make it a priority.

#### **Limiting Belief:**

- I can't afford to buy healthy food

#### **Happy Life Response:**

- Always buy fruit, vegetables and protein from the market and ask your butcher for a discount if you buy in bulk.
- When you skimp on healthy foods you have a higher chance of being sick and therefore end up spending more money visiting the doctor and buying vitamins and medicines each year - so it's ends up being more expensive to be unhealthy in the long run.

#### **Limiting Belief:**

- I can't stop myself eating junk food at home

#### **Happy Life Response:**

- Temptation often strikes when we see foods we know we really don't want to eat. There are 2 things you can do to avoid this:
  - a) Don't stock these items in your pantry
  - b) Ask yourself "why" you feel like eating junk food (e.g. are you hungry, bored, tired etc) and do something else to alter your mood.



Phone **Happy Life** today  
We're here to help you  
**1800 602 110**



Happy Life  
PO Box 317  
Pahran VIC 3181

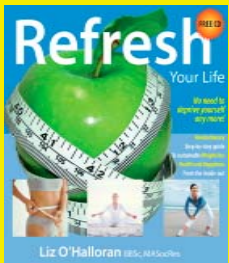
WEB: [www.thewaytoahappyliife.com](http://www.thewaytoahappyliife.com)  
Email: [info@thewaytoahappyliife.com](mailto:info@thewaytoahappyliife.com)

# Happy Life Newsletter

## May 2007



### Tell us what you think of Refresh Your Life



Happy Life would like to hear from you.

Complete the forms attached to this newsletter and fax them to Happy Life (03 9533-2642), or print, complete, scan and email your responses to Happy Life (info@thewaytoahappy.com).

All responses will go into the draw to win a pedometer valued at \$29.99. It features a waist clip/belt clip, 1-year warranty, step counter - 99.999 and also comes with a battery as well. Entries close 30th July 2007.



### Glycemic Index (GI)

One of the major features of the Refresh Your Life healthy eating plan is Low GI ingredients and recipes.

#### What does GI mean?

The GI explains the way that carbohydrates raises blood glucose levels. We all need carbohydrates, however, it's important to try to select Low GI carbohydrates, to avoid sudden increases in hunger or tiredness as a result of eating high GI foods.

A high GI = 70+  
(e.g. Rice Bubbles have a GI of 87)\*

A medium GI = 56-69  
(e.g. Mars Bar has a GI of 62)\*

A low GI = less than 55  
(e.g. Yoghurt, low-fat (0.9%), wild strawberry has a GI of 31)\*

Source: Brand-Miller, J., Foster-Powell, Colagiuri, S. (2002). The New Glucose Revolution, Hodder Headline Australia P/L, Sydney

### Paving the way for healthy kids

Did you know that eating more fruits and vegetables during pregnancy can lead to a higher uptake of vegetables in your children.

Research also shows that on average kids need to be introduced to new foods 12 times before they will be happy to eat them - so don't give up!



### Recipe

#### Easy steak salad

#### Ingredients:

- 4 cups of loose spinach leaves
- 1 avocado
- 12 large cherry tomatoes
- 600g low-fat eye fillet
- 4 tablespoon of extra virgin olive oil
- 2 bunches of snow peas
- pinch salt



#### Method:

##### Eye Fillet

1. Preheat your oven grill or BBQ
2. Cook the eye fillet on both sides for desired effect (eg the time to cook the eye fillet will depend on whether you like you steak cooked rare, medium rare or well done)
3. Once cooked to your liking, remove and slice the fillet into long strips

##### Salad mix

1. In a large mixing bowl combine:
  - spinach leaves
  - avocado (diced)
  - cherry tomatoes (sliced in half)
  - snow peas
  - olive oil
2. Once mixed through, sprinkle with the sea salt and eye fillet
3. Serve in two large salad bowls and eat immediately.

Serves 2

### What's new at Happy Life



We are in the process of revamping our website:  
[www.thewaytoahappy.com](http://www.thewaytoahappy.com)

The new site will feature a special members area with exclusive access to articles on health and fitness issues, personalised reports of your progress on the Refresh Your Life program, online direct access to Happy Life consultants, recipes, regularly motivational emails, tips and much much more.

The website will also give you the chance to find out if you're an emotional eater, access our 7-day online healthy living program and very successful Stress Relief and Relaxation Training programs.



Happy Life  
PO Box 317  
Pahran VIC 3181

WEB: [www.thewaytoahappy.com](http://www.thewaytoahappy.com)  
Email: [info@thewaytoahappy.com](mailto:info@thewaytoahappy.com)

# Happy Life Newsletter

## May 2007



### Tell us what you think of *Refresh Your Life*

1. How do you feel as a result of taking part in the 'Refresh Your Life' program?

---

---

---

---

---

---

---

---

2. What did you enjoy about the 'Refresh Your Life' program?

---

---

---

---

---

---

---

---

3. Did you notice any changes in your body (i.e. weight loss, body toning)?

---

---

---

---

---

---

---

---

4. Did you notice any improvements in your happiness, stress or overall mood?

---

---

---

---

5. Did you notice any improvements in your appearance (i.e. less cellulite, clearer skin, whiter and stronger nails, thicker hair, less acne breakouts)?

---

---

---

---

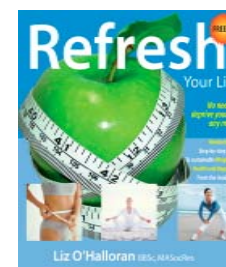
6. Did you notice any improvement in your relationships with other people, if so how?

---

---

---

---

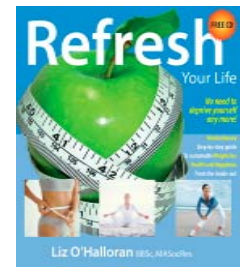


# Happy Life Newsletter

## May 2007



### Tell us what you think of *Refresh Your Life*



Please record your responses to the following statements with respect to your feelings or behaviours whilst on the Refresh Your Life program:

7. I was able to maintain my motivation to exercise on a regular basis

1	2	3	4	5
Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree

Please rate how often you have experienced these feelings or behaviours over the past month:

8. I took time off work due to physical illness

1	2	3	4	5
Never	Rarely	Sometimes	Often	Frequently

9. I felt able to cope with new tasks at work

1	2	3	4	5
Never	Rarely	Sometimes	Often	Frequently

10. I achieved the things I wanted to in my current job

1	2	3	4	5
Never	Rarely	Sometimes	Often	Frequently

11. Over the past month I have taken time off work due to emotional factors (e.g. stress, tiredness, anxiety, feeling overwhelmed, feeling rundown)

1	2	3	4	5
Never	Rarely	Sometimes	Often	Frequently

12. Over the course of the program work affected my personal life (e.g. I felt less energy or motivation to undertake social or leisure activities)

1	2	3	4	5
Never	Rarely	Sometimes	Often	Frequently

13. I felt optimistic about my future

1	2	3	4	5
Not at all	Rarely	Sometimes	Most of the time	All of the time

14. How confident are you that you can maintain a healthy life now that you have completed the program?

1	2	3	4	5
Not at all	Not much	Somewhat	Quite a bit	Extremely

20. Do you have any other comments you would like to make about the program?

---

---

---

---

---



Happy Life  
PO Box 317  
Pahran VIC 3181

WEB: [www.thewaytoahappy.com](http://www.thewaytoahappy.com)  
Email: [info@thewaytoahappy.com](mailto:info@thewaytoahappy.com)