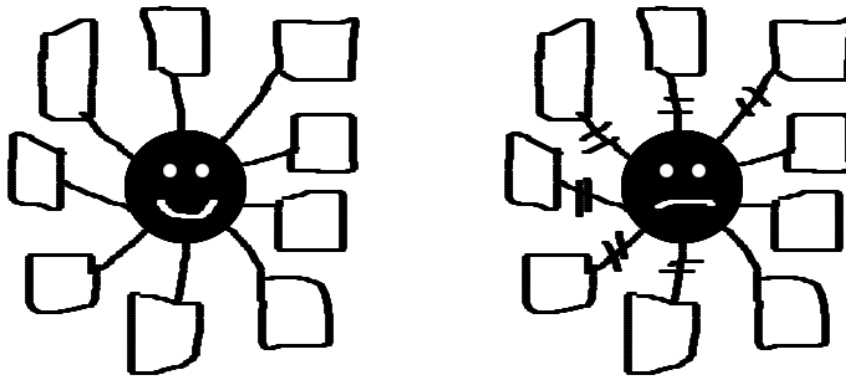


Multiple Happiness Streams



In an ideal world a happy and healthy person gets pleasure from lots of different places; from all of their senses and from different areas of their life.

However, for any number of reasons these natural source of pleasure can get blocked or cut out of our lives.

One of my main tips for increasing the happiness and stability of your life is to increase your happiness streams; that is the different areas of your life in which you can find pleasure.

Life Coach Manchester*

Giving You the Confidence to Embrace Your Destiny

Making Sense of your Week

A great little exercise that you can do to increase your streams of personal happiness is to focus on getting real blissful pleasure each one of your senses each day of the week.

On Monday – take time to focus on getting as much pleasure as you can from your sense of **sight**. This might mean taking time to look at something beautiful, or going to an art gallery or watching a sunset.

On Tuesday – focus on your sense of **sound**, listen to your favourite album or piece of music, learn to listen more attentively to the sounds around you, and get real pleasure from this sense.

On Wednesday – focus your attention on your sense of **touch**, feel things that are pleasurable, enjoy touching things that you would normally not notice. Become aware of the feeling of your feet on the floor as you walk, or the feeling of sitting in your seat. Enjoy your sense of touch.

On Thursday - focus on your sense of **smell**, enjoy pleasant smells, become more aware of the smells around you, invite fragrances into your life, go to a perfume department, smell some flowers, take your time to enjoy these scents.

On Friday – focus on your sense of **taste**, take your time to enjoy the taste and texture of the food you eat. Move the food around your mouth to get as much taste as possible from the food you are eating. Enjoy eating a delicious and healthy meal.

On Saturday – focus on your sense of **balance**, notice your own physical balance and how your body keeps straight and even. Reflect on the different areas of your life that could be in more balance. Become aware of the sense of quiet stillness and calm within and take time to enjoy each breath.

On Sunday – enjoy **all of your senses**, consciously, joyously and with gratitude.