

# Always Start With A Giggle



# Four Skills Guaranteed To Bring You More Happiness

Dancing Queens - Renewed Living Radical, Rejuvenation Workshops

# Four Skills

Each one will bring you more happiness  
Every day

- Curiosity
  - Witnessing
  - The Pause
  - The Parts of Self
- Only choose one of the first three to practice.
  - Parts of Self gives understanding = compassion

# Curiosity - It's about what you DON'T know

- It's about what you DON'T know
- 3-4 year old
- Judgments & Assumptions
- It takes courage
- People want to be understood
- *Brain Fact: We log, catalog and store all past experiences from all senses. This is where judgments & assumptions come from.*

Curiosity will conquer fear  
even more than bravery will.

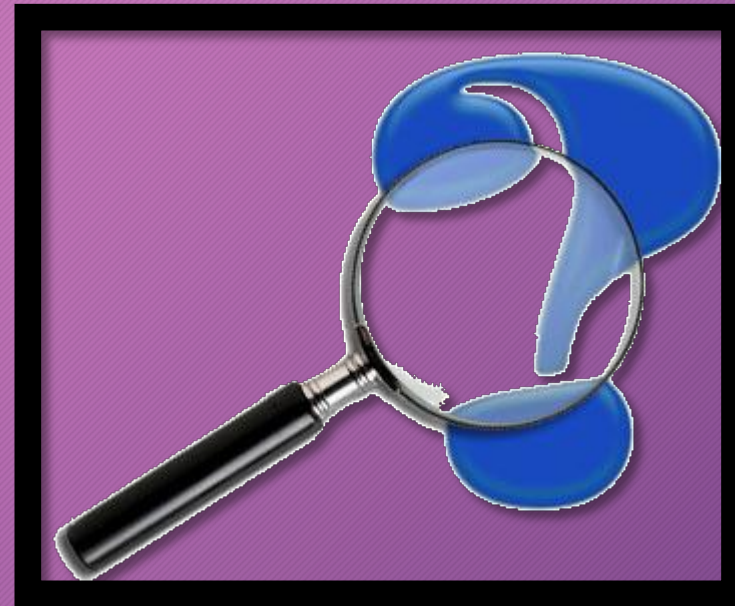
James Stephens

QuoteAddicts.com



# Witnessing - Watching yourself from outside of yourself

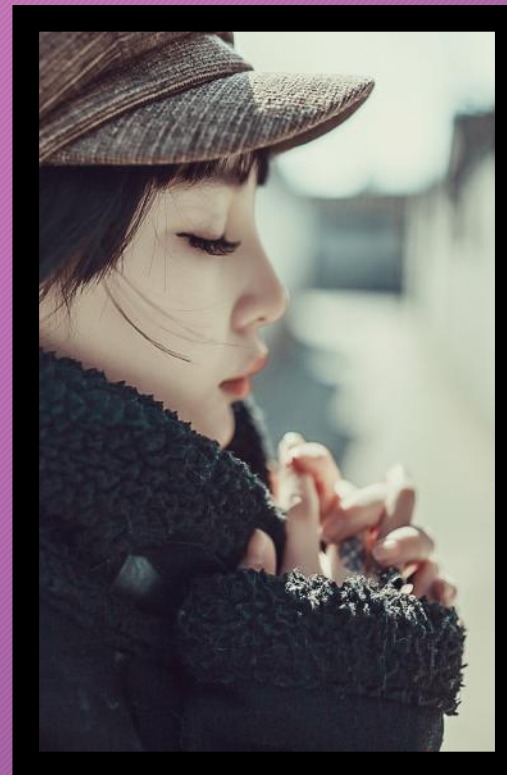
- Happiness begins and ends with you
- A tool for you to become your best detective!
- Focus is on YOU w/curiosity
- What is really here?
- Sometimes have to start by looking back...
- Brain Fact: We are only in our conscious brain 5% of the time.



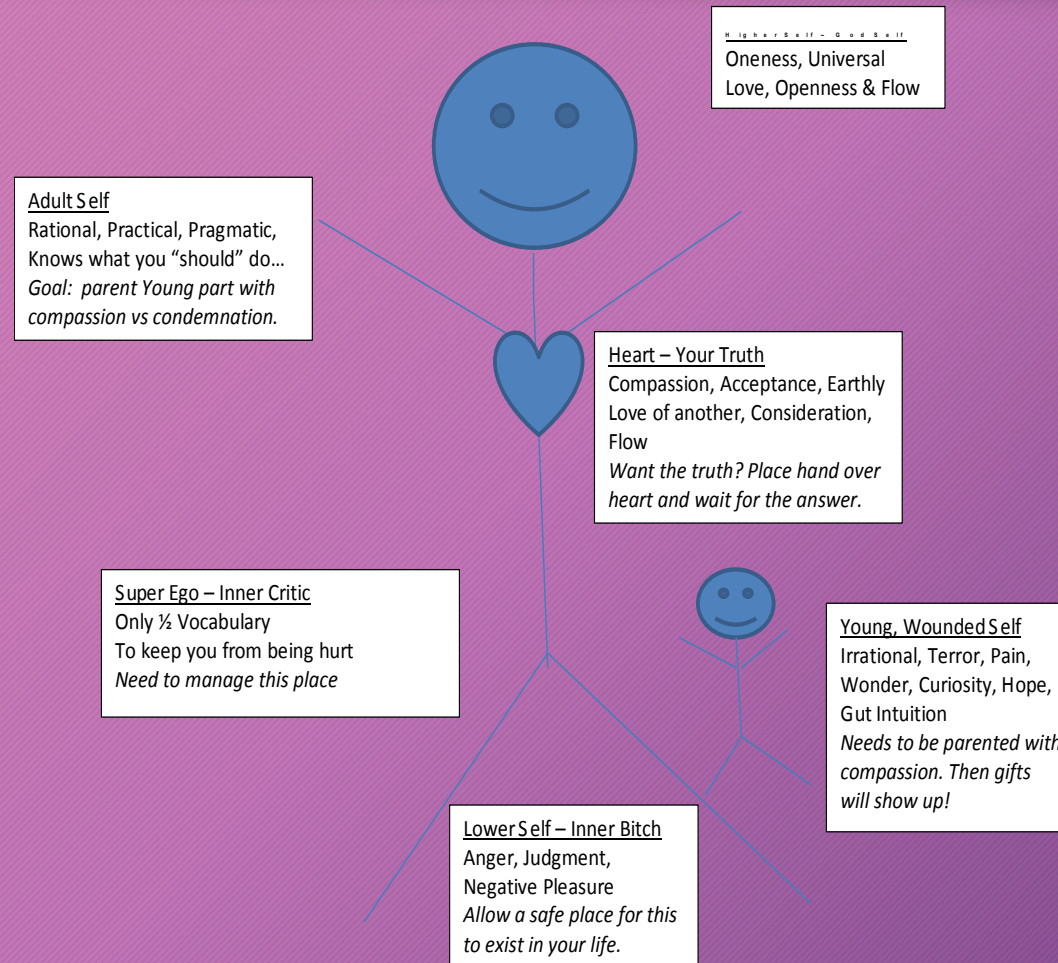
# The Pause

## When

- To stop always saying “Yes”
- When arguing with your partner
- Before making the quick remark or joke
- Before meeting with an important client
- Before meeting with the ex - or Holiday weekend



# Parts of Self - A roadmap of why we do what we do



# Role Play - Parts of Self

- 1) Client is disappointed in your work
- 2) Spouse: “I don’t give you permission to do ...”
- 3) One from the audience...



Remember:  
Choose one skill to work on  
to find more happiness in your life

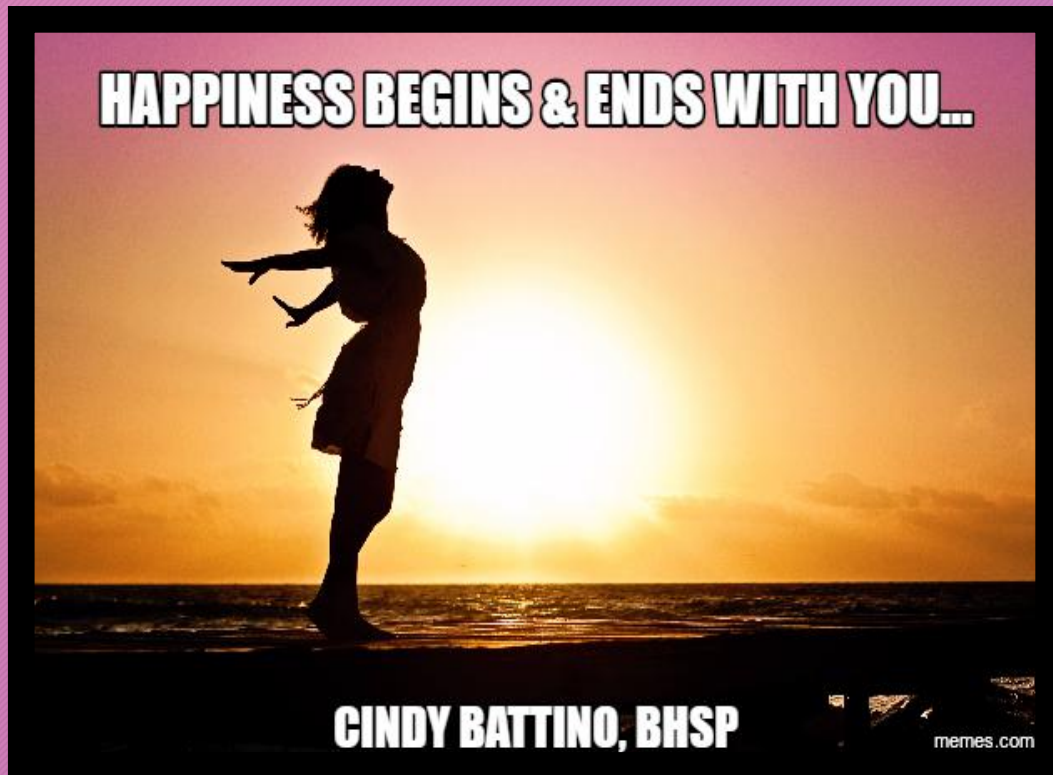
- Curiosity
- Witnessing
- The Pause

Remember...

There is a good reason why you do what you do

- Have compassion for yourself - No One Is Perfect!
- Irrational? Look for the fear
- Enjoy the JOY
- No Parts of Self are going away - might as well try to manage them

# Practice & Let me know how you're doing!



- [www.transform-heal.com](http://www.transform-heal.com)
- [cindy@transform-heal.com](mailto:cindy@transform-heal.com)
- 703-966-7620
- Connect with me on LinkedIn
- Check out my husband's and my podcast: J & Cindy Sitting In A Tree