
YOUR HAPPINESS NEWSLETTER

Your Happiness Coaching

THIS ISSUE'S FEATURED ARTICLES:

Letter from the
editor..... 1

Learning to trust your
emotions.... 2

Law of attraction
exercises to get what
you want.... 4

January Inspiration ...5



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15th February

From the editor....Ally Bohlsen..

Hello Subscriber!

Welcome to the first issue of my monthly newsletter!
I am very excited to launch this newsletter which will inform and inspire you on a monthly basis with all things relating to your happiness, personal development and your personal journey towards self acceptance and living a life you truly love.

Each month there will be a short inspirational story to uplift and encourage you
I want this newsletter to be valuable for you, so please share your feedback and suggestions to help us improve.

Maybe you have a family member or friend who may benefit from the information in our e-newsletter - please share!

Sincerely
Ally

LEARNING TO TRUST YOUR EMOTIONS

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." ~ Hellen Keller

We are born with a certain amount of intuition. The problem is, from a very young age we are often told to ignore our feelings or that our feelings are just wrong. The more we are taught to ignore our feelings, the more likely we are not to trust our emotions.

Listen to Your Gut Feeling

You meet a new person and for no known reason you feel like something is off. You talk to someone and believe they are lying. While you may not want to react to instances that aren't cause for immediate danger, keep your mind and eyes open. Chances are you'll find that you're right more times than not.

The Fight or Flight Sensation

Every have the hairs on the back of your neck stand up, or you get prickly and feel like running? This "fight or flight" sensation is an essential feeling you should pay close attention to. Do not ignore these nagging feelings, ever. Even if you're wrong, it's best to be safe.

Offering Assistance to Others

No matter the situation, when you feel compelled to help people, don't push it down. Freely offer help.



To deny your feelings about this will cause you undue stress and just the offer of assistance, whether it's accepted or not, can make a huge difference is the other person.

Don't Be Afraid of Change

Whether in work or your personal life, if you feel it's time for a change, give it some real consideration. While change can be scary, it can also lead to so many great things.

Feel Confident in Your Abilities

When you feel good about yourself it's not misplaced pride or bragging. So often, people are taught from a young age not to boast about their abilities. This can put you at a disadvantage especially when it comes to jobs and fair pay. Allow yourself to feel confident when it's appropriate.

continued...

Practice Empathy

In order to improve your capacity for empathy, practice naming and expressing the emotions that other people are having. People who can show great empathy to others, even if they haven't gone through the situation themselves, have much happier lives than those who cannot relate to others.

Journal Your Feelings

Keep a journal to help you process different feelings you are having. If needed, write down how others respond to the same situation so you can see it from more than one view. Your journal can help you work through emotions in a healthy way, as well as give you something to look back on when you are having trouble.

Test Your Judgment Accuracy

If you are afraid to just go for it, take small steps to test your feelings. For example, if you feel like you need to switch jobs, start job hunting in earnest. It won't hurt to go on some job interviews to test your intuition. You might find the job of a lifetime or you may decide your current job isn't bad, you just need to address some things with your boss.

As you learn to trust your emotions, you'll get better at discerning which you need to listen to, and which may be an exaggerated response to a trigger.

IMPORTANT ANNOUNCEMENT!

Send me your questions! Next month I will be answering your questions and queries in my [Daily Self Improvement FB group](#). Send me your questions about all things concerning your personal growth in your ongoing journey creating a life you love and finding personal acceptance and inner happiness. [Message me here](#) with your questions:) PS Privacy assured - state if you do not want your first name mentioned when I reply. I will answer in FB lives or a recording.

LAW OF ATTRACTION EXERCISES TO GET WHAT YOU WANT

"Reality is a projection of your thoughts or the things you habitually think about."
~ Stephen Richards

The Law of Attraction is not something that simply comes your way; it requires some work on your part. There are [techniques you can use](#) to make the Law of Attraction work for you so that you can get what you want out of life.

Use Creative Visualization

To utilize Law of Attraction to its fullest potential, make sure you begin each day with meditation. Meditation is important as it brings to focus toward what you desire and what you expect for that day.

Creative Visualization is a powerful tool in creating the feelings behind the desire. It is not enough to just meditate on something you wish to attract into your life. Creative visualization takes it one step further by bringing in how you will feel once you achieve your goals.

As you embrace the feelings of joy and happiness, you will see more joy and happiness enter your life. Creating visualization makes this happen by using your emotions as triggers.

Learn the Art of Being Grateful

Being grateful means truly understanding



When you appreciate the simple blessing such as butterflies or flowers, you will feel more joy. Once you feel more joy, you will manifest more joyful events in your life.

Write Your Own Thoughts

If you really want to get the most out of the [Law of Attraction](#) then you must consciously control your own thoughts on a daily basis. Sometimes you must control your thoughts on a moment-by-moment basis.

If you find yourself going into negative or self-sabotaging thoughts, you need to take responsibility in several ways.

- Think positive
- Focus on what you are grateful for
- Give yourself positive affirmations

By visualizing what you want from life, you are able to create more of it.

YOUR JANUARY INSPIRATION

The Butterfly (Struggles)

A man found a butterfly cocoon and placed it on a table.

One day a small opening appeared in the cocoon. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole.

Until it **suddenly stopped making any progress** and looked like it was stuck.



So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shrivelled wings.

The man didn't think anything of it and sat waiting for the wings to enlarge to support the butterfly.

But that didn't happen.

The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and a swollen body.

Despite the **kind heart of the man**, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening were God's way of forcing fluid from the body of the butterfly into its wings. This was necessary to prepare itself for flying once it was out of the cocoon.

Moral of the story:

*Our **struggles in life develop our strengths**. Without struggles, we never grow and never get stronger, so it's important for us to tackle challenges on our own, and not be totally reliant on help from others. Sometimes our greatest struggles and challenges turn out to be our greatest blessings.*

RESOURCES & INFORMATION

Affiliate Disclaimer:

I love that you are curious and checking out my new newsletter. If you know me well, you will know that I love researching and learning new things! And I love to share these new resources with you if I think you may benefit from them. These links may be what is referred to as an affiliate link, which mean I may earn a small commission if you end up clicking on one and purchasing that product. You do not pay any extra. If I am sending you to an outside link, its because I have tested it and loved the benefits I have received from it Any money I earn through affiliate links is just another way for me to earn a little extra so I can continue testing out new products and services to continue helping connect the people I appreciate with the right resources. If you choose to purchase through through me and use my affiliate links, it is greatly appreciate and I thank you!

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