



VEIL *of*
CHANGE

WORKBOOK

Module 3

THROUGH THE VEIL OF HAPPINESS

Introduction

The Veil of Change is all about your own personal journey and how to effect any changes in your life that you may want to achieve. It is about your emotional self: understanding and respecting your own feelings so you can lead a happy, contented and fruitful life.

Through The Veil Of Happiness will:

- ✓ Help you to develop your thinking process and your intuition
Help you to observe the difference between self-indulgence and self-discipline.
- ✓ Help you to know how to avoid negative people, keep focused and putting your priorities back into your life.
- ✓ Help you to choose to be happy, in control and empowered by your own thoughts.

You have 9 videos and 9 booklets within this module:

Sharpen Your Thinking Process And Your Intuition

How To Improve Your Focus With Willpower

Self Discipline vs Procrastination

Putting Priorities Back Into Your Life

How To Tackle Big Challenges

Achieving Balance Between Stress And Happiness

Avoiding The Happiness Thieves

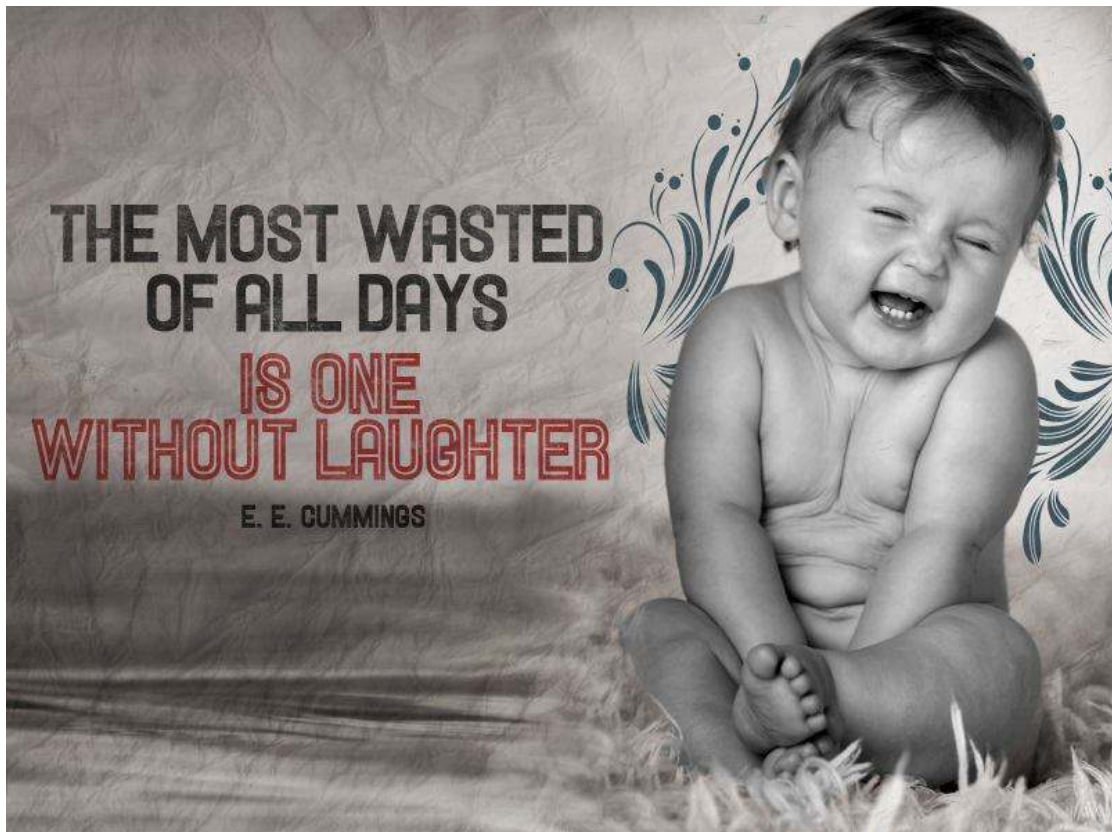
Choosing To Be Happy

Implementing Happiness – Putting It All Together

Take the time to watch the short videos as listed above and read the accompanying booklets on Dissolving The Veil of Overwhelm, if you have not done so already.

Using both mediums will help to cement new understanding and ideas leading you to create balance and control over your own life.

The following questions are designed to help you identify certain areas of your life that you would like to change. There are no right or wrong answers and this workbook is a tool that you can use in your own time and at your own pace.



1 Have you ever opened your mouth to speak, *before* your brain is geared to answer with both wisdom and logic?

The answer is probably yes, we have all had those moments where we feel that we have put our foot in it.

Identify your most recent moments below:

Had you taken the time to think and process your response would your answers have been different? Write down how you feel you should have responded.

Tip: A deep breath and a pause before answering gives you time to gather your thoughts from both your head and your heart. You can avoid being the reactive person in the room by giving balanced answers

2 Do you know what gets you motivated?

Develop good habits that will help you overcome that first step to starting a new task.

List below your most favorite actions or pastimes that you do to get you going.

Are poor results what you really want?

When you are feeling a bit stuck, look at the list above and make sure you create your own motivation by doing one of those actions. Is there any specific task that you can apply this technique?

Tip: Procrastination is just lack of motivation, work out your outcome, then plan how to get your motivation running rampant. You can easily achieve what you want with a bit of planning.

3 Do you feel as though your life is running you and not you running your life?

How does this make you feel? Putting priorities back into your life gives you more control over your decision-making and your actions. Go down the list below and answer the questions quickly without pondering too much.

How often do I live in the moment?

Is it possible to engage more with my work.

Do I set aside “me” time?

Do I connect my in my relationships?

Do I invest time in what’s important to me?

4 Now that you’ve gone through the above questions, what have you discovered about yourself?

Who are you?
