



Created by Hailey Patry

[www.TheLiftedLid.com](http://www.TheLiftedLid.com)

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## *The Best is Yet to Come!*

### *How to make the rest of your years, the BEST of your years*

If your life is in the glorious third and final act of the play... what do you want to write into the manuscript to make the rest of it, the best of it? Given the cards you've been dealt, is there a way to infuse more good, more joy, more self-care, more adventure, more support, more wellness, more meaning and less stress, so that you can still love yourself and your life (most of the time)?

What do you want more of in your life? And what do you want less of, to make space for what you truly value? (Make your "Stop doing list")

Learn from the world's top longevity experts... the centenarians in the Blue Zones:

- ✓ Minimize stress, decrease anger, raise forgiveness, be joyful
- ✓ Move your body regularly throughout the day, whether it's walking, stairs, gardening, housework, dancing, yoga, swimming, pickle ball etc
- ✓ Have a clear sense of purpose and feel the meaning in your life. Enrich it with connections and relationships that enliven you. Those conversations are also so good for your brain
- ✓ Eat well and nourish yourself with whole foods that are prepared with love and by hand
- ✓ Remember the "Power-9" and bring them into your life:
  1. Move naturally
  2. Have the right outlook and practice mindfulness
  3. Have a purpose – a solid reason to get out of bed each morning (passions, valued)
  4. Consume wisely – meaning what we drink and don't drink
  5. What we eat
  6. What we don't eat
  7. Nourish connections such as: Relationships
  8. In your community "Belong to Live Long"
  9. And find a way to give back and make a difference

Consider rejigging how you allocate your "5 Precious Resources" on your "I-TEAM"

Intention / Time / Energy / Attention / Money

And make time to design and establish morning and evening routines that enrich your life, your health and your happiness.



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Grow! It's great for your brain health, mental health, and happiness. Use "The 4 C's of Change":

1. Commitment
2. Courage
3. Capability
4. Confidence.... Then repeat!

Be resilient!

How? Decide if what your life gives you, is here to *make* you or *break* you. And choose wisely. Then decide how you will make lemonade out of your situation, pivot and design your new (ab)normal.

The I.D.E.A.L. Happiness Method

I – Inventory – take inventory of the items below and how happy you are with each area

D – Design 2.0 – what would you rather, for each area of your life

E – Eliminate the roadblocks and barriers to your success

A – Action plan – decide what steps you will take, and most importantly what is the very first step you WILL take, to move your happy life plan forward in the next 24 hours

L – Learn the tools and skills for creating a life of happiness and joy, no matter what challenges you may face

"The Inventory List" for your personal happiness:

- ☐ Health and Body
- ☐ Sleep / Your Energy
- ☐ Your Home Life / Your Home Itself
- ☐ Your Love Life / OR / Your Sense of Connection and Support
- ☐ Your Finances
- ☐ Your Contribution or Life Purpose (whether working, retired, volunteering, etc)
- ☐ Your Personal Growth
- ☐ Your Mental Health
- ☐ Your Friends
- ☐ Your Family
- ☐ The Amount of Fun and Adventure in Your Life

If you could improve one area of your life ASAP... what would it be?

Now run it through my "5 Questions of Shift":

1. How is it now?
2. How would you rather it be?
3. What can be done about it?



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4. What are you willing to do about it?
5. What WILL you do about it in the next 24 hours?

Let's schedule for happiness:

1. YOU – wellness inside and out
2. Your happiness boosters
3. Your love and connection boosters
4. Your work, contribution or meaningful productive time
5. Your roles and responsibilities that you accept
6. Your "white space"
7. Your chores and admin time

Use a calendar to plan weeks you look forward to, and use the 'time-off-first strategy' to plan the year ahead with plenty of wonderful things to look forward to.

Actions:

- ☐ Instead of shelf-help, decide what you will actually do as of today, to help yourself raise the quality of your life
- ☐ Picture this era as the third act of your life (youth, adulthood, golden years)
- ☐ Get clear on the vision of how you want to become, and what you are willing to do about it
- ☐ Make your "Stop doing list" / Choose your 'off-plating strategies'
- ☐ Have some fun in an annual calendar with the 'time off first' strategy
- ☐ List out the 168 hours a week & how you spend them vs how you plan to from now on
- ☐ Try out the new scheduling order for planning out your weeks for JOY first
- ☐ Take inventory out of 10 for each life area, and explore what areas you want to prioritize
- ☐ Design your AM, PM, weekend and distress rituals to create good days on purpose
- ☐ Reframe the hardest parts of your life to extract any available juice from those lemons, and since this can be tough to do alone, text Hailey at 416-797-5856 to book a free 30-minute coaching session to support you on your happiness journey. You deserve it! You are worth it! Your happiness matters. A lot!
- ☐ Remember, you are not alone. Let's go on the happiness journey together.

To your happiness,

Hailey Your True Happiness Coach, Relationship Repair Specialist & The Happy Business Coach