

# THE HAPPY BUSINESS EXPRESS

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ISSUE 020

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**“WHAT HAPPINESS MEANS TO ME”**

# THE HAPPY BUSINESS EXPRESS



## INTRODUCING THE HAPPY BUSINESS EXPRESS...

### WHAT IS IT?

A FREE monthly digital magazine to provide free nuggets or starting points which will nudge you towards Working Happy. It will include Happy Business case studies, fascinating articles, recommendations to books, podcasts, products, blogs, websites, and all sorts of other links to places where you can explore and connect with what happiness means to you.

### WHAT IS IT FOR?

On a individual level, it is a place for you to start focusing on your happiness and the little things you can do to make that work for you.

On a business level, it is a mine of information on where to find the best places to start growing your business in small ways that don't take much time, money or effort on your part. Where it leads you is entirely up to you.

On a global level – yes, I am on the same mission as you – it is to play a part in lifting the mood of the whole world from 'mostly desperate' to sometimes appreciative, sometimes joyful and sometimes, just a bit better than yesterday.

### WHO IS IT FOR?

Small business owners and entrepreneurs who want to make their own happiness important. It is for the betterment of themselves and their business to create a foundation of 'working happy' in their lives.



I want you to tap into the capacity you have for positive feelings and manage your mental health, especially around the important work you do, simply by being open to things that will bring moments of happiness.

The more often you look in that direction, the more it will impact your life for the better.

If you love this magazine and would like to feature in it, there are lots of way you can do that. Ask me for the contribution guidelines by emailing me at

[thehappybusinessclub@hotmail.com](mailto:thehappybusinessclub@hotmail.com),

Or you can share this little gem of a magazine with your friends and family. Give them the link to subscribe (below) and spread a little joy...

[Link to sign up click here](#)

How can I  
get involved?

WHEN IS  
IT OUT?

MONTHLY

Next issue due to land on  
Monday 29th July  
'MANIFESTING'

# THE HAPPY BUSINESS EXPRESS



## A FEW WORDS FROM YOUR EDITOR...

Well, you know I can wax lyrical for HOURS on the subject of Happiness. I can tell you that there are levels, that it is an energy, a feeling, a behaviour, a mood and a journey.

I can tell you that it is different things to everyone and that it is a personal thing that only YOU can define.

It is a very difficult concept to grasp but we all have an inherent idea of what it is, even if we don't exactly know how to put it into words.

In this issue, my intrepid and brave writers have very valiantly tried to put Happiness into words. They reveal to you a very personal side to them. And in every story and every piece of teaching and advice that they put forward, there is an expansive feeling of UP. Every single word is ultimately about being human and that is something we can relate to right?

Personally, my take on happiness is that it is a pervasive layer of life and we can choose it, even in the hardest of times. Beyond the smiley, clappy dancing in PJs, there is the matter of choosing a more beneficial perspective to act upon to ensure that you squeeze the freaking pips out of your life and you then spread that energy wherever you possibly can.

Happiness is as easy as 1, 2, 3...

- 1: Make Happiness Important
- 2: Pay attention
- 3: Create happy habits

But beyond that, happiness is as hard as encompassing and holding everything that life has to offer - yes, even the shit bits!

More than anything, I truly believe that happiness is rooted in LOVE. And love is an even more brain boggling concept to grasp.

So if you remind yourself of what, who and how you love yourself, your peeps and your environment, then you bring yourself back to happiness every time.

Why not make the next 10 minutes of your life a happy time, in a happy place and lean into what this magazine shares with you about life, love and the universe?



**MICHELLE THOMAS**  
THE HAPPY BUSINESS EXPRESS  
EDITOR



# THE HAPPY BUSINESS EXPRESS



## LITTLE POCKETS OF TIME - JEN GRIFFITHS

Happiness is found in little pockets of time, it's the memories we make, it's the experiences we live through. I don't believe it's possible to be happy 100% of the time, although that's what social media might lead you to believe. Yet what does it mean to me personally?

Recently I did a visualisation, and my happy memory took me to my wedding day. It was the year before I was actually diagnosed with an anxiety disorder, so immediately after the wedding day, all I could focus on was the things that went wrong, despite family members saying how wonderful the occasion was, and that they wished we could do it again!

Yet that happy memory took me back to my wedding. In my dress, just out of the ceremony. Being gluten free was a pain back then, no one really understood it, so when the canapés came out and they weren't gluten free I was gutted. Until one of my friends suggested that I could request a teaspoon with lemon curd on. That happy image was snapped by said friend, of me and my teaspoon of lemon curd, with a bemused expression. That little moment on my wedding day, amongst the anxiety and stress, was that calmer moment of pure joy.

Happiness evolves over the years. I used to favour big house parties that I hosted (because if I was host I didn't get as anxious) but I grew out of that "chaos" and by the post lockdown days, I still wanted the occasions but not so much the volume of people. It's now better with a smaller group, the conversations are more intimate, the memories are more precious.

Happiness is abundant through my every day, simply because my business is truly me. The elements of my business are my passions. The things I do outside my business are a source of joy too. I seek fun and spontaneous adventures. I love making memories as much as I love planning ahead. Things to look forward to are key to seeing the positives. Without wishing time away, think about something good that's happened every day. It could be as simple as getting out of bed, or it could be as grand as finding out your book has gone international!

Having a supportive network around you really helps too. I have a neurodivergent child, so appreciate all the help I can get. Being neurodivergent myself, life can be quite chaotic if I'm not organised enough. Remembering self care amongst the juggle is paramount for a happy life. You need "you" time as much as you need to be there for your child. Go for the walks on the beach, do the parkrun on a Saturday morning, have coffee with like minded friends.

In essence, to me, work-life balance is what happiness is. Balance in all senses of the word. Work, life, relationships, family. Everything in moderation is what my mum used to tell me. Everything in moderation it is.

Life is colourful, let's live through our colours!



Jen is known as the Tropic Pianist Gamer, a multi-passionate creative, author and podcaster. She lives on Anglesey with her husband and child.

<https://tropicpianistgamer.co.uk/contact/social-links/>

BOOK: <https://amzn.to/3PH7RAM>

PODCAST: <https://podcasters.spotify.com/pod/show/jen-griffiths>

# THE HAPPY BUSINESS EXPRESS



## HAPPINESS IS MOST DEFINITELY AN INSIDE JOB - JESS WILKINS-COOKE

For a long time I found happiness a hard thing to pin down. I'd have these moments when I thought I'd found it and for a while it felt all bright and shiny, but then the shine slowly went a bit dull and I ended up back where I started.

At the time my head was a bit (a lot) wobbly, and also quite separate from the rest of me. Trauma is tricky like that. When I imagined the inner workings of my noodle it all felt a bit dark and creepy, lots of ominous music and shadows around corners. One day I made a promise to myself. I don't actually remember the day but I have held on to the promise ever since. I didn't want there to be a single room in my mind that didn't feel safe and welcoming.

That meant lots of work. Talking, somatic therapy, lots of reflection, painful new boundaries and gut-wrenching realisations until I wondered if sitting in the dark wasn't actually better. Until, I saw the first chink of light, then there was one safe room. Door after door. Monsters became tricks of the light, fresh air poured in.

Bit by bit I stopped running from myself and instead of being scared of time alone it started to feel like coming home. Once I learned how to feel okay I started to learn how to feel good, and then I started to support other people to do the same.

We all find ourselves at some point with boxes piled high in dark corners, with places we're afraid to go. Life has it all and sometimes we don't have the tools or the energy to deal with the box when it arrives, that's okay. The problems come when we put so much into trying to make sure we and everyone else see a show home that we don't have a chance to be honest about the work there is to do. Without knowing where we are, we have no real starting point to where we want to be.

When we find ourselves getting angry a lot and we don't know why, when we struggle to connect with other people, repeatedly work ourselves into burnout, feel inadequate as parents, partners or people it's a clue. That there is a box asking to be opened, some relief to be had. Those fears of visibility, success or failure were also all learned and filed and those filing cabinets get heavy. The good news is that with the right tools and when we are ready, we can start to tackle those old files and trade them for new and lighter beliefs.

There is so much in life that gives me joy – cats, sunsets, custard creams (underrated) – but you could keep them all if it meant giving up the ease and lightness that finally sorting some of those bigger, scarier boxes has given me. To me real happiness isn't a thing, another person or even the most amazing experience on your bucket list. Happiness is the ability to stand in the house you have built in your own head and heart and think – I love it here.

It is an absolute privilege and a joy to walk with my amazing clients as they let the light in too.



Jess is an advanced EFT tapping practitioner and mindfulness teacher supporting 1:1 clients move through anxiety, overwhelm, fear and past trauma into greater freedom. Jess is an adoptive mum of 2 and host of the podcast Not a Perfect Parent: The extraordinary wisdom of ordinary parents.

Take a peep at her blog here: <https://www.breatheasymeditation.co.uk/blog>  
Podcast here: <https://shows.acast.com/not-a-perfect-parent-the-extraordinary-wisdom-of-ordinary-parents>

Website here: [www.breatheasymeditation.co.uk](http://www.breatheasymeditation.co.uk)

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## THE ULTIMATE QUEST - JENNA DALE

Happiness. It's the ultimate quest, isn't it? Like finding a parking spot right in front of the supermarket on a rainy day. For me, happiness isn't a one-size-fits-all kind of deal; it's more like a mix of random bits and bobs that make life taste sweet.

In my world as The Expert Identity Coach™, I've found that happiness hides in the little things. It's going out for Friday night dinner and cocktails with my husband. It's laughing with friends who get your weird sense of humour and don't mind your bad jokes. These everyday moments are my happiness – no unicorns or rainbows required.

But let's get specific. Happiness for me is watching my dogs run and play, without a care in the world. Their sheer joy is contagious, and quite frankly, it's hard to be in a bad mood when you're surrounded by wagging tails and slobbery kisses. Then there's the freedom to design my day just the way I want. No 9-to-5 grind for me, thank you very much. Being able to choose how my day looks is a luxury I don't take for granted. Whether it's an early start or a mid-day bath (yep, you can't beat a relaxing soak in the middle of the afternoon), I love having the control to shape my life to fit me perfectly.

Professionally, happiness is seeing women discover what makes them truly unique and embrace their expertise. There's nothing quite like watching a fellow female entrepreneur step into her own and shine like the star she is. When a client suddenly gets that glint of confidence in her eye, that brings me more joy than any amount of chocolate could. Helping women own their space as the expert and thrive? That's my version of job satisfaction.

But let's be real – happiness isn't just about the good times. It's also about getting through the not-so-good ones. Life isn't all sunny days and Instagram filters. Some days, imposter syndrome shows up uninvited and makes itself at home. On those days, happiness is just managing to keep going. It's reminding myself that even when things are tough, it won't last forever. There's something comforting about knowing that bad days have an expiration date.

A big part of my happiness comes from not getting so caught up in what other people might be thinking. Letting go of the fear of judgement and embracing who I am brings a deep sense of happiness. It's liberating, really. Seeing other women do the same, forming deep-rooted self-belief and embracing their identities – it's pure magic!

Connection fuels my happiness. I love spending time with like-minded women, sharing the highs and lows of business, and supporting each other.

There's something magical about being part of a community where everyone genuinely cheers for each other's success.

In the end, happiness for me is a mix of all these things. It's ever-changing, reflecting my growth and life's ups and downs.

In a world obsessed with chasing happiness like it's some sort of elusive prize, I've figured out that true happiness is right here, in the journey itself. It's in living, learning, loving, and laughing – even at the bad jokes.



Jenna Dale is an Identity and Mindset Coach and the founder of Because She Can, where she specialises in empowering ambitious female entrepreneurs to step out of the shadows, get noticed by their ideal clients, and become recognised as the go-to expert within their field.  
Follow or get in touch with Jenna here | [www.instagram.com/because\\_she\\_can](https://www.instagram.com/because_she_can)  
LinkedIn: <https://www.linkedin.com/in/jenna-dale-bcc>

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## CHORUS OF FAMILY - SHARON CROWLEY



One word, a melody that fills my soul,  
Family, a harmony that makes me whole  
Though life's a concerto, with crashing chords of strife,  
Gratitude's the rhythm that keeps my spirit rife  
A full-time symphony, a conductor's daily fight,  
Two precious children, a home bathed in morning light  
My own identity, a single soaring flute,  
But in this chosen piece, my happiness takes root  
The smallest notes of joy, a symphony complete,  
A grateful heart that dances to a gentle, steady beat  
Negativity's harsh trumpets, I choose to leave behind,  
A melody of hope and strength forever I will find.  
Problems, like dissonant chords, may disrupt the flow,  
But swift resolve conducts them where they need to go  
Desires, like a crescendo, a yearning to fulfill,  
With steady determination, I chase them with such will  
For happiness isn't wealth, a booming, hollow sound,  
Nor endless work, a tireless drum upon the ground  
Material possessions, mere tinkling cymbals' chime,  
A fleeting, tinny echo lost before its time  
True happiness, a choice, a cello's warm embrace,  
A smile, a sigh of peace that lights my very face  
The simple things, a violin's sweet, cascading song,  
The colours of the garden, where butterflies belong  
Coffee's gentle strumming, the morning birdsong's call,  
While children sleep, a quiet prelude best of all  
This symphony of happiness, my heart conducts with glee,  
And may you find your own sweet song, a vibrant melody

Sharon, Certified Advanced Numerologist, FT Carer and a Personal Development junkie has been providing Numerology Readings for 3 years. Multi-passionate and Author of Time To Believe, Sharon's mission is to help as many as she can to truly believe in themselves and trust their inner guidance; Numerology is a great start.

You can find her at [www.instagram.com/thesharoncrowley](https://www.instagram.com/thesharoncrowley)



# THE HAPPY BUSINESS EXPRESS

#BECOMINGHAPPY - BIRGIT ITSE

Sharing your life with the one and only. The perfect family life.  
Luxurious lifestyle. World class experiences?

Why do we want these things? Do we, actually?

Or are we kind of 'expected' to want them because this is what happiness is all about?

And if you don't want these things, there must be something wrong with you.

A limited belief, an unhealed trauma, or something else.

What if there's nothing wrong with you, and you are perfect the way you are. Not flawless, and with a huge room for improvement, but perfect for here and now, ready to become a better version of yourself. What are the expectations you'd be happy to follow?

Happiness for me is a decision. I can be happy even in times I feel like I've been let down.

When long-awaited time together is cancelled last minute, secrets that were meant to be kept are shared, but promises given weren't kept...

Moments like this feels like living in a fog. Not matter how hard I try to look, all the good I'm longing for is hidden. It's hard to believe that things I need are even there. Like it's not even meant for me. The fear of getting lost, not finding your way is sneaking in like a mist.

It's all part of my happiness journey.

I can't make the fog disappear. What can I do instead?

Places that are too dark, sometimes offer solace. No bright lights and shiny objects to fight for my attention. Only me, my inner light and deep, dark secrets.

And realisation, that some things are not meant to last. But before I end them, I ask myself - did it actually start, or I got afraid of diving into depths?

All those questions. Thoughts burning in my head. Like flickering candle flames - so attractive at first, but get too hot quickly if left unattended.

"You're thinking too much." It's something I've heard all my life.

I'm not.

Usain Bolt is not running too fast.

Sopranos are not taking too high notes.

Powerlifters are not too strong.

People looking for embers try to put out the flames, and often end up with burns or darkness and coldness. There's no need to dim each-other's light by telling them they're too...

It makes them feel like they're not good enough.

You don't need to put them down to feel better about yourself.

What are flaws for many, might be virtues where you actually belong to.

Thinking is the foundation of my happiness. Exploring my life through words brings me joy and solace, it's frightening and empowering at the same time.

This is how and why my first book, the bilingual #õnnelikteekond #becominghappy was born.

This is my way of living fully, not just being alive.

This is my way of #becominghappy.



Birgit is a published author and a ghostwriter, whose superpower is transforming messy thoughts into thoughtful messages.

She has delivered almost 100 workshops about creative writing for people, who need writing for their business, but don't feel confident about their skills or creativity. She speaks, writes and teaches in two languages: English and Estonian.

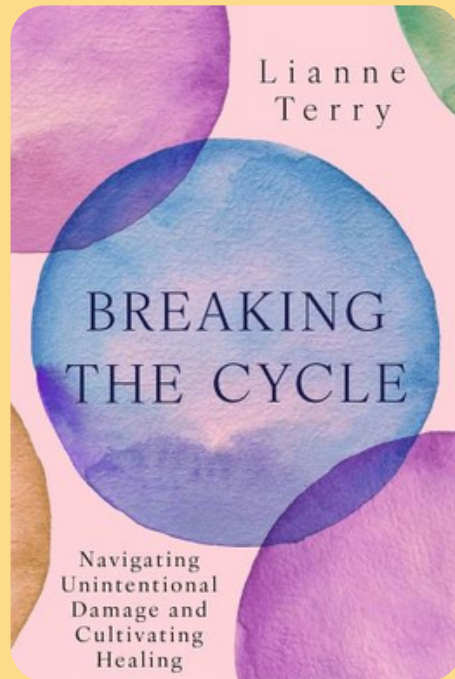
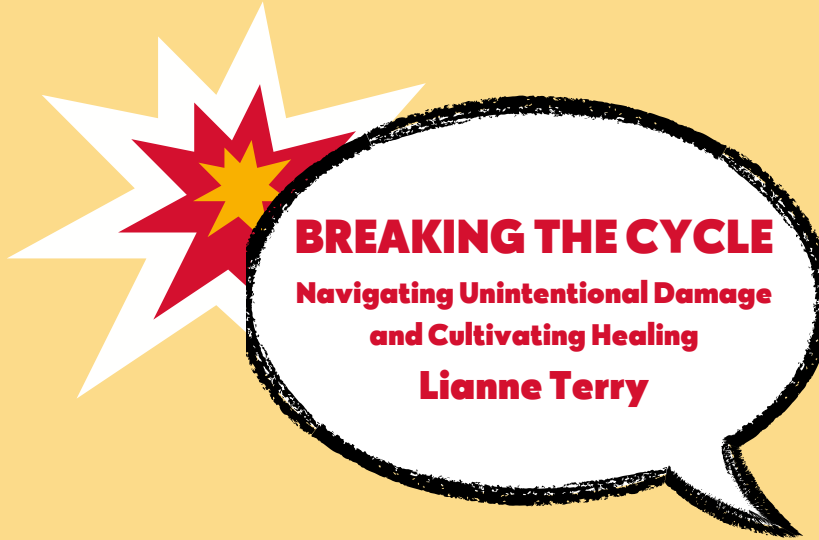
Connect with Birgit [www.birgit-itse.com](http://www.birgit-itse.com)



# THE HAPPY BUSINESS EXPRESS



**THIS BOOK IS FLIPPIN' AWESOME!**



We have all been influenced by our families in ways that have left us grappling with issues, these issues don't necessarily stem from major traumatic events but rather from small, unnoticed aspects which seep in to our behaviours becoming integral parts of us and yielding far reaching consequences. In *Breaking The Cycle*, Lianne Terry explores the factors that shape us, and initiate the healing process, we'll connect with our inner child to address root causes and process them in order to let go of depression, anxiety, insecurity and other common mental health issues.

This book is perfect for anyone who might find day to day life challenging but has no idea why as they didn't experience what we traditionally associate as being traumatic experiences in childhood. Lianne demonstrates how a typical upbringing in the western world can have an unintended negative impact, she also talks about what we can do to work through this. Lianne brings her own experiences from childhood, as well as her experiences of being a mother, along with several examples from her clients over the years, to demonstrate how very well intentioned actions can cause emotional harm. This book is in no way about finding blame, it is about bringing understanding to situations that previously may have been written off as 'that's just how I am'. The book is also packed full with practical steps that anyone can follow to start to feel happier, healthier, more joyous, and ultimately to thrive in day to day life.

An essential guide to more happiness in your life!

Lianne creates safety whilst sparking curiosity as she takes you on a self-development deep dive (Even if you think you've done all the "self-work" - this is for you!). Lianne invites to you to not turn away, lean into the discomfort to come out the other side to make powerful shifts in your wellbeing and life!

**5 STARS - Amazon customer**

**"Families come in many shapes and sizes, each characterised by unique dynamics, structures and influences that mould us in unique ways."**

## **LIANNE TERRY...**

Lianne Terry is a psychotherapist who employs Cognitive Behavioural Therapy and Person Centred Therapy to aid clients who are struggling to find happiness. As a qualified counsellor she specialised in exploring relationships, family dynamics and the process of healing childhood wounds.

**[Buy the book on Amazon HERE](#)**

# THE HAPPY BUSINESS EXPRESS

## HAPPINESS WITHIN - LIANNE TERRY

The dictionary definition of happiness is "Feeling or showing pleasure or contentment", but to me, they're just different words for happiness, and to me, happiness isn't definable with words. Happiness is a feeling, and whilst I could list things that sometimes make me happy, I ultimately believe that true, sustainable happiness can only come from within.

Lots of the things we traditionally base our happiness on, financial security, family, relationships, holidays for example can at any point go away, we'd hope they wouldn't, but it can be outside of our control. However, if you're drawing your happiness from yourself, you can always access it, you can trust in it and you can reach for it whenever you may need it.

Happiness hasn't always come easily for me, I first accessed therapy myself around 17 years ago, during a relationship that was triggering a lot of emotions for me, before that point, I never realised how much hurt I was carrying or even how little I knew myself. Since that point, I've accessed therapy at various points in my life, done a lot of personal development work and studied counselling myself, and now have my own counselling practice where I help others to access their happiness within.

Some of the most important things I've learned about happiness and things that have helped me to reach for my own happiness are: That to be happy, you have to let yourself be sad: So many of us, push away our difficult feelings, we keep busy, we distract ourselves, we focus on the positives, I hear so often about thinking positive, that our painful emotions have to a degree become unacceptable, and that feeling sad is a bad thing because "life's too short" and so on, but sadness and anger and other difficult emotions are normal, acceptable and a part of the range of emotion we experience that makes us human, and it's so important that we feel them, sit with them and experience them, because if we keep pushing our emotions down, they are always with us, they don't get processed and let go of, we carry them constantly, preventing us from feeling happy.

You can access happiness in the darkest of times: I think it's important to remember that when we are experiencing our sadness, that we can still access our happiness. We don't just have to feel one thing at a time. An example from my own life is that when my Dad died back in 2008, whilst experiencing deep sadness, I learned to see the beauty in nature, I learned that life itself is an actual miracle, and I think learning to look for the happiness, the joy, when you're experiencing sadness is vital.

It's the moment that counts: It's so easy to get caught up in the past, which we can't change, or the future which doesn't even exist yet, that we are not always present in the moment, and so we miss the joys of our life in the here and now. Finding your joy in the moment is so important for our well-being, I find myself often playing with my daughters at the same time as working on my phone or thinking about my business, but when I actually stop and be present in the moment, it brings me so much more joy.

Happiness is not selfish: Often when I talk to my clients about doing the things that bring them joy, moving away from toxic influences or self-care, they're horrified by the prospect of doing things that are just for themselves that may be deemed as selfish. Happiness seems to get pushed down the list of priorities as careers, families, kids and money take over. But, studies have shown, and I think something really important to be mindful of is that Happiness is contagious, a Harvard study actually found that your happiness can spread by three degrees of separation, that means your happy vibes can actually positively impact on many different lives, and so finding your happiness is actually beneficial rather than detrimental to others.

Therapy: I'm a massive believer that every single one of us can benefit from therapy, some statistics from Truth Counselling show that 78% of clients reported an increased understanding of themselves and at least 75% showed an improvement across multiple areas of their lives.

My personal experience of therapy is that it changed my life, I was on a path of destructive relationships and behaviours, insecurity, anxiety and low mood, I was holding on to pain that I'd carried for years and now I'm happily married, I have 2 amazing daughters, a career that I love and can draw on my own inner happiness whenever I need it.

### A few ideas to help you access your happiness:

- **Being mindful:** Being in the moment – meditation, exercise or journaling can really help you with this.
- **Making connections:** Surround yourself with happy people.
- **Living according to your values:** So for example, doing something job-wise that aligns with who you are and your passions.
- **Taking responsibility:** Understanding that no one can give you happiness, or take it away.
- **Change your mindset:** Believe that you can be happy.
- **Practice gratitude:** Regularly reflect on and appreciate the positive aspects of your life.
- **Self-compassion:** Treat yourself with kindness and understanding, especially during difficult times.
- **Personal growth:** Set and pursue personal goals that align with your values and passions.
- **Nature connection:** Spend time in nature to rejuvenate and find peace
- **Acts of kindness:** Perform random acts of kindness to boost your mood and sense of connection.



Connect with Lianne at :  
**Lianne Terry | Facebook**  
or Join her Group The Happiness Collective:  
<https://www.facebook.com/groups/1054052145228126/>  
For details of the Networking Events in Liverpool:  
<https://www.facebook.com/groups/inspireandconnectliverpool/>

# THE HAPPY BUSINESS EXPRESS



## THE JOYFUL PEACE - BREE FOX

Happiness, to me, is a state of joyful peace—a serene contentment that makes me smile and feel fulfilled. This realisation often comes like a soft breeze, unexpected and warm. Admittedly, I've struggled with truly feeling happiness at times, even when I knew things were good. This elusive emotion has been a journey of understanding, acceptance, and practice.

Currently, I'm living in one of the happiest and most freeing eras of my life. This transformation was not born from moments of happiness, but rather from struggle. It was a decision by my past self, who chose to take charge and make decisions that would positively impact my life and my family's life. This proactive approach has led to a deep sense of fulfillment and joy.

Finding joy in daily life has become a practice for me. It's in the simple moments: enjoying a cup of tea in the garden under the sun, hearing my kids laugh and play fight, watching my dogs roll around gleefully, or receiving a meme from a friend. These small joys accumulate, creating a tapestry of happiness that brightens my days. Once you start looking for the little things, you often notice more, and that's where the magic lies.

Relationships play a crucial role in my happiness. While social situations can be uncomfortable at times, I believe deeply in the necessity of human connection. I make a conscious effort to connect with my children, understanding their evolving needs, and ensuring they know I care. Reaching out to friends, celebrating their achievements, and sharing in their joys also brings me immense happiness.

One of my proudest moments was graduating from university at 28 with three children under five and earning a 2:1 in Psychology. Despite the challenges, including having a baby during my studies and dealing with his illness, I persevered. This achievement was a testament to my hard work and determination, and it filled me with happiness.

Challenges and growth have been significant themes in my life. I've faced a lot of toxicity, often not realizing how detrimental it was until much later. This has necessitated extensive healing and personal growth, allowing me to accept and feel happiness today. My journey through adversity has made my moments of happiness all the more meaningful.

Passions and hobbies are vital to my happiness. Basketball has been a long-standing source of joy, offering a sense of freedom and camaraderie. Riding my motorbike, feeling the warm wind on my neck, and enjoying the solitude of the open road provide an unparalleled sense of liberation and happiness. Balance is essential to my happiness. I've learned to set boundaries to ensure I have time for activities that bring me joy. In the past, neglecting my own happiness for the sake of others led to burnout and depression. Now, I prioritise my physical, mental, and emotional well-being, knowing that my children deserve a mother who is happy and healthy.

I believe happiness comes from within, influenced by mindset and movement. External factors can contribute to joy, but true happiness must resonate internally. It's an energetic vibration—what you put out, you get back. Sharing in others' happiness and celebrating their joys is a beautiful, fulfilling experience.

Looking ahead, my goal is to continue incorporating happiness into my daily life and sharing it with others. Through my business, I aim to help women find more time for the things they love, creating a ripple effect of happiness that extends to those around them. I hope to inspire generational happiness, making the world a little brighter, one joyful moment at a time.



Bree is a motorbike riding, cake-baking superstar of a lifestyle coach who helps entrepreneurs integrate all aspects of health and happiness into their lives as business owners and as parents.

Check her out on:

<https://breefoxonline.co.page/breefoxlifestylecoach>



# THE HAPPY BUSINESS EXPRESS

## THE STATE OF BEING HAPPY - KIRSTY CROUCH

How many times have you heard the phrase 'money does not buy happiness.' And it does not. But what is happiness?

We often look at happiness being defined by monetary value or the things we own, but to me happiness is much more than this. It is about truly feeling complete and at one with everything in your life. Whether it is your job, career, friends, family, living situation, marital situation, happiness encompasses every part of our lives.

It is simply defined as the 'state of being happy,' but when we look at this as a broad aspect, to me it is about being spiritually, emotionally, and mentally aligned with your true purpose in life. Feeling content and comfortable with where you are, irrespective of your monetary situation.

That phrase often comes from limiting beliefs and thoughts that we are told growing up; that no matter how much money we have we can never truly be happy. And for some people that is right. Personally, my family, friends, hobbies and living my life to my true purpose; helping others, and being spiritually and emotionally aligned and content, seeking and living the opportunities that are given to me is what gives me true happiness. Yes, I want money, I want income, I have dreams that I want to pursue, and whether we like it or not there are things that cost money in life, bills, cars, houses. But we can have all of this whilst seeking true happiness.

So, what advice would I give to help you find your happiness. And that is the key. YOUR happiness. Not what someone else says. Not what someone else wants or expects.

The first thing I would say is think about what you genuinely want in life. Become present in the moment and shut out the noise around you.

I use simple mindful and meditation techniques to help me become present, gain clarity help me to feel into what I want in the present moment. You can also use products to help you create a relaxing and clam environment to help you focus and become grounded.

If you would like to look into meditation courses and sessions, and find out how these can help you to become grounded, focused, more in the present moment and maybe even help you to find your happiness then please get in touch at my socials below.



If you would love to find out more tips and support, or even have some one-to-one coaching to delve more into some of these techniques plus more, then why not get in touch at my socials below.

**FACEBOOK GROUP**  
[Facebook page: Devine Treats Delights](#)  
[www.instagram.com/kirstycrouch](https://www.instagram.com/kirstycrouch)

# THE HAPPY BUSINESS EXPRESS

## CURIOSITY, FLEXIBILITY AND NON JUDGEMENT - LOU PARKER

Happiness for me is deeply rooted in supporting others to live lives driven by curiosity first, flexibility second, and judgment never. This foundational attitude isn't just another feel good mantra—it's backed by neuroscience and NLP (Neuro-Linguistic Programming) principles that enable anyone to be in the best state they can be at any given moment and achieve the results they desire.

Curiosity is a powerful state of mind. Curiosity activates the brain's reward system. When we explore new ideas, consider another perspective or learn new things, our brain releases dopamine, that feel good neurotransmitter. This creates that positive feedback loop, making us more inclined to seek out new experiences and knowledge and importantly prevents us from unconsciously reacting in situations as we 'always have done'. More incredibly, curiosity enhances cognitive function. Studies have shown that when we're curious, our brain's hippocampus—the area responsible for memory formation—becomes more active. This means that we not only enjoy the process of learning but also retain information better and preventing neurodegeneration across the brain regions!

Encouraging others to approach life with curiosity brings me immense joy because I see how it transforms their mental state. They become more engaged, more open to possibilities, and more resilient in the face of challenges. It's like watching someone unlock a door to endless opportunities and watching them thrive.

Flexibility in thinking and behaviour is another cornerstone of a fulfilling life. Neuroscience now tells us that our brains are highly plastic, meaning they can adapt and change throughout our lives. This neuroplasticity allows us to shift our perspectives and behaviours to better navigate life's ups and downs.

NLP takes this concept further by providing specific techniques to enhance mental flexibility. For instance, reframing—a core NLP technique—involves changing the way we perceive a situation. By altering our perspective, we can transform a problem into an opportunity or a setback into a learning experience.

Supporting others in developing this mental flexibility equips them with the tools to handle anything life throws their way. They learn to adapt, to see challenges as temporary and solvable, and to move forward with a positive outlook. Witnessing someone move from rigidity to resilience is profoundly rewarding.

Finally, living without judgement is crucial for mental and emotional wellbeing. Judging others or ourselves creates unnecessary stress and negativity. Neuroscience shows that judgment activates the brain's threat response, leading to anxiety and defensive behaviours.

Instead, approaching situations and people with an open mind fosters empathy and understanding. NLP teaches us that everyone operates based on their unique map of the world. By appreciating these different perspectives, we can communicate more effectively and build stronger, more supportive relationships.

Helping others adopt a non-judgmental stance leads to more harmonious interactions and a deeper sense of connection. It's like seeing a fog lift, revealing the beauty of human diversity and the potential for genuine

understanding.

So what is it that brings me Happiness?? Seeing others flourish!.

When people embrace curiosity, they become lifelong learners. When they develop flexibility, they navigate life's challenges with grace. And when they let go of judgement, they build deeper, more meaningful relationships.

This triad of curiosity, flexibility, and non-judgment not only leads to personal growth but also creates a ripple effect, inspiring those around us to adopt the same mindset. It's a powerful cycle of positive change and being a part of that transformation is what makes my heart sing.

So, here's to living a life driven by curiosity, enriched by flexibility, and free from judgment. May we all support each other on this journey and find happiness in the process.



Get in touch with Lou to discover the transformative power of NLP and cultivate a mindset of curiosity, flexibility, and non-judgment. Her comprehensive program equips you with essential techniques for change and powerful strategies to support others' transformations.

[Check out the Prospectus](#)

[Find Lou on Instagram: www.instagram.com/brainbodysoul\\_official](https://www.instagram.com/brainbodysoul_official)

# THE HAPPY BUSINESS EXPRESS



## IT ISN'T ALWAYS ABOUT WHAT YOU HAVE GOT - RACHEL HARMSWORTH

This week has been a bundle of fun and chaos at The Write Now Collective headquarters, aka my house. I employed a new Head of Security in the form of our nine-week-old puppy, Sox. His training is going well, he is asking at the back door for wee wees nine times out of ten, he has 'sit' down to an art, and he could rehabilitate any burglar with one tilt of his cute little face.

We've had dogs in the family since I was young, and I've had three dogs of my own during adulthood. Dogs make me irrationally happy and I can't pass a dog in the street without smiling at them and saying hello. I'm drawn to a waggy tail in the way that people tend to be drawn to a big, genuine smile or an infectious laugh. To me, dogs epitomise happiness.

Sox is a lucky dog; he has a comfortable bed in a warm house and food in his bowl. Not all dogs have that, and there are many people in the world who don't either. I am an empath – for those of you who are into money alchemy, I am a Romantic and a Nurturer – and I find it hard to walk past someone less fortunate than myself without a conversation, whether that's a quick 'How are you doing?' or a chat over a coffee.

It's no surprise then that I choose to support Dogs Trust's 'Hope Project' here in the UK, helping to ensure free vet care, food and treats for street sleepers with pets. They also campaign for more hostels to open their doors to pet owners needing a bed for the night; there are currently very few places that have this facility. Supporting the Hope Project by donating a percentage of my business profits gives me a huge amount of motivation to 'do better to do better'. It makes me happy to know that I'm working hard not just for a roof over my head but towards a roof over another person and their pet for a night as well. It's not altruistic – giving makes me feel good.

Being happy isn't just about feeling good though. Studies have shown that it makes us feel healthier, more productive, and that we're nicer to others when we're happy. Happy people attract more friends, and they're more likely to be satisfied with their lot in life.

Happiness isn't always about what you've got. I know lots of happy people who have very little. It's not always about your circumstances, it's about how you choose to deal with those circumstances.

I choose to surround myself with happy, positive friends. I choose to close my ears to comments from negative family members.

And I choose to have dogs in my life, whether that's being a dog mum, volunteering to walk dogs for the local RSPCA, or looking at cute dog photos on the internet.

What small step could you take today to welcome happiness into your life?



Rachel Harmsworth, The Write Now Collective is an experienced author and Business Writing Coach based in the UK. She works with aspiring non-fiction authors, business owners, entrepreneurs and experts.

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# THE HAPPY BUSINESS EXPRESS



## THE GREATEST GIFT THAT I POSSESS - JANINE MCDONALD

Happiness, happiness, the greatest gift that I possess. If you're old enough, like me, you'll now be singing the Ken Dodd song! Sorry, not sorry!

I honestly believe this to be one of the truest things. If you are happy, you can deal with most of things life throws at you as your cortisol levels are lowered and you see an increase in serotonin. You make healthier food choices, your sleep quality is improved and your reaction to adverse situations is more level and thought through.

One of my favourite films is Patch Adams with Robin Williams. It has the huge message of laughter is the best medicine and I agree. There's nothing like a full on belly laugh where you have to cross your legs in case you pee. I feel energised and on top of the world. When I'm out with my daughters and they smile at a passer by or say hello and they smile and say hello back, they turn to me and say 'Mum that was a Patch Adams moment'. I love it.

It's not just belly laughs which make me happy. Happiness to me is also sitting by a river bank listening to the sound of the water flowing by, the breeze rustling through the leaves on the trees and letting my thoughts fun free. I love watching and listening to the sound of children playing with excitement, the freedom they have in the moment. When we visit a park, you'll probably see me on the swings and see saws because why should the kids get all the fun.

When I'm with my clients happiness flows as I love seeing the transformation in their confidence, positivity and energy in themselves as well as their home. I drive home smiling with a warm feeling deep inside me, knowing that I have made a difference to someone's life.



If you would like me to support you transform your life and home book your FREE declutter consultation here

<https://calendly.com/janine-mcdonald/declutterconsultation>

I'd love to welcome you into my social world. You can join my FREE group here

<https://bio.link/janinemcdonald>

Janine McDonald (She/Her)

[www.cleartheclutternow.co.uk](http://www.cleartheclutternow.co.uk)

# THE HAPPY BUSINESS EXPRESS



## BIG DREAMS ARE A-COMING



Now that I have entered my QUEEN ERA (I have rebranded being an old lady) it is time to take up the mantle and actually be of use to all the lovely people in the world who are dreaming of making a difference.

I want to help you help the world to do and be better. I want to help you help the world learn new things, overcome obstacles, vastly improve their mental wellbeing and then lift the whole mood of the planet.

**And I am happy to announce that we have officially launched the Dream Builders and World Changers Experience (for this precise reason) and you can grab a ticket right now.**

Originally I wanted to get all my mates in the room, eat cake and have a party but when I really thought about it, I realised that as well as creating a fun event, I could take everyone on a journey and see what is possible for them.

Yes, we have speakers, but the day is not just about that. Yes, we will have chance to network over yummy sweet treats, but the day is not just about that either. Friday 1st November, at Brockholes Conference Centre in Preston is all about raising your game, acknowledging your power and building such amazing strength and resilience that you will firmly set your sights on that dream that you have been visualising for ever and a day and just crack on!

- **You will experience ways in which you can sit with discomfort and do hard things so you can make progress in the thing which matter to you.**
- **You will experience ways in which you can intentionally use your mind and body and soul to create and generate whatever you have in your minds eye - from just feeling better about yourself to changing the freakin' world.**
- **You will have a million lightbulb moments when we dig deep into futureproofing your business using the power of money to finally accelerate your business and you will have a flippin' great time to boot!**

Check out my page with a bunch of info (I slaved over this for AGES) and follow me on my own journey towards the dream of hosting this mega event.

COMING UP IN THE JUL /AUG ISSUE:  
WE WILL BE EXPLORING

"MANIFESTING"

[DREAM BUILDERS AND WORLD  
CHANGERS CLICK HERE](#)



The Happy Business Express was brought to you by The Happy Business Club - a heart-led small business on a mission to raise the mood of the planet.

If you would like to be a part of this mission (or you already are) then come and make friends with our party pineapples and follow us on our socials.

Links below. See you soon!

