

AT THE INTERSECTION OF SUCCESS AND HAPPINESS

THE ACCOMPLISHMENT OF AN AIM OR PURPOSE
WHILE MAINTAINING THE STATE OF BEING HAPPY

CONSHY COACHING

LIVE A LIFE CREATED FOR YOU. BY YOU.

www.conshycoaching.com

MY DEFINITION OF SUCCESS

THE ACCOMPLISHMENT OF AN AIM OR PURPOSE

Close your eyes and envision yourself in the moment when you've realized you've accomplished a huge goal. One of those goals that you've been gunning after for years. One of those goals that you've equated with success.

How do you know you've been successful? What does it look like? What does it feel like? What underlying emotions are be present when you experience success? What are you doing, who are you surrounded by?

DESCRIBE THE GOAL AND WHAT SUCCESS LOOKS LIKE

HOW DO YOU KNOW
YOU'VE SUCCEEDED?

WHAT THOUGHTS
FEELINGS OR EMOTIONS
ARE PRESENT?

HOW SUCCESSFUL DO YOU FEEL RIGHT NOW?

USE A SCALE OF 1-10, WITH 10 BEING VERY SUCCESSFUL

MY DEFINITION OF HAPPINESS

THE STATE OF BEING HAPPY

Close your eyes and picture yourself being truly happy. If it helps, remember a time in your life when all was right in the world, when you were 100% authentically in you and at peace with the moment and everything around you.

Hold onto this vision. What does it look like? What does it feel like? What emotions are you experiencing? What are you doing, who are you surrounded by? What about this moment has made you truly happy and at peace?

DESCRIBE THE MOMENT AND
WHAT HAPPINESS LOOKS LIKE

HOW DO YOU KNOW THAT
YOU'RE HAPPY?

WHAT THOUGHTS
FEELINGS OR EMOTIONS
ARE PRESENT?

HOW HAPPY DO YOU FEEL RIGHT NOW?

USE A SCALE OF 1-10, WITH 10 BEING VERY HAPPY

CREATING AWARENESS

KNOWLEDGE OR PERCEPTION OF A SITUATION OR FACT

Take a look at the first two pages. What differences do you see? What similarities? What emotions or feelings are coming up for you? Are you at peace with the scaled numbers you wrote down? Are you at peace with the thoughts, feelings and emotions that you associated with success and happiness? Are you prioritizing one area over the other? How does that make you feel? How is that impacting the life you are currently living? How is that impacting your mindset? How is that impacting your story? This space is yours. Please use it to reflect on any of the above questions or to journal about anything else that is coming up for you as you evaluate your responses on the first two pages.

DEFINING BALANCE

A CONDITION IN WHICH DIFFERENT ELEMENTS ARE
EQUAL OR IN THE CORRECT PROPORTIONS

Wherever you are on your current success and happiness scale, what in your life would be different if you brought them in balance with each other?

Similarly, what would be different if you were living a "10" on both the happiness and success scales? What would it look like if you achieving ultimate happiness and ultimate success, if you were authentically at peace with your life?

**DESCRIBE WHAT YOUR LIFE WOULD LOOK LIKE IF YOU WERE
LIVING A "10" ON THE SCALES OF SUCCESS AND HAPPINESS**

**WHAT IS ONE SMALL THING YOU CAN DO TODAY TO START
LIVING A LIFE CLOSER TO WHAT YOU JUST DESCRIBED?**

**WHAT ONE WORD BEST DESCRIBES HOW YOU FEEL WHEN
YOU IMAGINE YOURSELF LIVING THIS "PERFECT 10" LIFE?**

DEFINING NEXT STEPS

SOMETHING YOU DO AFTER YOU'VE FINISHED
SOMETHING ELSE

Based on what you learned, what are your next steps?

For some, it may be clear. Others may need a bit more guidance, or an accountability partner to help them navigate these next steps as they work towards living their "perfect 10."

ABOUT COACHING

Jenn Masse is a Certified Mindset and Energy Leadership Coach who is passionate about helping women step out of their comfort zone to define a career and life that they love.

Working with a Certified Coach is a great way to explore your current and future opportunities with an enlightened and objective eye. Unlike a friend or family member, Coaches are only tied to your best interests and agenda. We truly want to partner with you to build your confidence so that you can take action towards goals that are meaningful to you.

Energy Leadership and Mindset Coaching takes the coaching experience one step further by diving into the various mindsets and perspectives that you have formed over the years. Shaped by every interaction and experience you ever faced, your mindsets and perceptions play a direct role on the stress and success in your life.

Utilizing the theories of Core Energy Coaching, Jenn takes a unique approach to helping people identify and breakdown internal blocks that are holding them back from success. Through the power of coaching, clients begin to learn tricks to shift their perspective to discover a more fulfilling and meaningful life.

Learn more at www.conshycoaching.com.

READY TO FLIP THE SCRIPT?

The Energy Leadership index Assessment helps you understand what mindsets are contributing to your current levels of Happiness and success. Flip the script. Start living your perfect 10. **Learn more here.**

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