

COACHING *fiona ross* FOR MEN

In this ULTIMATE HAPPINESS TOOL KIT ©

I am going to share with you 6 simple yet powerful ways to transform your life so you can experience the peace and happiness you are looking for. Start with the one that appeals the most to you and feels easy to accomplish, then work through all 10 one by one and notice how things improve for you.

In order for change to happen - something has to change!

To find out more email me at
fiona@fiona-ross.co.uk and arrange your
FREE Discovery Call



fiona ross

FILL YOUR TANK

Are you running a sleep overdraft and paying an exorbitant price for it?

Rest. Repose and sleep are probably our most abused and neglected resources. We cut back on the hours of sleep we need and end up scrolling through social media feeds and watching another episode on Netflix. Rarely are we doing anything of real value, sometimes it's catching up on work that we didn't finish in our work day, but whatever it is, we happily prioritise it over our sleep. When we are sleep deprived our stress levels rise often resulting in an overactive mind and we find it hard to switch off and sleep., a classic vicious circle! Sleep is when we heal, grow and process the day and it is vital to our physical and mental health. In his book "Why we sleep" Matthew Walker says "No aspect of our biology is left unscathed by sleep deprivation", he claims we are in a sleep epidemic. Walker looks at the links between loss of sleep to illness' like Alzheimer's, cancer and diabetes and the increase in poor mental health. Less than 7 hours a night is considered sleep deprived. If this is you...find a way to increase the quality and quantity of sleep you are getting .

WHAT CAN YOU DO?

- Make time to sleep...prioritise it.
- Go to bed and get up at the same time everyday. If you have an early start it is not reasonable expect to to sleep late.
- Take naps.
- Switch off screens at least an hour before sleep.
- Find a wind down activity to do before sleep time to relax and quieten the mind - gratitude practice, meditation, mindful breathing, read a book - just be!

NOURISH YOUR BODY

“You are what you eat”... If you eat bad you feel bad.

Becoming aware of the quality of fuel you are putting into your body is half the battle. We are often so careful about the quality of the oil we put in our car or the food we feed our children and pets, but when it comes to ourselves we shovel in all the wrong stuff in all the wrong quantities and still expect our minds and bodies to perform at their highest level. So many of us eat “food-like substances” that arrive in a packet, stuffed full of preservatives and artificial colours and prepared by machines, no love has been stirred into these products, no human care has been taken and no priority has been given to the nutritional value of the product. We are consuming carbonated drinks & hydrogenated oils, refined sugars & grains, artificial sweeteners, colours & preservatives, processed foods full of fat and sugar and our health is suffering.

WHAT CAN YOU DO?

- Eat home prepared food as often as possible, food cooked with love and served with the care you would give a king.
- Buy Fresh and Organic whenever you can.
- Eat seasonal and locally grown products
- Drink water - good quality, clean water...find a quality water filter for home consumption.
- Be aware of the amount of toxins you consume, like alcohol, tobacco and artificial sweeteners.

BECOME VITAL

Your vital force...

The dictionary describes VITALITY as “exuberant physical strength or mental vigour. The capacity for survival or for the continuation of a meaningful or purposeful excision”

The power to live and grow. It sounds great, right?

Vitality is a force that lives within us all and at some point in our lives we have all experienced the feeling of being "on top of it all" - strong and able. Vitality is not reserved for the young, or the fit or the healthy, a person can be healthy and fit and yet still lack vitality or you can meet an elderly person with all manor of age related issues who just has that certain spark! So how do we become more vital? We prioritise ourselves! It is a mental state, an attitude to life that is spellbinding and attractive to others. It is our inner glow....

WHAT CAN YOU DO?

- Look after yourself - find a minimum of 1 hour every week where you do something for yourself that you don't usually do, something that serves no one else but you. It may be jumping in puddles, seeing a film you have wanted to see, painting, going for a walk, cooking yourself a nice meal, joining a dance class., booking a welding course. It really can be anything! The important thing is that you are doing it for yourself. To make you happy. It may feel strange at first but do it!
- Ensure your basic needs are met and work out what is important for you to be OK and ensure you are meeting those needs regularly.
- Work out what your biggest vitality challenge is and do something about it! Is it better sleep? Nutrition? Fun? Spiritual growth? Exercise?

SET BOUNDARIES

Be Clear on your Yes's and your No's

Boundaries!

We hear that word often, but what are we really talking about?

Think of someone you admire, someone you look up to or even aspire to be like. Someone who you really know where you stand with them, look at all their qualities, such as, honesty, integrity, respect, kindness. When you think of this person would you say they have clear boundaries? Yes, right?

Often we think that if we set boundaries people won't like us or they might think we are selfish or rude, but when you look at the person you have brought to mind I bet you don't see anything like that in them at all?

Boundaries are important, they tell people what is OK for you and what is not OK, how far they can go with you and when they need to stop. Equally important are the boundaries you set for yourself. The inner boundaries that you don't break. Saying NO and meaning it - saying YES and meaning it.

WHAT CAN YOU DO?

- Practice saying "NO!" out loud - in the car is a great place to start.
- Say No to small things, test the water and see how it feels.
- To soften the word No practice saying "No Thank You" or put the words "Thank You, but" in front of your No.
- Only say "Yes" if you really mean it and can follow through with your word. if you are unsure you can always say you need to think about it before you commit.
- Lastly, make a list of your personal boundaries, for yourself and for others. What are the deal breakers or non negotiables? Where do you need to make some changes?

BE GRATEFUL

Getting latitude with gratitude

If there is one thing that can change your life, it is gratitude.

In my book *"EMOTION LOTION a simple guide to Mental Hygiene and retaining your sanity"* I explain how gratitude changed my life and how it got me through one of the most difficult periods of my life.

The simple act of focusing on the beauty of life and all that you do have or noticing the things that are going well and appreciating the people who love you, all have the ability to change the way your mind thinks and links. Gratitude literally creates new neural pathways in your brain and over time you become more adept at seeing the good in your life and spend less time focused on what is not working.

Remember, what you focus on reveals itself!

WHAT CAN YOU DO?

- Buy yourself a note book and a pen, this a writing exercise.
- Set aside 10 minutes at the end of your day to sit and re-run your day. Focus on the successes and the small things that made you smile. then write the following words at the top of the page TODAY I AM TRULY GRATEFUL FOR ...
- Write a minimum of 5 things you were truly grateful for. Eg: I made the train on time, someone let me out in the traffic, I nailed my presentation, my friend called me to say Hi, my legs carried me all day. It will be different each day and some days it will be easier than others but, the more you do this the easier it becomes as your brain becomes focused on success.
- When you have written your 5 things close your eyes and ask your Higher Self, God, The Universe or whatever works for you, "Please may I have more of this" - more things to be grateful for.

ASK FOR HELP

“No man is an island”

In John Donne's Devotions (1624) he wrote..."No man is an island, entire of itself; every man is a piece of the Continent, a part of the main"

Today this is probably more relevant than ever. Humans are social by nature and we don't function well outside of community. In fact being ostracised has been a punishment since human life began. In the animal kingdom we see it across species.

We need each other and we need to feel part of a community. We need to belong.

In western society we value the individual highly, but in fact, no human has achieved anything alone, there is always a support system behind success. Today many people feel alone and isolated. They may know a lot of people but feel they have few friends. Loneliness can lead to both mental and physical ailments including addiction, heart disease and lowered immunity.

WHAT CAN YOU DO?

- Reconnect with your friends and family - it is too easy to just lose touch.
- Join a class or group that interests you - get connected.
- If you have a business, join a quality networking group..
- Arrange your social life, it is so easy to let the days float by and not do anything.
- Call a friend and book in a date to get together.
- Go and see your neighbour and ask if you can help with anything.

Whilst I find reflecting on myself hard, Fiona was able to adopt a style with me which combined just the right amount of listening, teaching and challenging. Fiona's approach was perfect for me and I genuinely came out of every session feeling empowered, confident and positive; every time

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I worked with Fiona at a time in my life that, although on paper looked perfect, the reality was I felt very unhappy.

I was recommended to see Fiona and I signed up for her 12 week programme that day. It was by far the best decision I have made.

Andy

Working with Fiona

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Working with Fiona has been life changing. She has helped me to effect change into my life and the relationships I have with others around me.

Fiona brought a relevant, real world approach to helping me address my past and present.

She has enabled me to develop a toolkit to see life through a filter of positivity and happiness, breaking through many traits that over the years have held me back.

Danny