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Chapters

Turning the Pages through Grief



I'm ready to be
happy again...
CAN I?

By
Susie
Moore
...

Confidence Coach
Learn more at
susie-moore.com

Edited by Eileen Madsen

Choosing happiness is one of the greatest signs of wisdom. It's much harder to be light than to be heavy. Especially after suffering a loss, and all the love, guilt, confusion, and you name it, that goes with it.

But what if after losing a spouse or other loved one, you are ready to turn the page and live again. Or you've been stewing over what you could have done or said differently to that person, or what they had said or done to you during their life.

The following may help you take those next steps, no matter what your circumstances, from the **voice of confidence coach Susie Moore**, whom we encourage you to visit her website listed above.

1. I forgive—and forget.

I took a workout class the other day and the instructor told us to imagine we were punching someone with the weights we were holding, but I couldn't think of a single person I wanted to punch! Don't get me wrong. I have an ex-husband. I have former friends who've let me down. I've worked for bosses I've hated. But I refuse to let them take up any headspace now!

2. I follow my dreams.

This is probably my biggest reason for being happy. I believe in risk over regret. I do work that I love on my terms and am OK with not fulfilling a conventional path even if other people don't understand it.

3. I don't expect perfection.

Couldn't we all just be a little nicer to ourselves? Why do we all have this expectation that we have to do everything perfectly—whether it's eating healthy all the time or making sure there are zero spelling mistakes in our personal blog posts? I forgive myself when I make mistakes. Because being human is awesome. Heck—your screw ups may even inspire others!

4. I don't fear change.

The only certainty in this world is uncertainty. Life is a constant cycle of change, and there are no exceptions. Accepting change is critical to finding peace and happiness.

5. I don't compare myself to others.

Comparison is the thief of joy. What does it matter to you what other people are doing? I just try to focus on my own life circumstances.

continued...

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Most people are about as happy as they make up
their minds to be.

—Abraham Lincoln



...continued from front

6. I (try to!) talk to myself kindly.

I have affirmations that I use regularly that help with this. If I am tired, or hung over, or ate too much, or spent too much I'll still say, "You're doing good, girl—don't worry."

7. I stay busy.

I write pretty much daily and ensure I am always working on multiple projects that inspire and challenge me. Aside from my valued downtime, I'm a very busy person. This leaves little opportunity for rumination and overthinking.

8. I say no.

This enables me to do more of what I want to do. Bachelorette party in Las Vegas? Sorry, I have other commitments. Baby shower in Long Island? Would love to but will be mailing my gift instead. Interested in running a marathon with a close friend? I'd rather have root canal. Saying no gives me time and energy for the things that make me happy.

9. I focus on what I want.

If you do just one thing differently, switch up the words you use. Words matter and have a very important impact on our mood, our confidence, and how others perceive us. Instead of saying, "I don't want this belly fat," say, "I want to feel great in my new one-piece!" Instead of saying, "I don't want to be late," say, "I want to be relaxed and on time." You get the idea. Always think and visualize what you want. The shift is remarkable.

10. I ask for what I want.

This is a superpower. Whether it's a better table at a restaurant or the rates for different freelance projects, asking for what I want ensures I feel assertive and free. Silencing your desires is like taking a weakening drug. Honor yourself by asking for what you want—and deserve.

11. I remind myself how far I have come.

If someone told me I would have the life that I have at 32 when I was 25, I would've been very happy. I am sure a lot of you would feel the same way about where you are in your life. I remind myself regularly that while I'll always be working towards something new, I'm still doing well in the present moment.

12. Consuming uplifting content every day is a huge source of happiness for me.

Self-help books, educational podcasts, inspirational blog posts help me live in the present moment, seize my personal power, and not take things so personally. External inspiration also massively feeds internal inspiration. Even a fun chat with a few laughs with a friend can make all the difference.

13. I give myself permission to be happy.

One of my favorite books is Bronnie Ware's international bestseller *The Top Five Regrets of the Dying*. Ware was a hospice nurse for several years and cared for patients in the last few weeks of their lives. According to her book, one of the most common deathbed regrets was, "I wish I let myself be happier." Ware says, "Many did not realize until the end that happiness is a choice."

It sure is.

Listen Up!



Some of our favorite podcasts

Terrible, Thanks for Asking:

Nora McInerney shares stories about grief, loss, and life's messy bits, offering a very real perspective.
feelingsand.co/podcasts/terrible-thanks-for-asking/

Grief Is My Superpower:

Focuses on living a fulfilled life after loss, great for parents.
podcasts.apple.com/us/podcast/grief-is-my-superpower-by-mark-lemon/id1468897791

Open to Hope:

Features experts, survivors, and thought leaders sharing insights on finding hope after loss.
opentohope.com

Grief Out Loud:

Produced by The Dougy Center, this show offers a mix of personal stories and tips for supporting children, teens, and yourself.
dougy.org/news-media/podcasts

DID YOU KNOW?

Grief changes you

A significant loss will always affect your life to such an extent that things, and you, will be different. So don't expect to be your old self again – grieving requires you to learn new ways of coping, learn new skills, and learn to live without someone who meant so much.

For more information visit
mygriefassist.com.au

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"How much exercise would you say you skip each week?"