



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.13 No. 11
April 2014

Dear Betty,

Can we still be in the depths of winter? I have been asking myself this question daily as the snow mounts on the deck and the temperatures continue to hover well below zero. I am sure you all agree, if you live in my neck of the woods, that winter has worn out its welcome.

That said, March has been a month of healing, spiritual de-cluttering and learning to ask for and receive help. The asking part is challenging, something I, like many of you, am not so good at. I am extraordinarily grateful for my coaches and

energy workers Patty, Denine, Elaine, Danagh and Joanna for supporting me in my healing journey.

On March 22nd, our spring labyrinth walk was snowed out and subsequently postponed. In the end, five of us walked the path together, sharing the calm after the storm and the golden light of sunset. It was a magical moment. We look forward to sharing the walk with others on Good Friday, April 18th.

Great news for those of you who have asked us to come to your area to offer ME FIRST Retreats. I have prepared a ME FIRST Self-Study Program, ideal for individuals and groups and designed to replicate the retreat experience. This is now available on our website. For groups who wish to share the experience, arrangements can also be made to Skype me in for part of your retreat experience.

Early in the month my friend and colleague, Raji Menon, challenged me to join her in a 'happiness project' and I signed on. Yep, this has been an interesting adventure and I have learned a lot about my happy and not so happy nature. This is the theme for this month's e-letter, Project Happiness.

Enjoy the read!

Betty

To view my brief video presentation of this month's topic, click [HERE](#).

PS: On April 5th I will be participating in the Awakening Festival as one of four keynote speakers. The event will be held in Hudson, Quebec. A few tickets are still available at www.awakeningfestival.ca

The featured roadSIGN Retreat this month is Strategic Attraction Planning, learning to engage the Law of Attraction strategically in Life and Business. Date: Saturday, April 12th, 2014. For details click [HERE](#)

In This Issue

[This month's Sign](#)

[Your aSIGNment](#)

[Travel Tips](#)

[Someone in Your Corner](#)

[Upcoming Events](#)

This month's roadSIGN



Facebook Image

April Newsletter

"Happiness and gratitude are the twins of peace and harmony.
You can't have one without the other."

Betty Healey - March 6, 2014 - Facebook Posting

Project Happiness

On Sunday March 2nd I read a Facebook posting regarding a happiness challenge. Specifically, the challenge asked 'can you be consciously happy for more than five minutes every day for 100 days'? In reading this my immediate reaction was no problem, let's do it!

Reading further, I noted that in research conducted with a large cohort of 'happiness participants', found that 71% failed in their ability to sustain their daily 5 minutes of happiness consciousness for the full 100 days. Really! Despite the rather daunting results, I decided to ignore them and signed up for my 100 days of happiness. Of course I announced this on Facebook, following an invitation from Raji that we do it together. Not only did I sign up, I was now accountable to someone else.

Developing My Conscious Awareness

This morning the day began with a 6 km. walk with my neighbor Della. The extraordinary cold and the amount of accumulated snow, has allowed us to walk the local snow mobile trail. Our turn around point is at the top of a small rise, surrounded by trees. A small gap in the branches allows the sun to filter through. When we stand there, facing east, our faces are washed by the morning light. This morning we paused a little longer, feeling the warmth and the energy. I realized this was happiness, a moment of bliss, calm, and clarity. I drank it in and registered it so that I could call forth the memory throughout my day.

This is developing conscious awareness of happiness. Over my first 4 weeks of my happiness project, I have learned that I am more happy than not; I simply have not been aware of where happiness lives in my life. I have learned that if I stop during the day and simply take my happiness pulse, that I am content, that I am enjoying what I am doing, and that this may define happiness. The point is I am not unhappy; I may simply be in neutral.

My friend Raji and I check in almost every day regarding our state of happiness, what the happy moments are and what interferes. Having this accountability has held my hand to the fire. I end my day with the question, 'what have been my happy moments today?' I am frequently surprised by the answers: cooking dinner with my niece, my morning walk, sunshine and the growing light, a conversation with a client, my volunteer work

Happiness and Gratitude

I quickly became aware of the relationship of happiness and gratitude. For years I have ended my days with gratitude, and while some of my gratitudes are not happy moments, for the most part they are. To be able to see the abundance that naturally exists in our lives, to understand that life is one large living lesson, creates happiness for me. It may be different for you and I am compelled to ask, 'If you are living, and learning, and moving and engaged, what is there not to be grateful and happy about?.'

And Then There Is Health!

Last evening on CBC news, Peter Mansbridge reported on the 100 days of happiness challenge, noting that 71% of the people who begin this exercise fail. What he did not say is that 29% of people succeed. Let's challenge this story and influence the 'statistics'!

Why?

There is more than enough evidence that a practice of gratitude influences our health in a positive way; it also influences our level of happiness. Gratitude and happiness allow us to be more positive toward life, ourselves and our relationships with others. Our physical, emotional and spiritual health improves. And isn't this what we all strive for, to feel good about ourselves allowing us to feel engaged in life.

In her book The Happiness Project by *Gretchen Rubin*, the author defines her 12 commandments for happiness. I have taken the liberty of expanding on each of them:

1. Be yourself: your bold, outrageous, authentic self.
2. Let it go : release those energies and relationships that interfere with your HQ (Happiness Quotient).
3. Act the way you want to feel: you have to act happy to be happy

4. Do it now: happiness begins today, start being consciously aware of your happy moments.
5. Be polite and fair: to yourself first then with others.
6. Enjoy the process: it is okay to have fun, to laugh at yourself and to notice when you fall off the happiness wagon.
7. Spend out: get engaged in your life. Stop being an observer, become a full participant.
8. I identify the problem: when unhappiness appears, and it will, identify the root cause. Then you can deal with it.
9. Lighten up: reclaim your sense of humour, be a little less serious about everything, play, and learn to laugh again.
10. Do what ought to be done: follow your intuition and your heart in your decision making. Heart wisdom serves you better than your ego.
11. No calculation: forget the statistics; happiness is simply a conscious choice. Make the best choice for you.
12. There is only love: I have learned that there are only two choices in life - to live from love or fear. For happiness, there is only love.

Final Word

Clearly happiness is a choice, a conscious choice. I encourage you to make the choice to be happy and invite you to begin your own Happiness Project. One hundred days begins today.

Your asSIGNment

Project Happiness:

1. Consciously choose happiness
2. Check your happiness pulse daily
3. Find an accountability buddy to share the ride with
4. Use the twelve Happiness Commandments as a travel guide.

Travel Tip

Fuel up every day by claiming your happy moments, reflecting on them and allowing them to sink in. These moments will carry you through your day.

Be careful though: once you start, you may be stopped for speeding by the unhappiness police!

Conscious Communication Coaching

Conscious communication is mindfulness. Our coaching clients are experiencing amazing results in their life as they learn to be clear about what they want and to take action in doing and being.

roadSIGNNS is dedicated to offering coaching packages and retreat programs based on the principles of Conscious Communication and designed to assist you in living the life of your choice.

Here is what two of our coaching circle participants shared with us recently:
... the nuggets of wisdom that have revealed themselves throughout our short and powerful six weeks (of coaching) will continue to unveil themselves to me and lead to new questions and discoveries.

...The coaching sessions in FROM CRITIC TO COACH have helped me discover how to return to pure energy, to experience the true meaning and purpose of the game I call Life.

Give yourself the gift of coaching. [Contact us](#) to arrange a coaching consultation and explore the options.

Lumina Learning Systems

Learn about your personal preferences and your core qualities/strengths through the Lumina Spark Portrait. This comprehensive psychosocial assessment leads you gently down the path of self-discovery through a unique portrait of who you are and how you show up in different life situations. It is a great starting point in developing your awareness and learning strategies for being resilient.

I have always wanted to learn to mother myself first
but I did not know how to do it.

Lumina has given me the tools to understand
what it is I need to do for myself and how to engage my strengths.
It has opened the door to being coached through my top qualities/strengths.

Monica

Check out the website, www.roadsigns.ca for more information and/or contact betty@roadSIGNNS.ca.

Events:

For details regarding any of our upcoming events in 2014 [visit our website](#)

Strategic Attraction Planning (SAP)

Saturday April 12th, 2014

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

ME FIRST Self-Study Program (New offering)

The ME FIRST Self-Study Program offers a structured approach for your ME FIRST experience. This 10 module self-study program replicates the ME FIRST Retreat experience allowing you to complete it at your own pace

For more details go [HERE](#)

The Awakening Festival - Let Your Life Bloom, Hudson QC

Betty will be one of four speakers at this day long event designed to unite and inspire you through shared wisdom, connections, music and creative expression.

Saturday April 5th, 2014 8:30 to 5:00

For more details and to register go [HERE](#)

Your comments and suggestions on this newsletter are greatly appreciated. Forward this e-mail to a friend or colleague who you think would appreciate the message. A simple way is to use the "forward e-mail" button below my signature.

If you would like to sign up for my monthly e-mail, please follow this link

<http://www.roadsigns.ca/newsletters.html>

Sincerely,

Betty Healey
roadSIGNs