



**Liz Holland** life coach & professional supervisor

## The 5 Minute Read

Topics brought to your attention to improve your personal and professional lives

January 2008

Welcome to the first edition of “**The 5 Minute Read**”. My intention is to irregularly write short articles that will take no longer than 5 minutes to read, yet supply you with great ideas for improving your day to day living. These are tested out by me .... and my clients before being brought to your attention!

This edition is about how to be happier. What a big topic for a 5 minute read!

The beginning of a new year is often the time that people stop and reflect on what is going well in their life, and what could be improved. The New Year resolutions are mulled over in our minds and can make us feel strong and full of enthusiasm to achieve the goals we set ourselves. Many people do make the changes they want; however most of us fall back into regular routines and daily habits by March.....we are only human!

There is a lot more research now being done in what makes people happy – so I suggest that we apply some of the findings so we can be happier in 2008.

Wishing you a happier year

Warm wishes

Liz Holland  
Life Coach & Professional Supervisor  
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## 2008: The year of being happier

Decades of research time has been invested into what makes people sad and depressed and we are now quite knowledgeable in this area. In 1998 the beginnings of the positive psychology movement started, with research attention being paid to what makes people happy. I am not talking about a perpetual state of bliss here – but a sense of well being, pleasure and meaningful purpose in life.

So let's take advantage of the research that has been done so far, and see how we can apply it in our own lives. Let's have some fun with it, experiment a little and see what works for you. I'm still enjoying finding out what works and doesn't work for me and I often share ideas with clients which can lead to some interesting conversations.

Unfortunately there are no "6 steps to happiness" and all your world will be perfectly as you want it – however we can learn to be happier. The goal to being happier will mean having activities at work and at home that are enjoyable and meaningful to you.

As a starting place for a happier year, I offer 8 practical ideas I have adapted from researcher Sonya Lyubomirsky.

1. Look for the things that are already going well in your life and acknowledge them
2. Appreciate some of the small things that are going on around you from time to time, and really pay attention to what you are seeing or what you are doing
3. Do something kind for someone else without expecting anything in return
4. Thank someone who has contributed positively to your life – don't wait until their funeral to say the positive things they have done for you
5. Take care of your body by eating well, exercising regularly and getting plenty of sleep
6. Strengthen your relationships with friends and family
7. Develop some strategies for the tougher times in life
8. Learn to forgive someone who has hurt you

*If you want to read more ideas to stimulate your thoughts on these 8 areas, then [learn more](#).....*

As you are thinking about plans for 2008, and how it can be a great year for you, I encourage you to look at each of the 8 ideas listed above and see if there is something you could do in each area and assist yourself towards a happier year. How you develop these ideas is very personal, and will differ from person to person as there is no one right way.

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We can be happier in 2008 than we were in 2007 if we choose. We will still have a range of emotions that are normal such as feeling sad over a loss; anxious about a future event or fear of something unknown. These are normal natural feelings AND we can still be happier!

Have fun trying out new activities this year and assess what are meaningful for you and give you pleasure, for these are the things that will assist you towards a happier year. [\[return to top\]](#)

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*When we are aware that we want to make some changes in our lives, whether at work or in our private lives, it is easy to proceed with great enthusiasm and then for our progress to gradually slow down as day-to-day activities take over our lives, or we run across obstacles which seem insurmountable, or we just run out of steam. This is similar to having good intentions when making New Year resolutions. We resolve to do something or cease to do something on January 1st and by February 1st our good intentions have not been acted on. Having a coach or a professional supervisor can assist you in maintaining your momentum. I encourage you to email me today to see how I can assist you in achieving your personal and professional goals."*

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