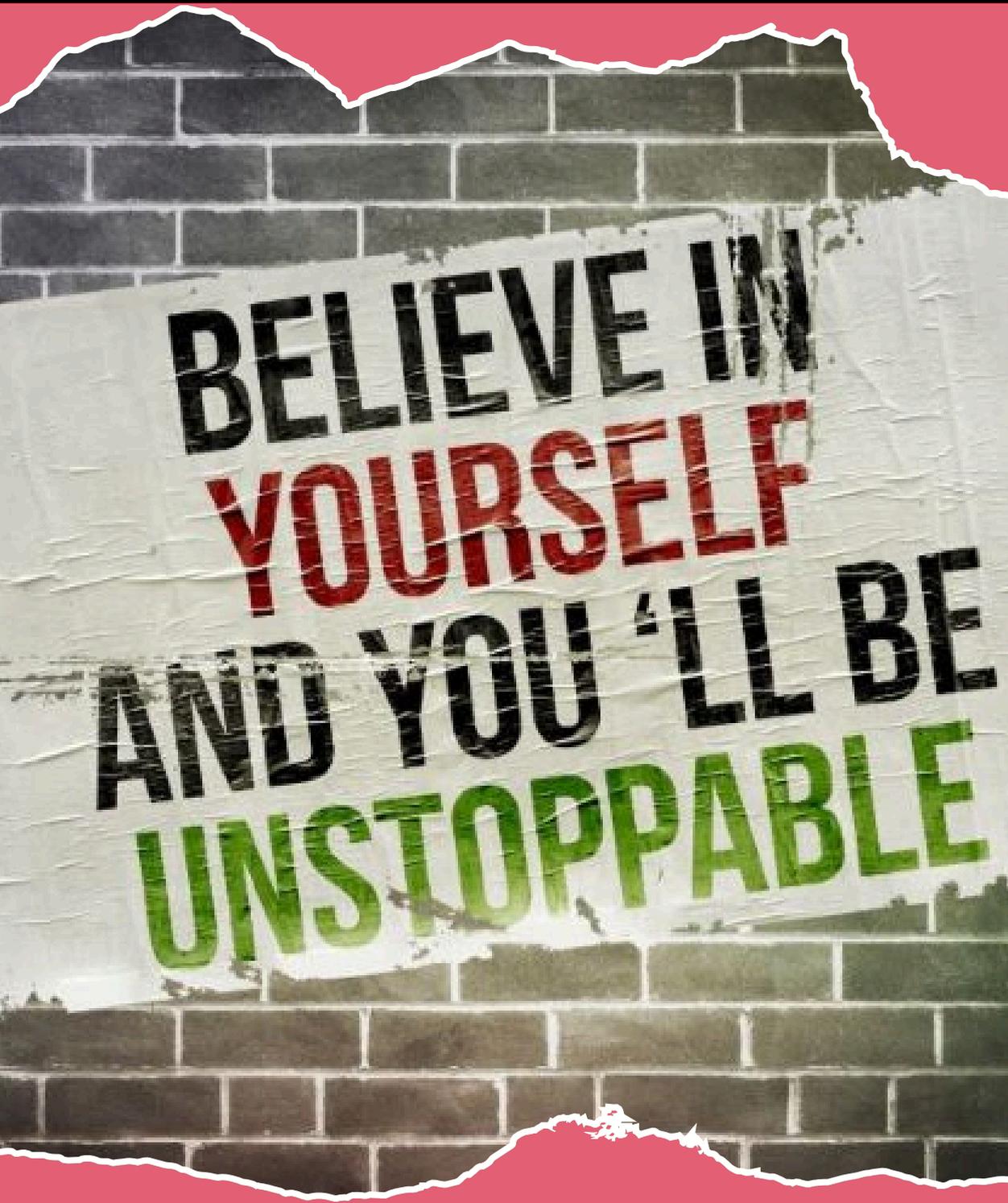


THE HAPPY BUSINESS EXPRESS

MAY/JUN 2024

ISSUE 019



**BLOCK THE BLENDER:
OLESYA LANE**
(page 3)

**EMPOWERED AND BEAUTIFUL:
JACKIE COOPER**
(page 5)

**ADOPTION TRAUMA:
FIONA MYLES**
(page 7)

THE THREE 'R's' - RACHEL EARING
(page 4)

"BELIEVE IN YOURSELF"

THE HAPPY BUSINESS EXPRESS



INTRODUCING THE HAPPY BUSINESS EXPRESS...

WHAT IS IT?

A FREE monthly digital magazine to provide free nuggets or starting points which will nudge you towards Working Happy. It will include Happy Business case studies, fascinating articles, recommendations to books, podcasts, products, blogs, websites, and all sorts of other links to places where you can explore and connect with what happiness means to you.

WHAT IS IT FOR?

On a individual level, it is a place for you to start focusing on your happiness and the little things you can do to make that work for you.

On a business level, it is a mine of information on where to find the best places to start growing your business in small ways that don't take much time, money or effort on your part. Where it leads you is entirely up to you.

On a global level – yes, I am on the same mission as you – it is to play a part in lifting the mood of the whole world from 'mostly desperate' to sometimes appreciative, sometimes joyful and sometimes, just a bit better than yesterday.

WHO IS IT FOR?

Small business owners and entrepreneurs who want to make their own happiness important. It is for the betterment of themselves and their business to create a foundation of 'working happy' in their lives.



I want you to tap into the capacity you have for positive feelings and manage your mental health, especially around the important work you do, simply by being open to things that will bring moments of happiness. The more often you look in that direction, the more it will impact your life for the better.

If you love this magazine and would like to feature in it, there are lots of way you can do that. Ask me for the contribution guidelines by emailing me at

thehappybusinessclub@hotmail.com,

Or you can share this little gem of a magazine with your friends and family. Give them the link to subscribe (below) and spread a little joy...

[Link to sign up click here](#)

How can I
get involved?

WHEN IS
IT OUT?

MONTHLY

Next issue due to land on
Friday 28th June 2024

'What Happiness Means to me'



A FEW WORDS FROM YOUR EDITOR...

IMPOSTER SYNDROME IS VERY REAL...

I recently undertook some CPD training in a therapy called ACT. I paid my money and I jumped on the first part of the course which was two full days of online learning. The learning was done by watching a video of an in-person training course which was over two days for 6 hours each day.

Right at the start of the video, the course tutor did that thing, you know where everyone introduces themselves, and he passed the microphone around the room to around 20 people. One after another I got to hear about clinical therapists with private practice, university lecturers and hospital psychologists working for big departments. Apart from one chap with an American accent who was an Executive Coach. And then there was me. Magazine publisher, cake eater, YT host and Happiness advocate. The silly wally who dresses up in pineapple costumes and then talks a bit of sense now and again.

I shrank back. That panic gripped me. "What on earth was I thinking paying a shed load of cash to be in THIS room?!" I am not like them, and they are not like me. I did not feel like I belonged in this room.

And then I gave my head a wobble.

When I found out about ACT, I was so energised by it because it was exactly what I truly believed in. Here was an opportunity for me to learn a structure and envelope all my teachings and exercises and practices in it. I paid for it in cold hard cash, which I had to save for because I totally believed that this was an important investment in myself. ONLY TO DOUBT MY PLACE IN THE ROOM WHEN I GOT THERE?!?

**We were in it together, we were all vulnerable together
and we all supported each other.**

I wasn't having THAT. I gave myself a good talking to and I realised that I was EXACTLY where I was meant to be, and just because I didn't look like everyone else, then that just proved I am on the right track, living my life in a way that makes sense to me. And that is what I teach small business owners about having happy businesses.

But wait. There's more.

A few weeks later, I did the second part of the course, which was a fully immersive online zoom course over three days. Once again, full of clinical psychologists, people with Masters Degrees, Language Therapists, Trauma Therapists, Doctors in private practice etc. And me.

What transpired over the next three days was that we were all starting from scratch, learning something new which we were going to integrate into our lives and our work and we all stumbled through it. We all got stumped when we were doing the exercise. Each and every single one of us asked questions to clarify stuff, because it was confusing. And the conversations in the break out rooms smacked of secret confessions of winging it and confusion.

And do you know what? We were in it together, we were all vulnerable together and we supported each other. And Imposter Syndrome was there. But hey, so what? If we all had it then did it have any power? (The answer is NO, btw).

Oh, and did I mention that I passed the exam? Imposter syndrome can DO ONE!!!

So in this issue of The Happy Business Express I am bringing you some individuals with the biggest and bravest hearts letting you know how a little thing like imposter syndrome will never bring them down because the thing that matters most to them in life is to live their own life as authentically as possible. Warts and all.

You know what to do, give them some love, connect and grow with them.

THE HAPPY BUSINESS EXPRESS



BLOCK THE BLENDER - OLESYA LANE



Hi! I am Olesya. I love creating bright, colourful garments that last a lifetime.

It's like a cocoon to protect you from the destructive thoughts.

Back in 2017, I was lost, and had no creative vibe at all: I was stuck in a rut...

Then my good friend from Ireland suggested I start teaching others how to sew. My first reaction was like 'Imposter Syndrome': 'Oh no, how can I do that? I don't have a degree and who am I to do that?'

This block I had in 2017 was what I now call the 'brain-blender': the swirl of ideas that spin around my minds when I am trying to start or continue working on a project. It stalls the creative process, because there is too much information getting in the way, like analysis paralysis, mixed with the fear of either my own expectations, or that of others.

I started sewing when I was seven and didn't even think about other people's opinions. Does this fear grow with us from childhood, maybe even conditioned into us at school? [Sir Ken Robinson's TED talk in February 2006](#) on creativity, tells a short but inspiring story about action without fear. He goes on to argue that creativity is diluted during our education years.

I have a hack to 'block the blender'...

I run a business, creating unique clothing: [@SlowFashionBus](#). Every single project is fun. I video my creative process from the beginning. I talk about what threads I choose and why, what design I want to create, what colours I want to mix and so on.

You don't need to video, and if you're not alone, whisper or just move your lips. This act of talking through the details will allow you to dive in fully into the creative atmosphere of the project. It's like a cocoon to protect you from the destructive thoughts.

I have tried so many techniques and tools to build my self-belief: the Law of Attraction, affirmations, journaling, a range of rituals and exercises, coaching, training, workshops, and more! I personally became lost in these. Just because these do not work for me, it doesn't mean they will not work for you. I just want you to recognise the simplicity of the hack.

So, when you are stuck- break the process down, talk through it and focus on YOU; what others may think is irrelevant.

Be bold with your colour choices. For example, scarlet will help you gain energy of power and confidence, but it doesn't mean you have to dress up from head to toe in it. Have a small item, or an accessory to help you with this feeling and you can use it as an additional tool.

Want to find out more? You can connect with Olesya at Slow Fashion Bus
[Instagram link](#) | [Etsy link](#) | [Facebook link](#) | [Website link](#)

THE HAPPY BUSINESS EXPRESS



THE THREE 'R's' - RACHEL EARING

Writing this article came at a great time to remember why I needed to believe in myself all over again.

I don't know about you, but this is an ongoing process. It's not just something I do once and it's done. It's constantly tested as life unfolds to see if I've actually stabilised into the new vibrational field I find myself in, and gosh isn't it just fluctuating frequently right now!

I know that trusting myself comes in quite a unique way. It's guttural when it arrives and what I mean by that is that it rocks my world physically with information that feels like it coming from the most unique and usually distasteful parts of myself. The parts I want to hide from and not engage with on a regular basis as it causes me such discomfort.

A recent example, was when I was asked to clear the energetic space of a business building and I immediately turned around and said 'oh that's not what I do', and passed the enquiry onto a colleague of mine who I thought was more qualified.

A month or so later I was asked by the more qualified colleague if I would support her on some work with a local business who was having some haunted happenings. I again said I'm not sure I want to get involved in such work but I know someone who does and had a conversation with them to see if they would deal with it remotely. I was told very kindly no, give some tips and handed it back.

I went back to my qualified colleague and gave the kind insights my 'friend' had given me and said, ok I'll give it a go and support you. We had a discussion and I discovered there was an ancient site nearby, (something I do have experience in), so I decided to go and visit the site as I hadn't been before. The site was quite desolate, broken and damaged with very little to see with the naked eye, yet when I activated it and worked with it I found myself taking messages in languages I did not know, swirling and twirling like a whirling dervish, and spending deep profound time opening vortices of energy that opened up opportunities for lost souls to reconnect and move one down the lay-lines.

A couple of weeks later my qualified colleague came back and said we should go and visit the business in concern. I asked her to see if they had noticed any difference since I had done the ancient site work. She reported back to be to say the serious incidents reported had recently stopped. On that basis, I accepted to go into the business and do more work.

Guess what- the local business was the original business enquiry I had passed onto my qualified colleague and together we spend over 4 hours clearing energetically the whole building spot by spot.

Believing in myself came step by step on this one, and that included the work within the business premises. I had to physically take a step and see if I could move on or did it need work. It is very physical work for me as well as emotional and mentally challenging. I feel the energy of a person, a building, a site and will yawn constantly as energy shifts. I feel resistance and sometimes cannot physically move until the vibration has shifted. It makes me tired, exhilarated and everything in between as it's happening. Yawning, burping and retching through the whole process until a giggle or laughter shows me the release of energy shifting with each step.

Believing my body, emotions and deciphering it all in my mind in the process is something I have learned literally step by step with energy work and I have to take it daily as to what that actually means for me.

Trusting your innate abilities to such a degree that you can shift old emotions stuck in a buildings energetic space, or a persons is a skill. A practice that gets better and more easily understood by you each time you use is. Using it is the gift because if I don't, I can't move on, or through or around whatever it is I 'think' I need to do.

Live4Energy is the name of my business and I understand it more and more each day as I work with the energetic space of me, my business and other peoples. It's unique but so am I and so are my clients. If this helps you today please take my 3 R's and use them step by step as you need to.

Rachel's 3 R's:

REMEMBER

RESONANCE

REGENERATES

What will you be remembering, resonating with and regenerating today? Because you will, so why not make it count and believe in yourself literally one step at a time along the way. It's a pretty amazing journey that you want to keep unfolding. I'll keep you posted on the business work!

Blessings to you and yours - Rachel



Rachel Earing is the Founder Live4Energy Training College and you can connect with her by clicking the link:

www.live4energy.co.uk

THE HAPPY BUSINESS EXPRESS



EVERYONE DESERVES TO FEEL EMPOWERED AND BEAUTIFUL- JACKIE COOPER

I BELIEVE EVERYONE DESERVES TO FEEL EMPOWERED AND BEAUTIFUL

The way I have found to do this, is to find acceptance over resistance. There is no time line on this, it's when you feel safe enough and ready to do so at your pace, in gentle small steps, if you prefer, this can be as simple as sitting in silence with those you trust. Once you begin on this path way, you will move towards life-style practices that will begin to enhance your health and well being.

Through my experiences I have learned that your body is a miraculous piece of architecture, that has carried you through your darkest days and danced with you through your happiest days.

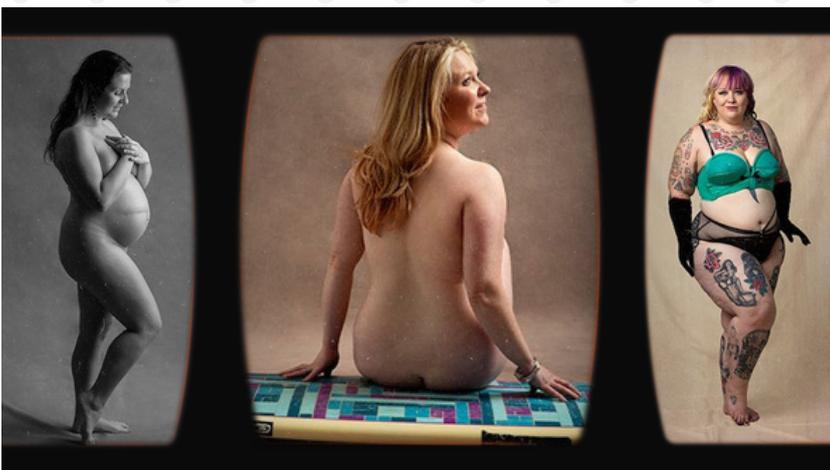
And it is because of this, that you need to be guided by your body, listen to the signs its giving you. When we ignore the signs that is when we fall backwards, continually, until we choose to change our actions and repeated patterns.

Through my own journey in life, I have learned when I push back and ignore the signs my body is giving me, then I am unable to find peace and calm within my physical being. It is not until I embrace those feelings of fear, step out of my comfort zone and change my repeated patterns that peace and growth begins to take place.

This wild rollercoaster of a ride that I have been on in life, is where the foundations of my business have grown from. I have learned through my own experiences, research, knowledge and awareness just how distracted we have become, with what beauty truly is. It is not how you physically look but what your truly beautiful and unique body does for you that is beautiful.

I am a portrait photographer specialising in Body Empowerment photography, taking you on a beautiful transformational journey towards body confidence and self love, in a space to connect and evolve.

As part of 'The Amazing Goddess', I photograph, I became curious, why women feel such dis-harmony within their bodies. From here I have begun to facilitate in person Body Image Discussions, for women 20 + to share, learn, inspire and educate one another through lived experiences.



With my previous experience working as a support worker for 25yrs, I have seen many people over come some remarkable challenges both physically and psychologically. I recognise the importance of being able to express yourself in a safe space without feeling judged, and the relief this can bring when coming from a compassionate and empathetic ear, so I created 1:1 Body Image Confidence Calls.

I would love the opportunity to celebrate all that you, your mind, body and soul have achieved together, with you through the art of photography, offering you a safe non judgemental space to begin your path way of accepting your beautifully unique body, just as it is.

If you would like to discover how I sprinkle my magic, you can follow me on Instagram
[@nude_tattoo_portraits](https://www.instagram.com/nude_tattoo_portraits)

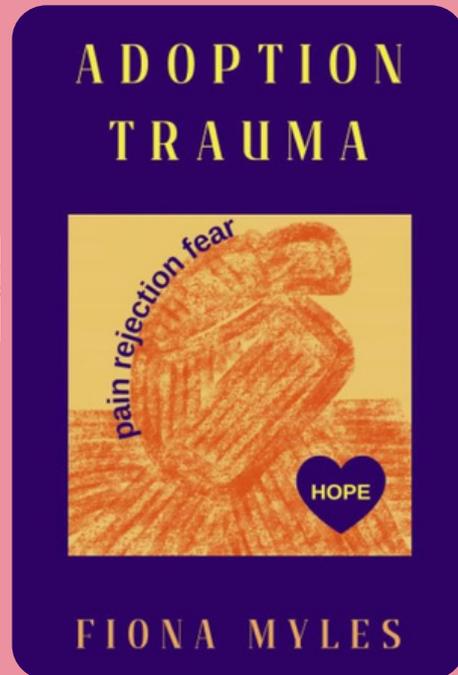
Or stay in touch and sign up to my newsletter from my website
www.jackiecooperphotography.co.uk

THE HAPPY BUSINESS EXPRESS



THIS BOOK IS FLIPPIN' AWESOME!

**ADOPTION
TRAUMA**
Fiona Myles



Adoption Trauma is a story about how Fiona navigated feelings of unworthiness, anger, fear and rejection that plagued her for 50 years.

Over the span of 6 years she took strides into finding acceptance, confidence and wellbeing and now wants to share her findings and her tips with other adoptees.

I found the book so interesting and easy to read that I read it in one day. It was such a useful insight and I hope I can hold it in my mind to inform my parenting as my boys grow up. Fiona describes adoption Trauma so well that the book would be really useful for people to read before they adopt so that they fully understand that adoption is trauma and it's lifelong impact on the adopted person. I really recommend this book.

5 STARS - Amazon customer

**I CAN CLEARLY
REMEMBER BEING
FURIOUS SO OFTEN AS A
CHILD.**

The day that I believed Adoption Trauma was a thing, was the start of my journey to a whole new me.

Growing up I had been under the impression that I was just bad, naughty and at one point in my childhood the adjective 'evil' was applied. Of course I completely bought into the adjectives used to describe me. Even when the odd teacher spoke to me about my good attributes, caring, kind and compassionate. Still I veered towards the negative.

Adoption Trauma is very real had it been recognised as a 'thing' when I was a child, if someone had picked up on it, things may have been different for me. I can't change anything but can walk towards inner healing. So can you.

FIONA MYLES...

Fiona is an author, motivator and adoptee who has dedicated her life to finding the answers to some difficult questions. She has written 6 books to date and for the past 15 years has been helping individuals overcome their inner fears, as they navigate the path to self belief and confidence.

[Get your copy now on Amazon: click here](#)

[Check Fiona out here: www.fionamylesauthor.com](http://www.fionamylesauthor.com)

THE HAPPY BUSINESS EXPRESS



I SHOOK OFF THE SHACKLES OF THAT TRAUMA - FIONA MYLES

We've all heard of trauma, right? But, have you heard of adoption trauma? What do I mean by adoption trauma? Adoption is lovely isn't it?

Yes, adoption is lovely for the adopter for whatever reason the adoption is happening. Infertility I totally understand after waiting thirty-three years for my child! Couples that want to provide stability for a child, same-sex couples etc. I totally get it. I am an adopter and an adoptee. I can share though that adoption is not always lovely for the adoptee. I'm in multiple groups of adoptees including my own where thousands of adult adoptees are struggling to understand their trauma. Especially us older ones that had no support in the 50s, 60s and 70s. Even today it's a tough subject to broach.

For years I wandered around feeling like a weirdo. Unable to settle, caught up in addiction, relationships always turning toxic, constantly thinking and believing that no one liked me. One day I met someone online who explained to me that adoption trauma was a thing. It was a lightbulb moment.

Looking at my own start in life, rejected immediately, left in a hospital ward for five weeks on my own. An aunt trying unsuccessfully to take me into her family. Ending up back in hospital unwell for another five weeks until I was fostered and then adopted. Growing up in the middle of my parents two biological children, only served to mark out the pronounced differences between us. Don't misunderstand me, I had a great childhood in a safe strong healthy environment, but I still struggled to comprehend the news that I was adopted.

Regardless of the start in life I had, being told at six years old that I was adopted, that, was traumatic enough for my tiny mind to try and make sense of. By the age of fourteen I was spiralling quickly out of control. At twenty-one I was attempting suicide. Things did eventually get better.

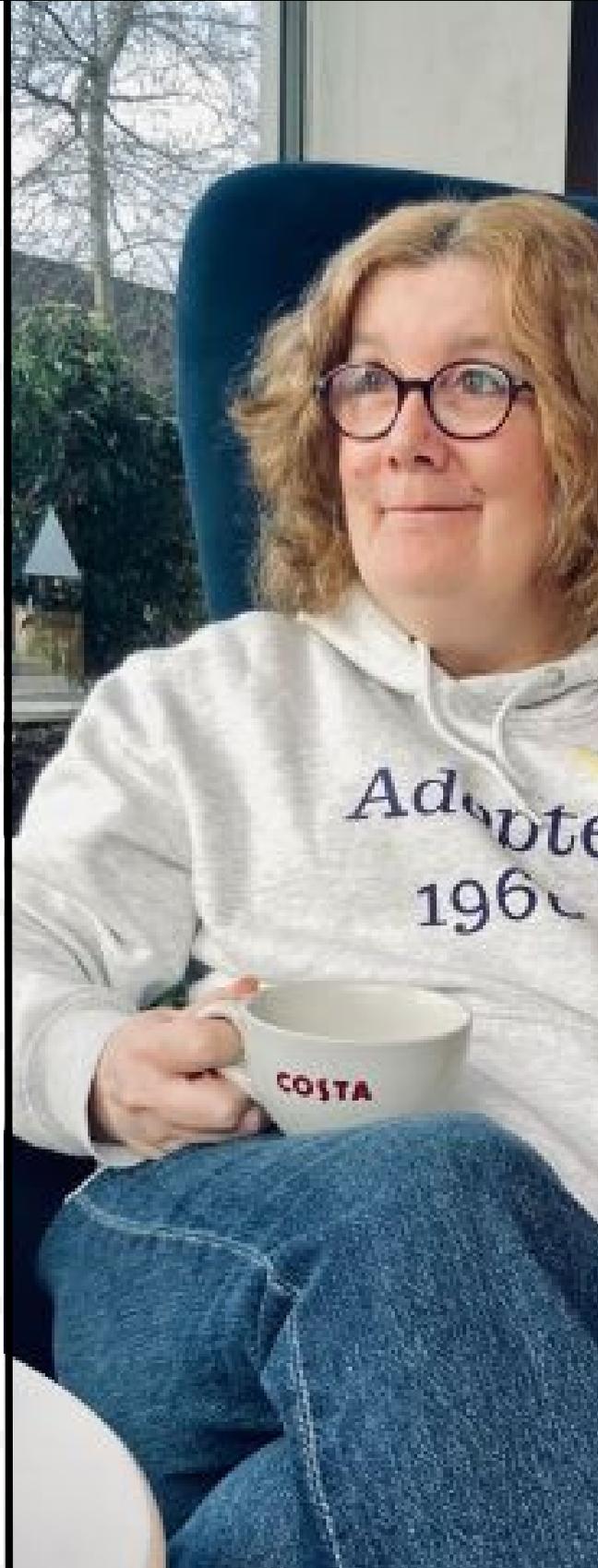
I wish I had known about adoption trauma years ago. But, I didn't. I knew I wanted to help the adoptee community to better understand themselves. I wrote my book Adoption Trauma. It highlights certain things only an adoptee or care-experienced person would relate to. It has poetry and short chapters from different ages and feelings I went through. There are sections of self-help in there too.

This book has launched other adoptees into writing their stories. I've been honoured to receive emails from many adopters who have been delighted to get an insight into how their adopted child may be feeling and how they can help them through the huge feelings they are having.

Realising I had adoption trauma, I knew it had to be dealt with. I read about it, I talked about it. I had trauma counselling and grief counselling. Both were effective for me. I shook off the shackles of that trauma and vowed to help other adoptees, recognise it, manage it and stop being held back by it. It doesn't just go away. Feelings creep back regularly but I have the coping skills and support in place now to help me not slip into that space and stay there anymore.

I am a writer and a creator. My sixth book relates to adoptee issues as well as relating to many more of us. Lift Your Self-Esteem is coming soon.

Fiona Myles: www.fionamylesauthor.com



THE HAPPY BUSINESS EXPRESS



CREATING THE YOU, YOU WANT TO BE - JENNY FIELD

TOP
TIPS



In our world of instantness, the concept of looking after ourselves often means fleeting moments of relaxation—an occasional bubble bath, a weekend getaway, or a sporadic yoga class. These activities are undoubtedly great for surface growth, true self-care intertwined with conscious creation, creates a life that is balanced, fulfilling, and authentic.

WHAT IS SELF-CARE?

It's taking deliberate actions to maintain and improve your physical, emotional, and mental well-being. Recognising your needs and addressing them. Everyone's self care is different and each self care activity will fill your cup of joy and well being to different levels. It's creating a sustainable lifestyle that supports your long-term health and happiness. It requires a proactive approach— implementing strategies to manage your wellbeing.

Conscious Creation

Conscious creation is intentionally shaping your life through your thoughts, beliefs, and actions. It's about being aware of the power you have to influence your reality and making choices that align with your true desires and values. Conscious creation involves:

- 1. Understanding what you truly want in life.**
- 2. Making deliberate choices that align with your goals and values.**
- 3. Practising mindfulness**
- 4. Adapting to challenges and setbacks while maintaining a focus on your ultimate vision.**

When self-care and conscious creation are integrated, they form a powerful force that enhances your wellbeing and helps you build a life that reflects your deepest aspirations. Here's how to combine these practices effectively:

Start with self-reflection for clarity about your needs and desires

What areas of my life need more attention and care?

What are my core values and how do they align with my daily actions?

What changes can I make to better support my well-being?

Journaling, meditation, breathwork and spending time in nature can facilitate this introspection. Based on your reflections, set goals that resonate with the answers. Ensure these goals are specific, measurable, achievable, relevant, and time-bound (SMART). For instance, instead of setting a vague goal like "reduce stress," aim for things like "practice mindfulness meditation for 10 minutes every morning."

Develop a self-care plan that includes practices to support your physical, mental, and emotional health. Using mindfulness helps you stay connected to your intentions and recognise when you drift away from them. It enables you to make conscious choices aligned with your goals.

Acknowledge and celebrate your progress, no matter how small. Recognising your achievements boosts motivation and reinforces your commitment to self-care and conscious creation. Reflect on your journey regularly and appreciate the growth and changes you've made.

Self-care with conscious creation empowers you to take control of your life in a way that is truly fulfilling. Prioritising your well-being and making intentional choices creates a balanced life, meeting your needs, bringing you joy and satisfaction.

As you grow, so will your needs and desires. Listen to yourself, and continue to make choices that support your path to happiness.



Jenny Field is the founder of Just Being Me® and you can join her on FB by clicking the link:

<https://www.facebook.com/groups/justbeingmelearningtolovemyself/>

Click below to find out more about Jenny's fabulous accountability group to support you with creating a sustainable self care practice

<https://jennyfield.co.uk/accountability-group/>

To find out more about Just Being Me®

www.jennyfield.co.uk

THE HAPPY BUSINESS EXPRESS



WHO DO YOU CHOOSE TO BELIEVE? - BIRGIT ITSE



Words have a huge impact on our lives. They can be transformative if used correctly or detrimental if misused. The things people have said to us and about us often not only follow us but also lead us in our lives.

Why is it that we give such power to words others have said, and why do we tend to believe others more than we believe ourselves?

Consider the profound impact of believing in the negative words others say about us. A child constantly told they're not smart enough may grow up with a diminished sense of self-worth, struggling to achieve their full potential. Conversely, positive reinforcement can build confidence and resilience. However, when we internalise negative words, they shape our self-perception and can become self-fulfilling prophecies.

When we believe others more than ourselves, we give away our power. It can lead to a lack of self-trust, diminished confidence, and a reliance on external validation. This can prevent us from pursuing our true passions and realising our potential. There are techniques to reverse this, and I've changed my life using them.

I'm a passionate advocate for the power of language. I have combined my experience as a bilingual author, my personal growth journey, and creative writing techniques into an online workshop, where I teach how to explore your life through words and turn your weaknesses into strengths by simply using the power of words.

I have experienced firsthand, and observed in others, how our growth often gets stuck due to the words that hold us back. During the workshop, we will delve into the profound impact of words on thoughts, feelings, and actions. I will guide attendees through straightforward and simple techniques that empower self-reflection, goal setting, and personal growth.

At first, I thought everyone was using these simple exercises, but based on the feedback from my book *The Alphabet of Life*, I discovered that people don't really think this way. That's how the workshop was born. It's aimed at life coaches because by teaching these techniques to them, we can change more lives for the better. And the sooner you learn and start using them, the easier it is for you to stand out with your coaching practice.

Why Is It Important?

Think about a time when someone praised your abilities. How did that make you feel? Now, consider a moment when someone doubted you. The latter often lingers longer in our minds, illustrating the strong influence words can have.

My workshop focuses on shifting this dynamic, encouraging individuals to believe in their inner voice rather than external criticisms. Spaces for this workshop are limited to 25 people, and there will be a replay available for those who cannot attend live. Don't miss this opportunity to transform your life and the lives of others through the power of words.

Birgit is a published author and a ghostwriter, whose superpower is transforming messy thoughts into thoughtful messages. She has delivered almost 100 workshops about creative writing for people, who need writing for their business, but don't feel confident about their skills or creativity. She speaks, writes and teaches in two languages: English and Estonian.

Connect with Birgit www.birgit-itse.com

THE HAPPY BUSINESS EXPRESS



THE POWER OF SELF BELIEF - BECKY PARSON

Believing in myself has been a challenge since I was little. People would tell me I wasn't good enough. This would come from both family and friends but it would also come from the teachers who taught me .

Then the inner voice set in. The inner voice often stems from past failures, societal pressures, or comparisons with others. Doubt can come from well-meaning but misguided friends, family, and colleagues who impose their limitations and fears onto us.

The impact of self-doubt is far-reaching. It can affect your decision-making and confidence. When doubt dominates, it fosters a fear of failure so intense that it prevents any meaningful action. Dreams are deferred, opportunities are missed, and potential remains unrealized. The world becomes a less vibrant place.

I decided 3 years ago that I couldn't continue on this journey of lack of self-belief and it was time to make steps. I acknowledged the presence of doubt and I took time to process it. This involved a deliberate shift in mindset, where one chooses to focus on strengths rather than weaknesses, successes instead of failures. Positive affirmations, realistic goal-setting, and surrounding myself with supportive individuals.

Then I started to believe in myself.

It started subtly, like a flicker of light in a dark room. With self-belief, I unlocked potential and resilience. Challenges that once seemed hard become manageable, even exciting.

Empowerment through self-belief manifests in various, life-changing ways. Confidence grows, not from a place of arrogance but from a deep understanding of one's worth and capabilities.

Decision-making becomes more decisive and grounded.

The fear of failure is replaced by a focus on learning and growth. Creative solutions emerge as the mind is freed from the shackles of doubt, fostering innovation and progress.

My new found belief has had a ripple effect. I am now married to an amazing man called Lawrence. We have 2 beautiful children and we have a lovely home together.

I am on a mission to empower as many people as possible.

The products I design are not only handbags that have a function they are an item that can be used to express ourselves.

My business is more than the products to me. It's the first moment I have ever believed in myself to the point where I know I can do this.

Opportunities have landed that I didn't feel were possible. I have a brand ambassador, I've attended 3 fashion shows - the next one I'm a designer and I have the most amazing group of people around me who believe in me.

Believing in myself was undoubtedly a challenge. However, the rewards of this belief are immeasurable. It is a profound shift that transforms lives, unlocking a wellspring of potential and empowerment. Embracing self-belief is not just a personal victory; it is a beacon of hope and possibility for everyone around us. The power of self-belief is, indeed, a remarkable force, capable of changing our world one person at a time.

My name is Becky and I am designer behind Daisy Amour. I am super passionate about how being unapologetically ourselves is incredibly important.

You can follow me on the following socials

www.instagram.com/realdaisyamour

www.facebook.com/daisyamour



THE HAPPY BUSINESS EXPRESS



I WANT TO LIVE THE LIFE THAT I CHOOSE TO LIVE - KIRSTY CROUCH



Have you ever worried about what others think? Or worried that your business is not going quite where you want it to be because you are struggling with self-belief?

Well, I get it. And I have been there. And I want you to know that you can overcome it and you can use tools to help you. I have struggled with anxiety and depression for many years and have spent so many of my school and work years being bullied or told I am not good enough.

I decided, especially in the last few months, that I want to live the life that I choose to live. We all deserve to be happy as human beings, and there are tools and practices that we can use to help us work on our self-belief.

As someone who has been there and uses many of these techniques and tools, for me it is all about spirituality and spiritual practices as well as Self Care. As well as products like incense, and crystals, that have been used for centuries by people like Buddhist monks to help foster a sense of calm and focus, you can also use tools like meditation and manifestation as well as congratulating yourself for completing even small tasks.

Often, our minds are programmed to only look at the negative and only listen to the negative comments and I know because I have done it. So why not pick a situation and write down all the pros and cons about it. And be honest. Look for evidence that contradicts what you are saying to yourself. So, for example, if you think 'I am not good at this' then why not look for the evidence to contradict that. How many successful achievements or projects have you had? How many positive testimonials from delighted customers and clients have you had? Create a folder on your phone or computer and go back to it when you need to encourage yourself in what you want to achieve.

One of my other top tips for Self-belief is meditation and manifestation. This is all about helping you to feel grounded and raise your energies to match the vibrations of what you want to achieve. It can help you to raise your mindset and take some well need Self Care time to put you in a better place to remember all the amazing things you have and will achieve!

If you would love to find out more tips and support, or even have some one-to-one coaching to delve more into some of these techniques plus more, then why not get in touch at my socials below.

FACEBOOK GROUP

Facebook page: Devine Treats Delights

www.instagram.com/kirstycrouch

THE HAPPY BUSINESS EXPRESS



EMBRACING YOUR WORTH - JASON BRETT

Believing in oneself is a force that can shape our lives and the lives of those around us. Reflecting on my journey, I am reminded of the profound impact that self-belief has had on my own path and the lives of others I have encountered along the way.

Growing up, I grappled with identity and self-expression, stifled by the constraints of a narrow-minded environment. However, my move to London shattered those limitations, exposing me to a world of inclusivity and diversity. This revelation ignited a passion within me, one that I now infuse into every aspect of my work at Curated by Dapper and Suave.

Yet, even amidst newfound freedom, adversity reared its head in a toxic work environment where I faced bullying. In those moments of doubt, I drew strength from within, surrounding myself with supportive individuals and embarking on a journey of self-discovery. Through resilience and introspection, I emerged with a renewed sense of self-assurance, determined not only to overcome obstacles but also to empower others to do the same.

Our pop-up events serve as more than for small businesses; they are platforms for personal growth and empowerment. Witnessing the evolution of hesitant small business owners into confident trailblazers is deeply gratifying and reinforces my commitment to fostering an environment where everyone has a platform to shine. The challenges brought on by the COVID-19 pandemic only strengthened my resolve. Transitioning from traditional employment to entrepreneurship was daunting, but it also presented an opportunity to pursue my passions fully. I have not only cultivated a thriving career but found purpose in supporting charitable causes, including those advocating for individuals with disabilities.

My dedication to empowering others was during a pivotal moment at the Start-up show for Enterprise Nation. A tearful attendee's confession of imposter syndrome resonated deeply, prompting me to take action. In that moment, I asked the audience to reject self-doubt and embrace their worth. It is moments like these that reinforce the importance of fostering a community where self-belief is not just encouraged but celebrated.

Recently, as I went through the doors of 10 Downing Street for a breakfast meeting with the Prime Minister, I was struck by a profound realization: I belonged there. Not because of accolades or achievements, but because of an unwavering belief in myself and my capacity to effect change. It is this same belief that drives me to continue pushing boundaries, challenging norms, and inspiring others to do the same.

Belief in oneself is indeed a gift—one that transcends age or circumstance. But it is also a choice, one that requires us to surround ourselves with individuals who uplift and empower us. As I continue my journey, I remain committed to creating spaces where self-belief flourishes, knowing that in doing so, we can unlock boundless potential and pave the way for a brighter, more inclusive future.

Jason is one half of curated by Dapper and Suave - a business which strives to bring together talented business owners to showcase their passion as their pop up events. Dapper and Suave also work with four different charities to raise funds but more importantly awareness and changing the way people see others. Click the link below to find out more about Curated by Dapper and Suave

www.dapperandsuave.uk/curated-by



THE HAPPY BUSINESS EXPRESS



FROM RESCUER TO CREATOR - JENNY FIELD

Life has a way of teaching us the most profound lessons through the bumps and challenges we face. My journey of self-care and conscious creation began in a similar way, marked by overcoming childhood challenges and societal labels, ultimately leading me to become a resilient individual. From leaving home at 16 to achieving a degree in criminology as a single parent of three children in my early 30s, I have faced and conquered adversity in many forms—financially, physically, and emotionally.

My path took me to a rewarding yet demanding role with a domestic violence charity in Devon, where I managed projects and supported highly vulnerable individuals. These individuals were in dire straits, grappling with severe mental health issues. While my work was fulfilling, it came at a cost. The long hours and emotional toll led to burnout, and I found myself increasingly isolated due to my own deteriorating mental health.

In an effort to reclaim my well-being, I initiated a knitting group aimed at creating community connections. I firmly believe that being part of a supportive community is essential for our well-being as humans. This initiative not only provided me with a renewed sense of purpose but also allowed me to assist older community members in maintaining their independence at home. It gave me the opportunity to support my mother-in-law during her final years, which was incredibly meaningful.

However, life dealt another series of blows with the loss of six loved ones, including my mother-in-law and my primary client. These losses were a wake-up call, prompting me to prioritise my mental health. It was the next step of my journey of self-discovery and the path to understanding my own needs.

Through this process, I realised that I was a 'rescuer', driven by a heartfelt desire to help others.

However, I came to understand that this role was not sustainable for me or beneficial to those I aimed to help. I needed to transition from being a rescuer to a creator—a creator of my own life.

The knitting group eventually led me to discover a passion for sewing. During COVID, I started a sewing business. However, instead of indulging my creative side, I found myself mending clothes and altering curtains.

This was not the creative outlet I had envisioned. In an effort to share my journey and support others, I created a Facebook group called "Just Being Me®" to express my thoughts and connect with like-minded individuals. In early 2023, a pivotal moment occurred when I discovered that I am neurodiverse. This realisation was incredibly freeing, as it helped me understand why conventional learning methods never worked for me and why I perceived life differently.

Embracing my neurodiversity was a crucial step toward being authentically myself. With this newfound understanding, I transitioned back into professional support, founding "Just Being Me®" as a business in August 2023. Since then, I haven't looked back. I have found my place, embracing my true self and loving every moment of it.

Jenny Field is a Self Care Expert and phenomenal podcaster, as well as the founder of Just Being Me®. To connect with Jenny please click on the link below
[Just Being Me® www.jennyfield.co.uk](http://www.jennyfield.co.uk)



THE HAPPY BUSINESS EXPRESS



BORROW MY BELIEF - JEN GRIFFITHS

As a child, I was regularly called talented, but to some points I started taking "being talented" for granted. When things slipped in my sixth form years, I still didn't put the work in that would have secured my future, so I went off to university thinking I was only vaguely good at music. In the present day, that's not entirely the truth. A mentor once told me that you can do anything you set your mind to, but how do you know you can achieve it if you're terrified of failure? You just don't bother. You sit pretty in your comfort zone, with no desires or challenges to face.

During lockdown, I discovered that the "comfort zone" was actually a thing, and many people were stuck there. If you know it exists in the first place, then the next step is learning how to reach beyond your comfort zone. Try everything, find what you're passionate about, some things may not stick but that's okay too. Try again, and again. Tap into what brings you good energy. What fires you up is where your passion lies.

I'm a multi passionate creative, because I tried a few different things in lockdown, and ended up liking most of the things that I tried. I went from a mediocre musician to a professional entertainer on the piano, an inspiring piano tutor. I am a proud Tropic Ambassador, and run a successful Nintendo fan community. I'm an author and podcaster too. How did I get there?

Because I believed that I could do it, so I did it. How did I find that belief when no one else believed in me? My closest friends certainly didn't support me at the start of my development in lockdown, but I'd started networking! I was a shy introvert, but as I did the mindset work and got further and further out of my comfort zone, I found the cheerleaders, the ones who believe in you no matter what, because they were on the same level as me. The mums, who owned businesses. No matter how early on or established you were in your business, they'd been there, and that made the difference. I borrowed the more established confidence until I found my own. Now I'm an ambivert at best and more leaning towards an extrovert. Being around people gives me that buzz of energy, that tells me I can do it!

Now it's not a case of needing to find belief in myself. My all round confidence means I set my intentions, and I just do it. The only thing I need from myself now is the true intention and focus to get the "thing" done, and consider it done.

If someone else wants to borrow my belief so you can believe in yourself, I give my permission!

My book "Tales of an Anxiety Warrior" details all I went through with anxiety, but there was a light at the end of the tunnel eventually and the essence of my story, is once you start believing in yourself, the world truly is your oyster!



Jen is known as the Tropic Pianist Gamer, a multi-passionate creative, author and podcaster. She lives on Anglesey with her husband and child.

<https://tropicpianistgamer.co.uk/contact/social-links/>

BOOK: <https://amzn.to/3PH7RAM>

PODCAST: <https://podcasters.spotify.com/pod/show/jen-griffiths>

THE HAPPY BUSINESS EXPRESS



THREE WAYS TO CULTIVATE SELF BELIEF - LIANNE TERRY

TOP
TIPS



I work with lots of my clients to develop self-belief, and my own journey to self-belief has been a long one. Having ADHD and difficulty with concentration and accountability, I found fitting into a corporate employment environment very difficult and so my self-belief was resultingly crushed.

When I set my own counselling practice up, it was vital that I overcome these self-belief problems quickly in order to confidently grow my business, and three years down the line with a thriving business, having worked with my ADHD to write a book and getting involved in lots of different things, I'd say that I'd been successful in overcoming my own poor self-belief.

How did I cultivate my self-belief?

SELF COMPASSION

Treating myself with kindness and compassion, was really important, especially during setbacks. I worked to celebrate and acknowledge my strengths, no matter how small they were and tried to be gentle when facing any challenges or making mistakes. It's really important to remember that failing is a natural part of learning and growing, using this self-compassion, I started to build resilience and grow my self-esteem.

SET REALISTIC GOALS

Breaking my long term goals into smaller manageable pieces set me up for success, because my goals became realistic and achievable, this allowed me to celebrate each milestone and build up evidence of my progress and competence, by achieving these smaller goals which aligned with my values I built up confidence in my ability to achieve larger objectives, reinforcing my self-belief.

CHALLENGE NEGATIVE SELF-TALK

I pay attention to my inner dialogue and challenge any negative thoughts that come up. I work to replace self-limiting beliefs with more empowering and affirming statements, reflecting my strengths, potential and worth. I practice positive affirmations and visualisations to build a more self-assured mindset. I also surround myself with positive, supportive and encouraging people who inspire and uplift me, by actively challenging any negative self-talk and surrounding myself with positivity I have created an environment that has allowed me to build self-belief.

Connect with Lianne at :

[Lianne Terry | Facebook](#)

or Join her Group The Happiness Collective:

<https://www.facebook.com/groups/1054052145228126/>

For details of the Networking Events Lianne runs in Liverpool through Inspire and Connect, please join this group:

<https://www.facebook.com/groups/inspireandconnectliverpool/>

THE HAPPY BUSINESS EXPRESS



FROM FEARFUL SILENCE TO CLEAR CALM - LIZ CLIFTON

**TOP
TIPS**



It was very early morning, back in late August 2019, when I received a phone call about Zara, a tiny, forgotten, black and white Romanian rescue dog.

The lady from the rescue was in tears when she called as there had been zero interest in her so far. In fact as she was spending all of her time in the dark alone they were considering putting her down due to a poor quality of life. We quickly agreed to collect her soon and give her a chance for life.

Fast forward a couple of days to Bank Holiday Monday and we're travelling home with a very large, extremely scared, black and white dog safely snuggled in a crate in the boot. You could feel the nervousness flowing out from her as we checked in her at the services. She had little to no trust in people and at that time after a long drawn out family court experience neither did I. Her voice was silent and after a 15 year dysfunctional relationship, where I learnt to hide my feelings, so was mine.

Slowly and gently we began to build our self belief in the safety of our silent connection. Our unconditional love empowered us both to reconnect to ourselves. We both began to make our own choices to connect with each other and the rest of our family at home.

After many months of calm connection, Animal Reiki and meditation time together we heard Zara's voice for the very first time. It was the most magical magnificent howl I've ever heard and I have tears in my eyes and a lump in my throat now just thinking about it.

Not long after that I felt the urge to support others on their own personal reconnection journeys to pure self belief and acceptance. I continued on my own calm leadership path into deep rooted self belief and trust so that now I'm happy to talk freely and openly trusting that whatever I share in the moment is the perfect thing for that specific time, space and audience.

Read on to enjoy a quick visualisation to support you with your very next step into your ultimate self belief.

Imagine a moment where you completely and utterly believe in yourself.

You smile with a sense of great wonder and pride at the supreme strength that you have inside you to choose and create the life that you want.

As your cheeks and smile grow a sense of pure happiness and joy sweep through every particle of your being.

Until you're believing in yourself more than you ever thought possible.

You can absolutely totally do this!

Yes you deeply know that you can.

Each and every moment of your life has been leading you to this deepest self awareness, self connection, magnificent self confidence, gratitude and belief.

Take a moment now to enjoy this amazing feeling of deep, strong, self belief.

Then smile and congratulate yourself for achieving this fantastic feat.

With such firm self belief you are truly empowered and equipped to enjoy your days and fulfill all of your dreams.

Now make sure that you can see yourself in the picture and then when you're ready bring your awareness back to the natural rhythm of your breathing.

Gently start to move your body.

Move your face, neck, your shoulders, your middle year spine, move your hips, your legs, your ankles, your feet and your toes.

Then kindly ask yourself:

"What was the last drink that I enjoyed?"

Congratulations for enjoying that moment of visualisation.

Your mind is a fantastic resource of support for you to create and strengthen your own self belief.

So draw on this visualisation to keep you motivated as you continue to build your own self belief and reach out for support whenever you need it. With so much love, light and gratitude for you exactly as you are now and always...

Liz Clifton Founder of Family Dog Connection Limited and take34u mission Gently guiding you and your animals to calm

lizclifton.co.uk

THE HAPPY BUSINESS EXPRESS



BOOSTING SELF BELIEF THROUGH POWERFUL PRACTICES - JO CURRAN



Over the years I have faced many challenges in my personal life, and career, that have barricaded my own self-belief. The words that you speak to yourself, the endless spiral of self-doubt, and the continual dips in confidence all impact your internal belief system. As a natural introvert, I know only too well how this feels, however, having tried many tools and self-help techniques, I also know that these feelings and emotions can also be tackled and overcome.

Self-belief reflects your confidence in your abilities and potential. When you believe in yourself, you are more likely to take risks, embrace challenges, and persist even when times become difficult. However, several common barriers can attack your self-belief, such as negative self-talk and reliving past negative experiences, which feed your self-doubt with critical thoughts. These thoughts and feelings can be buried deep into the subconscious mind, creating a fear of failure that prevents you from stepping out of your comfort zone. Once this mental block has been formed, it can be challenging to realise your true potential.

For me, I turned to hypnotherapy. Hypnotherapy works by guiding your imagination to the point where you suspend your disbelief, allowing you to safely enter a place where you can change your thoughts, feelings, and perceptions.

This process allows you to easily overcome limiting beliefs and develop a more positive and resilient self-image. Hypnotherapy is a safe and effective method, backed by extensive research, that enables lasting

change by addressing the root causes of self-doubt at a deeper, subconscious level.

By reshaping these underlying beliefs, hypnotherapy helps you to feel empowered, igniting your internal self-belief and setting you on your way to a more fulfilling future.

Boosting self-belief can be achieved through simple, yet powerful practices. Taking a few minutes each day to imagine yourself achieving your goals and experiencing success is just one powerful method. This mental rehearsal helps to create a positive mindset and reinforces your belief in your abilities, by reliving the experience as if you already own it. Another technique is the use of positive affirmations. By repeating positive statements such as "I radiate confidence" or "I believe that I can succeed" you can gradually shift your self-perception and counteract that self-sabotaging negative self-talk.

Additionally, incorporating mindfulness methods like meditation can enhance self-awareness and reduce anxiety. The next time you go for a walk, notice the beauty surrounding you, the nature, the sounds, the peace and quiet, and if your mind wanders, bring it back to the present time.

Self-awareness is often the first and necessary step you need to master before embarking on any change. These practices, when consistently applied, can help you to become more aware, and notice what shows up for you, allowing you to challenge your thoughts and reframe them in a more positive light. This can support you in building your confidence and resilience, empowering self-belief.

freebie

I invite you to enjoy my free confidence-building audio here:

<https://youtu.be/Dt6lBmYwKLO>

Hypno Glo also offers a free online consultation on all one-to-one inquiries, contact Jo for more information.

Jo Curran

info@hypnoglo.co.uk

www.hypnoglo.co.uk

THE HAPPY BUSINESS EXPRESS



POSITIVE PEOPLE ENABLE ME TO FLY - JANINE MACDONALD

10 years ago I was made redundant. My confidence and mental wellbeing plummeted. I had 2 small children and was really struggling.

8 years ago I split up from my husband and my 2 children and I went to stay with a friend for 2 weeks until our new home completed. We were all in a small room on mattresses on the floor and my car became my storage. The 2 weeks turned into 12 months. Throughout that time my friend nurtured us all emotionally and nutritionally and slowly I became stronger.

5 years ago I was unable to get a job. I had been a Bank Manager for nearly 25 years and now every job I applied for either didn't respond to my application or I was rejected because of my circumstances. I could only work part time and unable to commit to weekends and evenings.

After many months of job hunting and feeling utterly deflated and useless I began looking at other options with the support of my work coach at the Job Centre. Within 2 weeks I was on a Government programme for business and I signed myself up for a free 2 week business start up course in Bolton. I searched deep within me to do this. Positive affirmations, looking myself in the eyes in the mirror, walking and writing down all the skills I possessed. 4 years ago Clear the Clutter Now was born and I was beyond excited.

2 weeks after starting my business, the world stopped turning but because I now had the belief in myself and excited about the transformation I could make in other people's lives I made a plan to work around having the girls at home to make my business a success. Yes, it was long hours. Very long hours but I believed I could do it. I didn't give up. I've since gone on to win awards for my business, spoken on stage in front of 400 entrepreneurs and become a best selling author. Don't get me wrong, there's been times when I've felt down and wondering how we could survive when the money wasn't flowing but deep down I knew that it would work. I believe in my business and I believe I can do it.

Self belief hasn't always been easy and at times I do still doubt myself but I surround myself with positive people and friends who really support me to enable me to fly.

If you would like me to support you transform your life and home book your FREE declutter consultation here
<https://calendly.com/janine-mcdonald/declutterconsultation>

I'd love to welcome you into my social world. You can join my FREE group here
<https://bio.link/janinemcdonald>

Janine McDonald (She/Her)
www.cleartheclutternow.co.uk



THE HAPPY BUSINESS EXPRESS



IT'S MY BIRTHDAY!!!! (WOO-HOO)

Usually I don't make too much of a fuss of my birthday. As long as I get a bit of cake and a box of chocolates, then I am happy. But this year, in June, I will be celebrating my 50th year on this planet and I am BEYOND EXCITED!

It isn't that I am excited about reaching this milestone, but that I get to legitimately be an 'old' lady. And before you start protesting that 50 isn't old, just hear me out.....

In my big ole brain I have figured out that as a human you pass through three distinct phases in life before you pop your clogs.

1. Growing - from when you are born until around 20-ish, your body and brain stretches and grows and all the bits and pieces settle into where they are supposed to go.
2. Developing - through your 20's 30's and 40's you figure out who you are as a person and what is important to you. You experience lots of ups and downs and you work out what kind of life you want to live. You make mistakes and some shit happens and you learn from it.
3. Living - once you hit 50 (or thereabouts) you get to just be you. the best thing is that often by this point you have done your experimenting, you kinda know what you like about life and you have had the chance to practice being happy and getting good at stuff. From this point on, you can get on with being you and not give two hoots about everyone else and all the learnings which came before this time is now what you use to elevate your life and make it freakin' awesome whilst you go about your business keeping your body alive for long enough to enjoy the rest of your life.

Now you may think I have rocks in my head and that is just an idealised version of life. But what if this is what we get to choose? That excites me. IMO my job from here on in, is to keep myself healthy and just enjoy being me. And I am OK with that. I choose that. Who is with me?

Oh and by the way, watch out for exciting news on my birthday (11th June) about my big event coming up later this year.



COMING UP IN THE JUN/JUL ISSUE:
WE WILL BE EXPLORING

"WHAT HAPPINESS
MEANS TO ME"



The Happy Business Express was brought to you by The Happy Business Club - a heart-led small business on a mission to raise the mood of the planet.

If you would like to be a part of this mission (or you already are) then come and make friends with our party pineapples and follow us on our socials.

Links below. See you soon!

