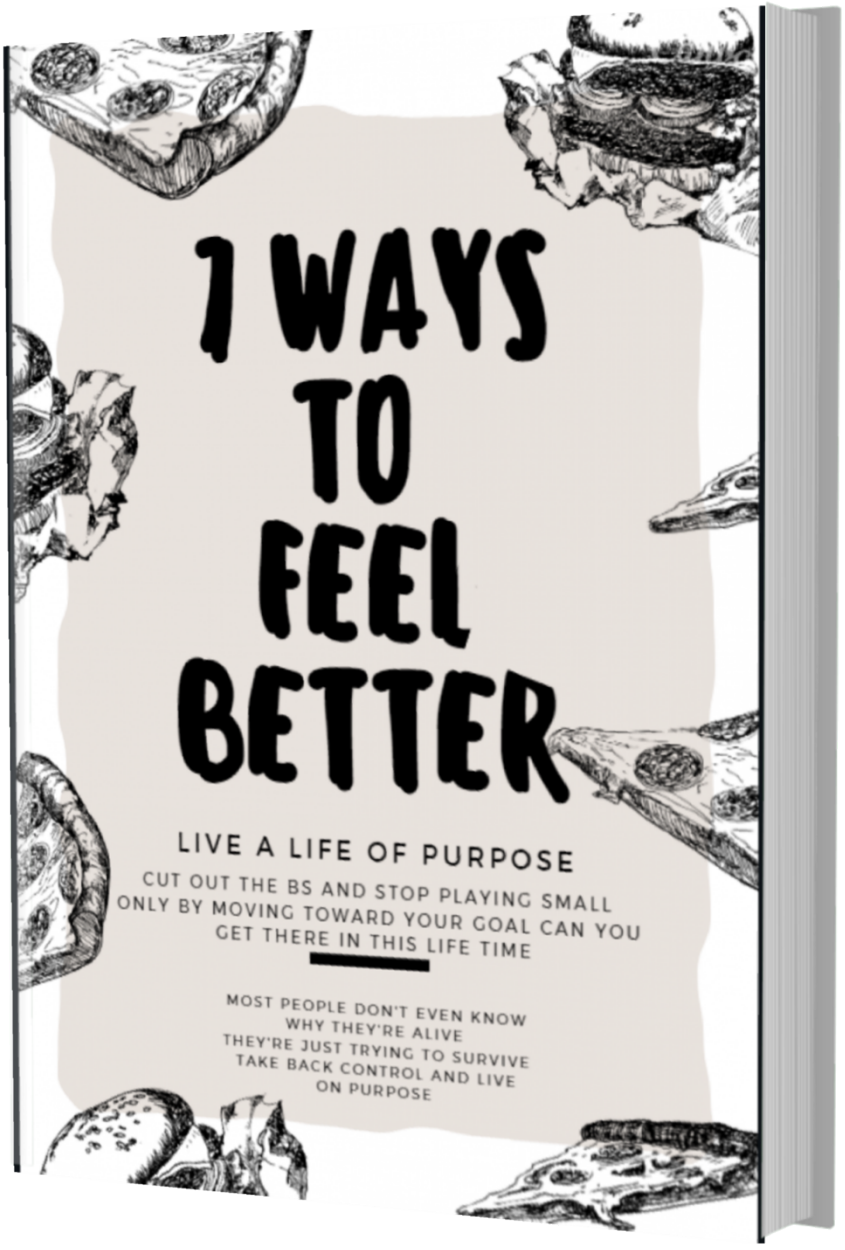
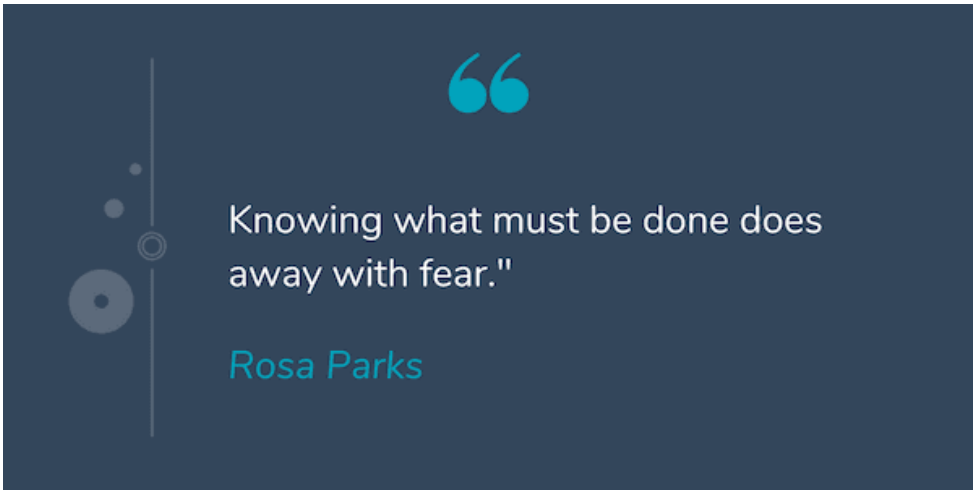

7 WAYS
TO
FEEL
BETTER
LIVE A LIFE OF PURPOSE
CUT OUT THE BS AND STOP PLAYING SMALL
ONLY BY MOVING TOWARD YOUR GOAL CAN YOU
GET THERE IN THIS LIFE TIME
MOST PEOPLE DON'T EVEN KNOW
WHY THEY'RE ALIVE
THEY'RE JUST TRYING TO SURVIVE
TAKE BACK CONTROL AND LIVE
ON PURPOSE



Do you worry about Bills, People Judging You or that you’re not loved?

Does thinking about New Year Resolutions cause you more Stress than Motivation?

Do you Crave to be More Rich, More Loved and Healthier, but Stress, Anxiety or Depression seem to steal your focus and Energy?

I figured out a way out of feeling this way, but I’m going to ask you to trust me. If you need further help, again, feel free to email, message or come along to an event.

The techniques in this book are Simple, Fun and Effective and I hope that they serve you well.

P.U.R.P.O.S.E. makes you Feel Better

1. Plan a Bigger Future
2. Unpack your Steps
3. Reset Faster after a Fall
4. Psychology and Automatic Behaviour
5. Other People and Asking for Help
6. Schedule your Life
7. Eat Clean and Exercise

My Childhood and how I Got Happy

I had no friends.

I was teased, hit and judged, not only by the other students, but I was smacked, slapped and degraded in front of the other students by a couple of my teachers.

All I wanted was for the pain to stop. I was the slow kid. I couldn't focus and my home life wasn't any better.

I was raised in the 80's when it was a lot more common to hit your 5 year old child in the face with a belt buckle if they were misbehaving. The 80's was a time where domestic violence against children was much more common. Although, I have to say, It was a massive improvement from what my parents endured at their schools.

When I was 25, I studied at the Academy of Hypnotic Science.

I had no money and no place to live. Well, that's not exactly true.

I had an argument with my parents, I quit working for them and I moved out of their house in somewhat of a tantrum. Plus I had about $500 in my pocket, so I had money for petrol and food.

I get on with my parents really well now, but that day, I had had enough of being stuck in life and needed to move forward. When I make a change in my life, I usually make a big change.

I couch surfed for about a week before I moved in with my sister. The food there was incredible. I was so lucky. Plus my nephew was only a few weeks old. I got to hold him, feed him and wipe up the mess when he drank too fast. He was sooo cute.

My sister is the kind of person who gets to the point fast. As I complained about my life to her, she basically skipped ahead in the conversation and pushed me to move on with things. I was living there rent free, which she was cool with. But she wasn't about to support someone to develop a Victim Mindset. I was in mental pain, but I had to move forward

Sign your life away. I mean why not?

I'd been talking to anyone who would listen about studying hypnosis for 10 years. My friends would ask, "Are you actually going to do something or just keep talking about it?"

My sister came over to the lounge with three pieces of paperwork.

The first was a rental contract for $500 per month in Glen Waverly, Victoria.

I said, "I'm not signing that. I don't even have a job"

The second was a contract to study at The Academy of Hypnotic Science.

I said, "I can't sign that. I can't afford it. And even if I had a job, I wouldn't have the time to go there."

The third was a resume that she sent out for retail management positions.

I said, "I can't even focus today. Can we talk about it later."

My sister just stared at me and said, "Nope. Sign them."

She just kept staring. So I signed them.

And just like that, I was living in Glen Waverly, working at Sams Warehouse in Rowville as a 2IC Store Manager and studying a Diploma in Hypnotherapy in Elsternwick at the Academy of Hypnotic Science.

The course was on weekends and my job was on week days.
I had to give up drinking alcohol of course, but at the end of 2 years, I had a Diploma in Hypnotherapy and Counselling.

I know, this is meant to be a book on 7 ways to feel better, not a history lesson about me. But what I'm saying here is that I went from 10 years of talking about what I wanted, getting angry, getting stressed and having tantrums to living my life on purpose.

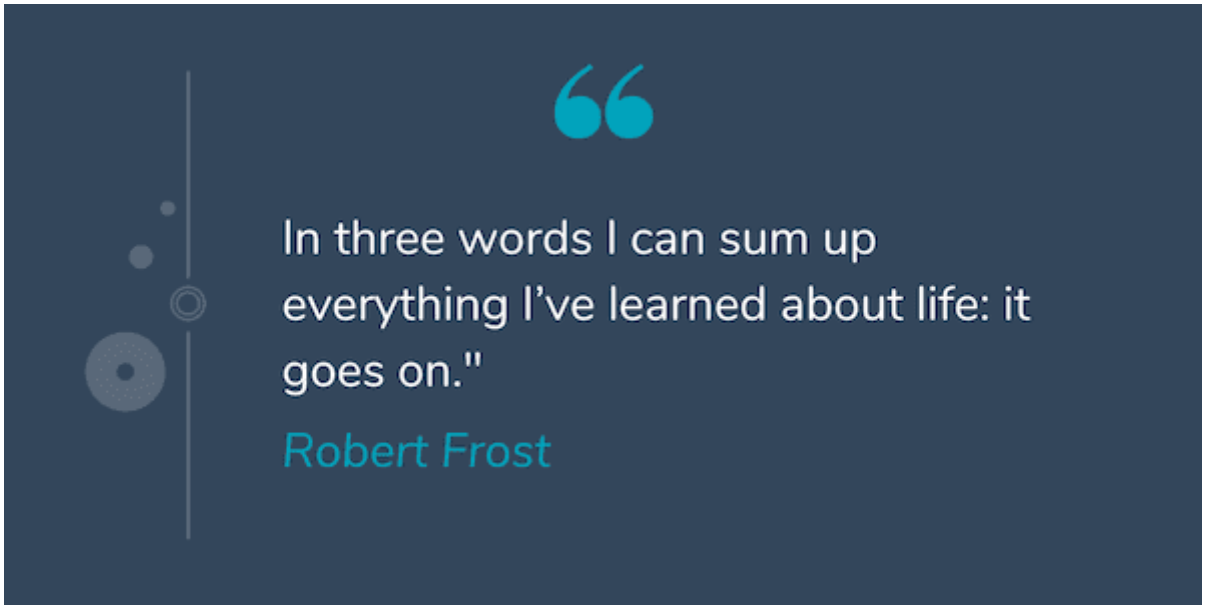
P.U.R.P.O.S.E.

My happiness levels took off when I started living life as if my time, my goals and my state of mind were the most important thing.

I still had challenges to overcome, but those challenges were fun and they were on my terms. I encourage you to live your life on purpose.

I have an acronym P.U.R.P.O.S.E. to give you 7 practical tips to feeling better if you're going through something difficult right now.

You don't need to fix all of your problems to feel better, but you do need to start to feel better to be able to focus enough to fix your problems. Staying relaxed and focused on your goal helps you through anything



This world has taught people to be afraid, anxious and boring. It's time to take back your purpose and live deliberately again.

1. Plan a Bigger Future

When was the last time that you were excited about something?

Was it an upcoming Christmas, holiday or expensive purchase?

Was it a new relationship where you could see the two of you as lifelong soul mates?

Had you just started to study a new course?

The first way to make yourself feel better is to know what you want.

The problem with most thinking these days is that people aren't actually aiming at anything so they can't hit their target. Instead, they're running around trying not to get hit. They're trying to, Stop Feeling Bad, Pay the Bill, Save the Relationship or Keep the House, but they haven't actually taken the time out to ask themselves what they want.

These days, people don't believe that they can have what they want, so they don't even ask the question.

Let me ask you.

What do you want?

Write it down.

Seriously, what do you want?

Don't just say what you think that you can have, but instead, ask yourself what you really want. Believe it or not, this makes a huge difference to the quality of your life.

My partner Jacqui and I made a decision to earn $1,000,000 in 1 year by running marketing seminars. So far we're on track. We used a type of thinking called 'End Game Thinking'. It's pretty crazy, but here's how it works.

Most people do the opposite of "End Game Thinking".

Most people do "Ad hock" thinking and end up getting Ad Hock results.

Most people don't actually fail to reach their goal. Their problem is that they fail to set a goal that's big enough to make them happy.

How many years do you believe that you have left to live?

The average life span is 71 years. Many people live longer than that and many people don't even get 71 years, but that's the average.

According to a New York survey, at the end of people's lives, most people's biggest regret isn't what they did. Most people's biggest regret is that they didn't have a go at doing what they wanted to do. Success or Failure isn't the point here. We all succeed at some things and fail at others. The point here is that nobody wants to die 'not knowing' what could have happened if they just took a chance.

Think about it this way. If we all die, they why do we spend our lives in fear of death?

Why do most people fear taking risks?

Why do most people fear asking for love?

Why do most people fear asking for their that promotion or taking that business risk?

Have you ever heard of a single person who's life was ruined because they risked going after what they loved? I'm not talking about a sudden injury or death. I'm talking about that mission that you're keeping secret in your heart that you protect because you're afraid of getting hurt, rejected or afraid that you're not worthy.

Could you imagine if Jacqui and I came together with a business plan called "Let's just see what happens" ? That would be crazy. That's "Ad Hock" thinking. We sold $90,000 in up sells from our first seminar. You can only do that if you have a go.

Your first step to feeling better is to write down a Big Goal that you want.

This doesn't have to be about business. Note very body is in business.

But everybody wants something.

What do you want?

Is it a new relationship?

Is it better health?

Is it to help others or to contribute more?

Is it to connect better with your children?

Is it to travel?

Don't die with your dream still in your heart. Actually have a go.

Again, we all eventually die, but not everybody actually lives while they're alive.

There is far too much fear causing narrative out there.

You're just as safe taking a massive educated risk as you are sitting around feeling terrible because your circumstance isn't changing.

One of my favourite mentors Brendon Burchard talks about "The Piano of Meaning" He says, most people are sitting around waiting for a piano to drop on their head before they do anything differently. The "Piano of Meaning" is a metaphor about waiting for life to just show up at your door step with a note that says, "Your life purpose is...."

Take the risk. Live a bigger better goal. You will feel better.

If you want help with business, then please come to our next event.

https://storydrivenmarketing.lpages.co/seminar-video-1-smm/

2. Unpack Your Steps

People who write lists tend to get them done.

People who unpack their steps get them done faster.

People who perform a SWOT test to find out what skills they need to develop are much more likely to achieve a challenging goal.

And people who include Happiness in their goals are much more likely to be happy.

Here's an Exercise that I'd like for you to do.

Write down what you'd like your life to look like

Next, write a list of everything that you do in a standard week.

Now circle all of the tasks that are actually helping you to get toward your goal and cross out any task that isn't helping you to get toward your goal.

At this point, some people get a little bit silly and say, "I can't leave out being a Dad from my list of things that I do each week. My children need me. I know that you want me to focus on my goal, but that's just not possible."

My reply to this kind of 'Loser Think' is, "What? You didn't include your children in your picture of how you'd like your life to be like? What the....?"

Do you see what I mean?

When you write your list of what you'd like your life to be like, it's important to actually get this step right, or else you're just throwing darts in the dark.

Remember that the Average person only lives to the age of 71.

If you need help with practical time management steps, I've put together a 2 week training for you here.
https://www.facebook.com/groups/377049046379101/permalink/382937229123616/

When I went from living at my parents house to moving out, starting my own business and starting a relationship, I actually didn't have the skills necessary to succeed.

The first steps that really made a difference was to work out what I was missing and to find out how to get it. This may sound ridiculously easy, but if you want to feel better, it's worth doing. There's a difference between doing and wanting.

If you want to start a relationship, then you need to unpack the steps to get you there. Often what you need is to work on your independence, improving your environment and making space in your life for a relationship to turn up.

If you want better health, then you need to find fun ways to make small changes. One of my clients recently created a training where he encourages people to take pictures of their shopping basket and post them in his Facebook group. He gives them 5 different suggestions of what to fill their basket with and then the participants upload their proof picture from the super market. It's a super fun way to jump start without doing too much all at once.

If you want to improve your Money or your Business, then you need a plan.

Here's the link if you want to come along and Finish your Marketing in Class

https://storydrivenmarketing.lpages.co/seminar-video-1-smm/

What skills are needed to finish your goal?

What skills do you already have?

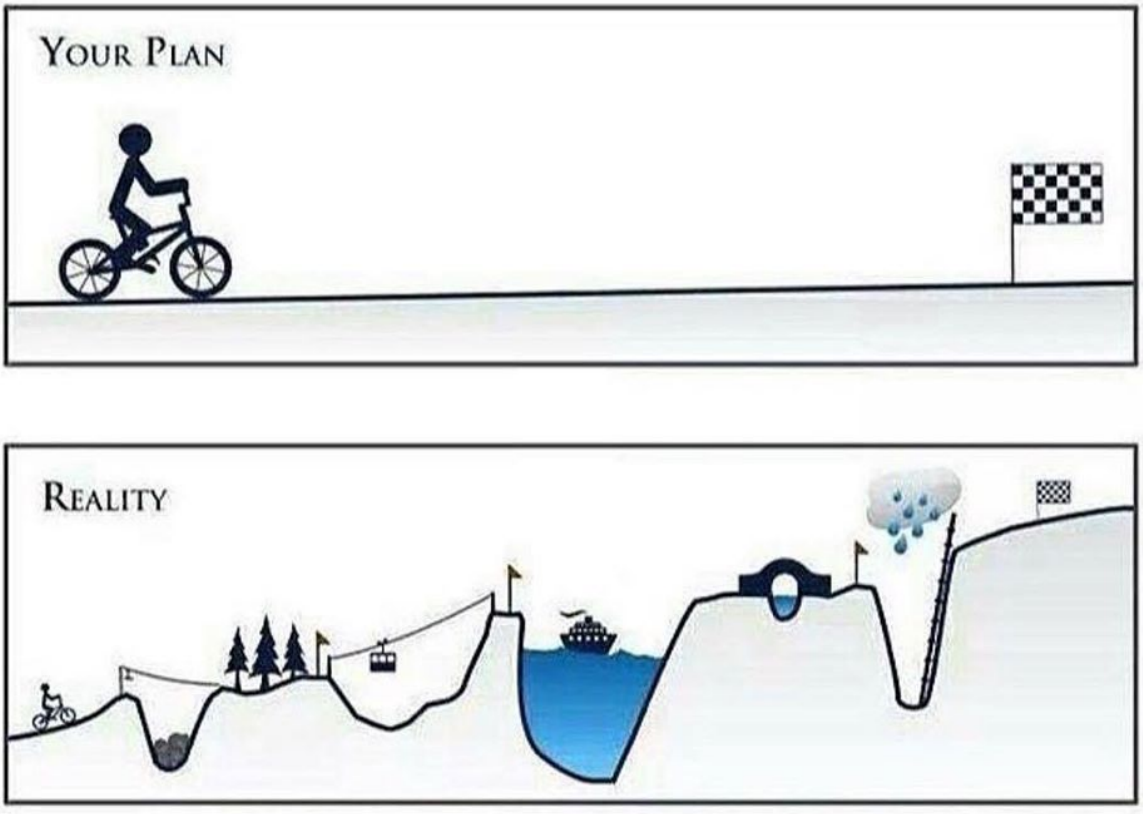
What skills do you need to develop to succeed?

Have you scheduled time to develop those new skills?

Do you have a Mentor, Online Course, Workshop or Books that you're reading to further your necessary skills in those areas?

If you want to feel better, then you need to know that you have a decent chance of achieving your goals. And the best way to do that is to actually have a plan.

3. Reset Faster after a Fall



The real tragedy isn't that people get hurt by pursuing their dreams.

The real tragedy is that people take too long to decide to try again.

It's ok to try and fail as long as you don't give up.

Most people never actually fail, they just quit. There's a huge difference.

It's true that rejection takes an emotional toll on people. It's not pleasant. If I asked you to ask 100 people on a date or to ask 1,000 people to buy from you, you would probably at least hesitate. Nobody likes rejection.

Rejection can’t actually kill you

Bouncing back and re-setting is a life skill worth developing.

You need to take life more seriously sometimes, but other times, it really pays to take life less seriously.

Your ego should never be attached to how close you are to achieving your most important goals. You should be attached to your destination, but never be attached to how well you’re going.

Think of it this way. If you hopped in your car and drove off and ran into a massive detour, you’re likely to feel that it’s too hard and just go home.

But if you have a destination in mind, you’re likely to go around the detour and get to your destination anyway.

But what if the detour is so big that it’s going to take you several years and several rejections to get around? You need to strengthen the skill of re-setting and getting back on the horse if you’re going to live the best 71 + or – years of your life.

Imagine a 5 year old girl who years the ice cream truck go past.

She pulls on her dads pants and says, “Dad, can I have ice cream?”

If the Dad ignores the young girl, then she’ll feel disconnected, unnoticed and eventually start to feel unsafe.

But if the Dad just gives into the request for ice cream every time, then the girl becomes an addict and the Dad becomes an enabler of unhealthy behaviour.

But what if the Dad squatted down to eye height, looked his daughter in the eyes and said, “I know that you really want ice cream. Who wouldn’t want it? But it’s dinner time soon and we’re about to go home. You’ll have ice cream again someday soon. Let’s go play on the swings until it’s time to go home and make dinner.”

This young girl represents your emotions.

If you get knocked down in life, your emotions may start to scream at you.

If you ignore the screaming, then you could develop Anxiety, Depression or the feeling of being constantly unsafe and behind the 8 ball.

If you constantly give in to the screaming of your emotions, then you train them to be in charge, you stop taking chances, you go for the comfort food, get sick and fail to live a life on purpose.

You need to metaphorically squat down and look your emotions in the eye.

You need to talk to yourself like you would talk to that 5 year old girl.

What's a goal that's been met with setbacks?

Did the set back hurt your feelings?

Did it make you feel emotional pain?

What should you do about this emotional pain?

Should you Ignore it?

No, because then you'd develop Anxiety, Depression or feelings of being unsafe or unheard.

Should you Give in to them and Give them whatever they want?

No, because then you'd become an addict of short term thinking and short term fixes.

What should you do with that emotional pain then?

Well, metaphorically squat down and start to talk to the pain.

Get out your journal and talk to yourself.

“I felt terrible today when a client asked if they should drop out of my program because they felt that it was the wrong time for them. But then I realised that it’s OK to feel terrible for a little while. It sucked. I really hated that this happened to me. But what I’m going to do is double down to my commitment to helping more people. And who knows, my other client may come back in a week or two. Nothing is real except for the story that we tell ourselves in our heads.”

Do you see how gentle yet positive that was?

You’re not a robot. You’re allowed to feel your pain.

But we don’t want you to get stuck there or else you’ll waste your 71 years.

Pick a goal, take the risk, sign up, double down, fall over, squat down, talk to your emotions, get back up, develop the next skill and fix what needs fixing.

In chess, you aren’t supposed to have 1 method only of winning.

If that 1 method gets blocked, then you’re screwed.

You’re supposed to have 10 methods at least to win. Then if 1 method gets knocked over or blocked, you still have 9 more paths to victory.

If you’ve faced failure, then what are 9 more ways to get to your destination?

Does it make sense that you’ve never actually failed at anything?

Think of a computer game. If you lose, you have another go until you pass the level.

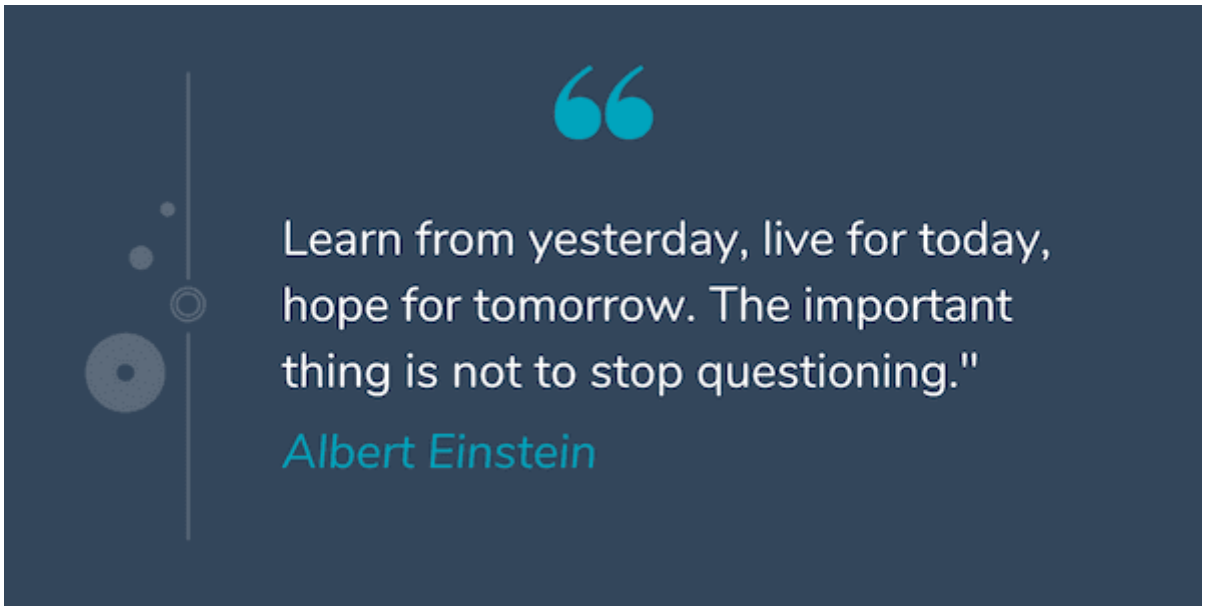
You didn’t fail. You just Re-set and keep going.

This is what you need to do to feel better.

Re-set and keep going.

4. Psychology and Automatic Behaviour

I have been a clinical hypnotherapist since 2010. I have seen over 4,000 clients for addiction. My first and most important rule is “Watch what you say. Your subconscious is listening to you.”



Don’t say this list of words to yourself ever.

If you catch yourself saying them, just politely stop and reframe yourself.

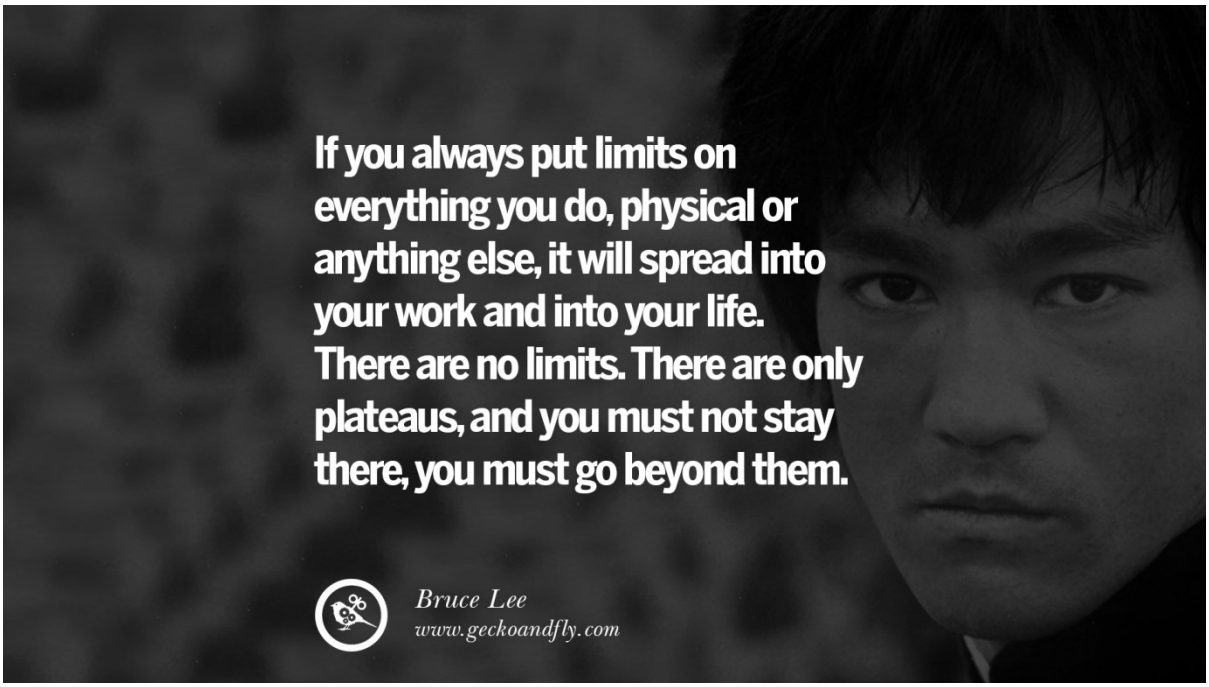
- I’m an idiot
- I hate my life
- Nobody loves me
- I’m not smart
- I’m not popular
- I’m not successful
- I’m ugly
- I’m not like you

If you catch yourself saying these things, just interrupt yourself and say something else like, “Even though I’m experiencing a challenge, if I keep going, I will actually achieve my target.”

Self Confidence Improves Your Intelligence

There is a serotonin counter at the back of your brain that keeps score of exactly how important you think that you are. As you say more positive things to yourself, you actually improve your tolerance for risk and you tone the Smart Vagus Nerve that regulates the Fight and Flight centre of your brain.

Basically this means that the words that you say to yourself actually change how successful you are. Don't insult yourself, even as a joke. The subconscious can't tell the difference between what you say and actual reality.



5. Other People and Asking for Help

It is foolish to do everything yourself.

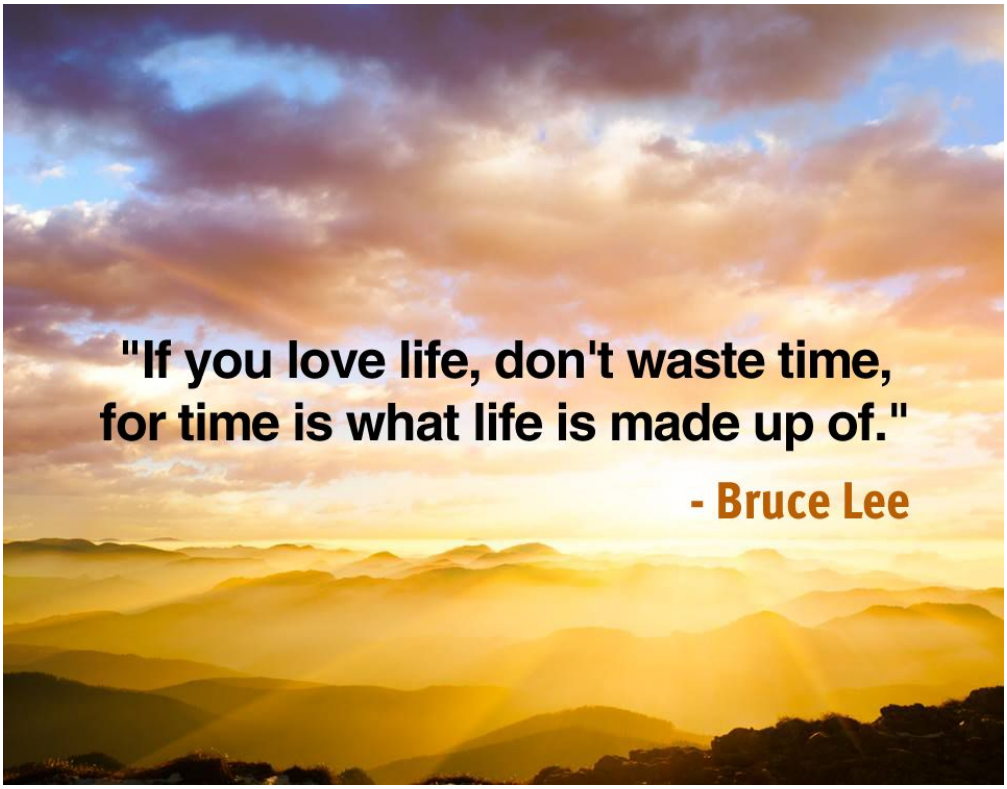
Even people who call themselves “Self Made Millionaires” employed the labour of other employees, coaches, experts and therapists.

No matter what society, school, family or friends have told you in the past, you actually are very important. Your feelings matter, your time matters and your goals matter.

But nobody will put your agenda above their own.

You are the keeper of your schedule and diary. Other people don’t have a copy.

That’s not their job. It’s your job to ask.



Today, add this to your ToDo list.

Ask at least 1 person for help with something.

If they say ‘No’, then ask somebody else until somebody says yes.

If nobody says ‘Yes’ then go online, Google somewhere, ask people on Facebook or keep going until you get some help with something.

If you want to feel better, it’s important to train this muscle.

You will miss 100% of the shots that you don’t take.

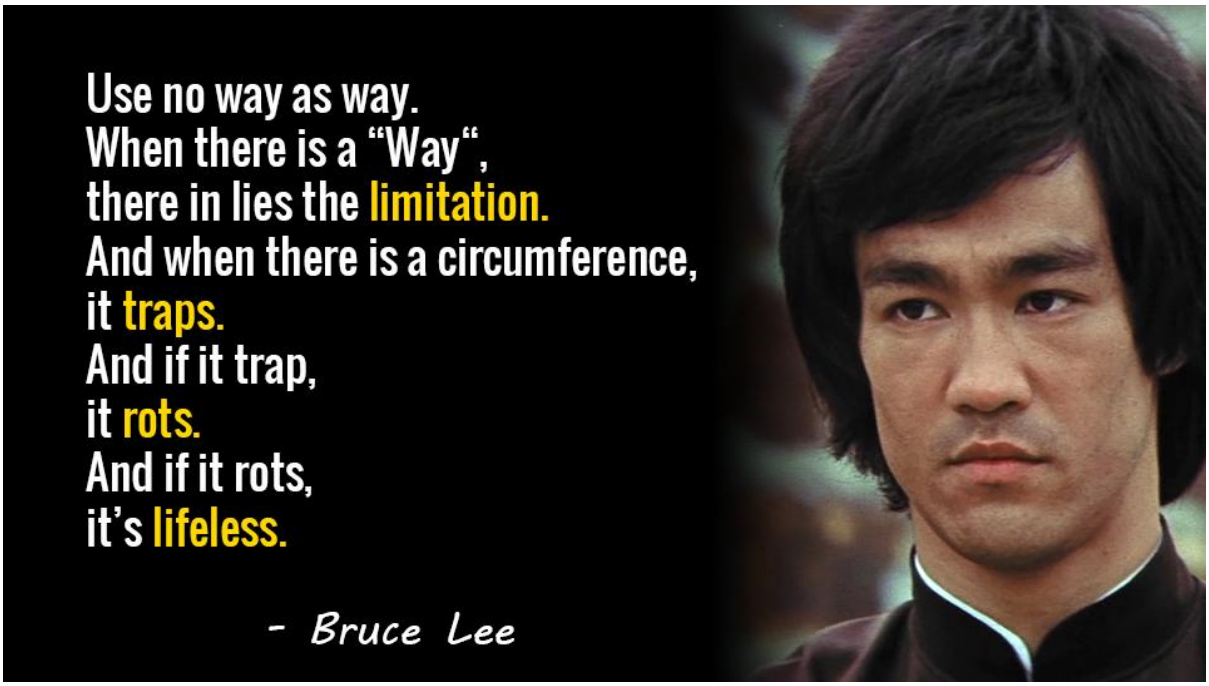
One of the mantras of the poor is “If you want something done properly, you need to do it yourself”

It’s a foolish mantra and should never be said.

Wouldn’t you prefer to have 10 people do an 80% quality job of the tasks that you don’t love doing instead of having to do 100% of everything yourself?

Can you live with trusting other people to figure out how to help you, even if their quality is only 80% of what you could produce?

They will get better if you allow them to learn and grow.



6. Schedule Your Life

Diary and appointment skills are your number 1 weapon for taking back control of your life.

There are some people who still don't use a diary. They are unsure of when upcoming events are, they can't commit to a date or time and they often double book or forget what they're working on.

Don't be like those people. Buy a diary or use an online version.

Google Calendar is a very popular tool for organising time.

I like to use a system called 'C.O.D.E' when deciding what I'm going to get done in a day.

If you haven't studied my time management course, C.O.D.E. is an acronym

Creative – New work done Alone

Organisation – Routine work done Alone

Decisions – New work done Together

Extravert – Routine work done Together

We use the C.O.D.E. system to decide how to break up the week and the day.

Only 2 letters should be used per day. Never set a block of time for less than 4 hours. If you're going to set a Creative Block, then you can do multiple Creative Tasks, but you can't do any Extraverted Tasks in that block.

If you set an Extravert Block, then fill it up with meetings. Don't do anything that requires Solitude Creativity. Creative and Extravert are extreme opposites.

If you mix Creative and Extravert, then you will lose your whole day through distractions.

Imagine a mechanic who has to stop working on the car, wash his hands and serve the customer who just turned up to the front counter. This time isn't just costly because it's time spent on customer service. It's also costly because the Transition time wasted switching between Creative and Extravert are wasteful.

After the mechanic has served the customer, then the mechanic needs Transition time to remember what they were working on with the car. Working on a car doesn't just require a good education in how cars work and a good eye. It also requires a thinking style and a memory of how different parts fit together.

However you run your day, you should eliminate as much Transition time as possible.

It's been said that people are only productive for 15 minutes per hour. Mostly this is because of 45 minutes of wasted Transition time as their attention is torn from task to task.

There is an energy required to become Creative and a completely different energy required for being Extraverted.

The Creative mind can take in the puzzle and solve through processing.

The Extraverted mind is more 'in the moment' and 'responsive' to what's going on around them quickly.

If you only take on 2 time management tips, they should be,

- Use a Diary to Manage your Goals.
- Don't waste time transitioning from Creative to Extravert. Block out 2 X 4 hour blocks per day. Keep the 2 separated.

7. Eat Clean and Exercise

This is perhaps the most overcomplicated task ever.

If you want a quick boost to feel better, always start with your health.

But again, it doesn't have to be complicated. People just make it that way.

Here's a quick list to jump start your health.

1. Turn everything that you do into a light game. Don't overdo the game. Just coming from a playful mindset is enough.
2. Fill up on Water, Not Carbs
3. Include vegetables in every meal. Yes, every meal.
4. Cut out Liquid Carbs such as Coffee, Soft drinks or Alcohol
5. Stretch every day, even for just 2 minutes.
6. Start with light weights 2 days per week, even just for 5 to 10 minutes.
7. Sleep between 7 to 9 hours per night and keep to a routine.

That's it, just 7 health steps.

Don't over complicate it and don't put on too much pressure.

Just re-set and have another go.

If you're still looking for more Practical ways to feel better, please start with these eBooks and videos.

'How to Stop the Anxiety Loop' free ebook

https://storydrivenmarketing.lpages.co/stop-the-anxiety-loop-optin/

‘How to Cure Depression – Week 1’ free video training

http://therapistfunnels.com/Lawrence_Hypnotherapy/Depression/Week01/Week_1.html

‘How to Cure Depression – Week 2’ free video training

http://therapistfunnels.com/Lawrence_Hypnotherapy/Depression/Week02/Week_2.html

‘How to Cure Depression – Week 3’ free video training

http://therapistfunnels.com/Lawrence_Hypnotherapy/Depression/Week03/Week_3.html

‘How to Cure Depression – live seminar recording’ free video training

http://therapistfunnels.com/Lawrence_Hypnotherapy/Depression/Seminar/Seminar.html

‘How to Cure Depression’ free ebook

http://therapistfunnels.com/Lawrence_Hypnotherapy/Depression/eBook/CureDepressioneBook.html

If you’re a wellness practitioner, expert, hypnotherapist, NLP master or coach and want to attract 20 clients in 1 day, here’s the link to our next event where you can finish your marketing in class in 1 day.

Finish your Marketing in 1 day in Class

https://storydrivenmarketing.lpages.co/seminar-video-1-smm/