

Family Constellations



Improving Relationships and Wellbeing

Providing Family Constellations and Counselling for singles, couples and families

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Seven Steps to Personal Happiness.

1. Happiness is accepting “what is” and getting on with life. Recriminations or regrets have no place with happiness.
2. Happiness is a natural state of being, just choose it and make it happen. You will never be happier than you expect to be, so raise your expectations!!!
3. Happiness is savoring every moment in the present. Spending too much time in the past or the future is robbing you of your NOW. Time is your life NOW. Treasure it.
4. Happiness is developing the wisdom to change what you can and accept what you don't have control over. You can only control yourself.
5. Happiness is making time for yourself every day, in any way you choose and allowing others the same right.
6. Happiness is appreciating what you ALREADY have and not dreaming your life away.
7. Happiness is letting all of the people in your life know how much you love and appreciate them now. Live each moment as if it is your last.

**In the end what matters is;
How well did you live,
How well did you love,
How well did you learn to let go**

