

happy looks
beautiful

NOURISH & FLOURISH GUIDE

EVERYDAY HiBi HiBi means everyday in Japanese.

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SelfCare Is Your Superpower and it's been around for hundreds of years. It's not new or trendy or a luxury. It's the simple most exclusive way to thrive, shine and achieve your goals. **It is a fact - any woman who is successful has been practising SelfCare.**

SelfCare is prioritising and dedicating acts of kindness towards you. **We are worth it.**

It's simple....Nourish and Flourish to Thrive!

To thrive is to show up in the world authentically and successfully. It's different for everyone; some want to be successful as mothers; some in their career; some in love; some with a side hustle and some with all four!

Yes, I know - It's easier said than done!

So suppose you can make that easier?

Well, that 's exactly what this **Happy Looks Beautiful Nourish and Flourish Guide** will do.

- 1. DISCOVER your decisions (Plant Your Seeds)**
- 2. DESIGN how you will spend your time (Water Your plants)**
- 3. DECIDE how to increase your SelfCare (Enjoy Your Flowers)**



DISCOVER

PROCRASTINATION - Get Unstuck and Let Go

When we keep going round in circles and are unable to decide what to do there is normally a reason. It's helpful to figure out what is blocking you and causing the procrastination.

Procrastination keeps us stuck in a loop. Once we stop the loop we break the habit. Stop this by interrupting the pattern and simply asking what's worrying me? Once you know, then ask can I control it. If yes, then how? If no, then let it go.

Letting go is about acceptance, not pretending it is not there or not happening but allowing yourself the space to sit with those emotions and gently move through them. When you are ready, ask yourself again, Can I change it? If yes, what can you do? What steps can you take? If not, then accept that you can not change things.

HAPPINESS IS A CHOICE

Choices affect how we live our life. Some say happiness is a choice, however we do not always get the things we think, will make us happy.

We can choose to notice happy aspects of our life and this in turn makes us feel happier.

This halts the negative loop. If we create a new pattern, a different more helpful cycle will occur. Yee Hahh!! Recognise there is a pattern. Disrupting that pattern leads to change. Change leads to choices and choices lead to how we experience the world.



DESIGN

YOUR TIME - YOU DECIDE

Who owns your time? Who uses your time?
Who benefits from how your time is used?
Who decides how your time is used?

Time is often a challenge, when it comes to SelfCare, making it the priority it needs to be, can be done. Time management is the official way of saying 'Guuuuuuuurrrrrrll, what you be DOING with your time?!'

Why does it matter how we spend our time? **Because what we do from moment to moment is how we experience life overall.** We tend to think of life as this big thing that happens with milestones that track a timeline. But you know what? In between those milestones are the tiny little moments where we choose what to do.

When we decide to live in those "mini-moments", then our overall experience is better. Let me break it down....If we do things that make us happy more often throughout the day, we feel happy more of the time.

YOUR TIME - OWN IT Who Owns Your Time - You? You and others? Your boss? Your family? Relatives? Friends? Partner? What you come up with will help clarify who's in charge of your time. **To design your time you have to be in charge of it.** Be clear about how much time to happily give to others. If we are giving time begrudgingly, it's often a sign we are giving too much. So set a limit, have clear boundaries about how much time you are prepared to give.

How we choose to spend the time we do have IS a decision, but may not always feel we have a choice. It may not always feel like we have a choice. It is influenced by our triggers. These can be internal or external, subconscious and conscious. How we respond to triggers is often a habit we've formed. Habits can be broken or redesigned.

DESIGN



LET'S REDESIGN

To redesign a habit you have to figure out what starts it. Is it an expectation? Or too much responsibility? Is it comfortable for you to keep doing the same? Is it easier to focus on others rather than yourself? **Once you know what starts the habit, then you can re frame it.**

For example saying 'I have to sort them out first.' changes to 'I COULD sort them out first.' By inserting the word COULD and then choosing to change the step that normally follows allows space for a more empowered choice.

Plan - Plan - Plan YOUR Time

Preserve and carve out time to design how you spend your time, however small it may be. If you feel like you have little or no time to yourself, start small. Plan a 5 minute slot to schedule and organise how you use your time and you can increase it as necessary. Decide what time each week you will use for your 5 minute planning slot and incorporate this into your regular schedule.

The brain loves a routine, so lock it in and set an alarm if it helps. **Plan - Plan - Plan.** I am a lover of schedules, plans and planners. Give me a diary, a calendar, a set of colour co-ordinated ring binders and I'll be whoop whooping like it's my birthday! Make sure to plan 'me time' into your day. **It's so important that you decide, in advance, what your time will be used for.**

Unplanned time is often wasted, **so be clear what you will do in those minutes you have allocated to yourself.** Be loud and proud about it!!! Share it with everyone, make them know - so you limit the chance they could interrupt your time. Be explicit and specific about your expectations during this time. **Remember what you do with your time, you don't need to share, explain or go into too much detail.** It could be a time to just think about what you'd really like to do if you had more time. It's YOUR TIME. What's important is that it's without interruption and your time is respected.

BE ON TIME FOR YOUR TIME

Do a daily tracker across the week to see how many me-moments you get and make a list of all the things that take up most of your time. Are you happy with how you currently spend your time? Some things such as the hours you work, may not be negotiable, but a way to start the wind down process out of the non-negotiable time is to set a timer for five minutes prior to when you are due to finish. **Boom! You're ready for your time, on time!**



DECIDE

Increase your SelfCare - Fit to Flourish

Making SelfCare as one of your priorities affects your self worth and enhances how you feel. Being part of a group or getting a coach is another great way to have some accountability when trying something new.

Happy Looks Beautiful is able to support you through our online courses and one on one sessions with me. Together, we'll help you find ways to unapologetically commit to your choices and flourish for you.

Pampering Affirmations are another great way to seamlessly weave SelfCare into the routine you already do. As you moisturise your face, hair, hand, feet and body say positive affirmations to yourself in your mind about that part of your body.

This helps to reinforce positive feelings. For example...I **have beautiful skin - I am enough - I have all that I need to succeed - I am thankful for all that I have been blessed with.**

Quick and easy SelfCare

A free flow doodle with your favourite track playing in the back ground

Mini DIY hand and feet massage

List 1 thing you love about your character and repeat 3 times

Treat yourself to a new candle, new plant, new book or new journal

Stop in front of the mirror and say "Good morning Queen.."



Last words

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SelfCare is your SuperPower! My Happy Looks Beautiful Nourish and Flourish guide gives you the stepping stones you need to purposefully prioritise yourself. Authenticity is when we thrive most and vibrate higher.

When you are defined by the wishes of our soul and the desires of your heart, when we show up for ourselves, things begin to align. I invite you to “Nourish and Flourish” with me, Sophia J, as part of your everyday SelfCare routine to **Be Happy and Feel Beautiful in life.**

It is my mission and passion to help women access their SelfCare Superpowers. I have loads more to share with you. Use my workable tips and inspiring podcasts, online courses and talks on **www.happylooksbeautiful.com**. Sign up to the HLB website and you won't miss out. Follow me on socials instagram, facebook and twitter, I love to hear from my Happy and Beautiful peeps and I am so excited for you to be a part of the growing HLB family. We got you...

Stay Beautiful x
Sophia J

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