



Chrissy ~ Happy Healing

Crappy Vs Happy Work Book

It's all about the Experience
Now is the time for you

Welcome to Your Crappy Vs Happy word & action booklet. Throughout the next few chapters your personal journey of self-discovery, self-healing and self-energy begins. You will be guided on a number of Mindful Moments that will assist you through your everyday life and every situation. It will stay with you forever and be part of your mind, body and spirit. As you work through each of the chapters and exercises you will begin to feel your authentic energy, happiness and health return.

I look forward to walking with you on your road less travelled.

Please feel free to contact me: chrissy@happyhealing.com.au

Join the Crappy Vs Happy Facebook group

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

Other resources can be found on the following:

<https://www.facebook.com/happyhealingaustralia/>

<https://www.facebook.com/chrissybhappy/>

www.brainfinesse.com.au

INTRODUCTION

Hello and Welcome

'It's never too late to change the direction that your life is going in.'

~Dr. Wayne Dyer

What do I want out of my life? (Just today – this part will grow as you begin to nurture your experiences. Goals can come later.)

What's holding me back?

What action am I going to take to change the situation?

You may not be able to answer the last two questions today, but come back in a couple of chapters and see how you go.

THERE'S NO GETTING AWAY FROM THE SPIRITUAL HOO-HA

'You are only given a little spark of madness. You mustn't lose it.'

~Robin Williams

Make a list of some of the spiritual hoo-ha tools that you know about. Tick the ones you are already using.

Recall a time when your spiritual hoo-ha came in handy. How did it help you?

What other tools would you like to develop to help with your wellbeing?

WHY CHOOSING THE RIGHT TEAM IS IMPORTANT

'What is normal to the spider is chaos for the fly.'

~Charles Adams

Ask yourself, how do I feel right now? Place your positive words under 'happy' and negative under 'crappy'.

Happy	VS	Crappy

Count the number of words in each column. What's the final score?

Looking at your happy team, describe what created that happiness and add them to the Energy Remedy List (located on the last pages of your workbook) for future reference.

Looking at your crappy team, describe what triggered those feelings.

Once you know what triggers 'crappy,' you can work on removing them from your life or changing the way you accept them into your life.

Challenge: Change your crappy words into happy words.

Action: Use your happy words more.

Example: Whilst smiling, affirm, 'I've had a happy day today.' Reflect on what it was that created the happiness. Remember, it's about releasing the happy hormones, and that happens via the way you think. Positive self-talk is your best friend.

YOUR TRIBE IS YOUR VIBE

It's All About the Experience, Now Is the Time for YOU!

'I embrace my journey and the people I have met on it – for they are my treasures.'

~ Chrissy

Write down your current belief systems under the headings below. What vibe are they sending? Use your body as your barometer.

'Pick you up' beliefs (Vibes to keep):

'Neutral' beliefs (Vibes that need adjusting):

'Pull you down' beliefs (Vibes to let go of):

New be-life systems you would like to add:

Challenge: Start to live by your new be-life system.

Action: Get to know your vibe. Don't let others drain your happiness. Set a goal that will help you achieve change. Remember to smile and have a little tribe vibe dance of your very own!

Meditation: Grounding

Today, dare to dance to the rhythm of your own drum and embrace your life force.

ME, MYSELF & I

Time to Invest in All That I Am

'One day my need to please and support everyone shifted to a need to support me. When that was achieved I lost my need and just allowed.'

~ Chrissy

There are 24 hours in a day, 7 days a week. That totals 168 hours. Start writing what you do in your average day. And I don't mean housework, being at work, or doing things for other people because you love them. I'm talking what you invest in yourself. The time that you have alone to do what you want to do. If you can't really see any point in this, let's start with the necessary parts of life. A lot of people with children or pets will probably relate to this one, having a moment on your own. Like just being able to sit in peace, going for a walk, being out in nature, going to the gym, doing a bit of gardening, or reading this book. There are lots of things listed in the A-Z of energy remedies that will suit you in the last chapter of this book.

It's about you investing your time in you. Remember, your happiness starts with you. You are in control of this. No one can do it for you.

AM	PM

How much time did you invest in yourself?

Now double it and block out space in your diary every week to do something for YOU! No Excuses!

Take a closer look at your shadow side energies, the ones you want to let go of. In the chart below, write them down and next to them create a positive word, one to reflect on when the

shadow side creeps in. ‘Why can’t I cross them out?’ I hear your mind speak. Because just crossing them out won’t get rid of the thoughts or energy associated with them, you have to replace the energy, almost overpower it, so it scores the winning goal. These energies have been with you for some time, they are habits you’ve created. It’s time to give them up. But, like an addiction, it takes time. And addiction only occurs when there is something missing, so it makes sense to fill in the space with something sustainable and long-lasting.

Now, the energies you don’t mind having, leave them and just take a moment to understand them and what triggers them. Once you analyse your shadow side, you start to understand yourself more. And you know what that means, *the more you know yourself, the more you can guide yourself*.

Take time out to listen to your GVS, your guiding voice system. Be still and let it guide you to decide what changes you’re going to make and how you are going to make them. You didn’t just become like this in a day. This has taken many hours and many days, months and quite possibly many years. Don’t be too hard on yourself. Take your time, one day at a time, one thing at a time. It doesn’t have to be perfect to have purpose. It’s better to be doing something small than nothing at all.

You can’t please everyone and the only person it is important to please is yourself. Once you please yourself, you’re able to please others. By just being you, it makes life easier. If you know who you are and what you want out of this life, you can make it happen.

Shadow kick-ass to replace	Shadow kick-ass energy replacement
Defensive/Reacting	Breathing/Responding

Challenge: Start to invest in you.

Action: Put positive self-talk affirmations where you can see them. Look in the mirror and tell yourself ‘I am _____.’ When you get out of bed, with each foot touching the floor say thank you, even if you don’t feel like it.

Take time each day to do something for you. Even if it’s only for five minutes.

Meditation: Me, Myself & I ***Invest, replenish and love yourself.***

LOOK OUT, I'M LETTING GO

How to Let Go and Love It!

'Your thoughts, not the world, cause you stress.'

~ Dr Wayne Dyer

What/who am I worried about? (words)	What can I do about it? (action)

Challenge: Start to let go of one thing at a time.

Action: Replace something that is worrying you into an action. Let go.

Meditation: The Gateways.

I LOVE ME, I LOVE ME NOT?

How Do I Love Myself? Tuning into Me

'When you know and love yourself, knowing and loving others comes naturally'

~ Chrissy

Draw a big heart, and on the inside write what you want from your relationships. Not just love relationships, but the relationship with yourself and the outside world. It might be kindness or loyalty that you want. Whatever it is, write at least four or five things about what you're going to accept into your life from your relationships.

By doing this, you are choosing what you want to put into your heart energy space. What makes your heart sing? Use your body as your barometer. Use your imagination to go through some scenarios that you would like.

The words written inside the heart are the tools and affirmations to start using on yourself. They are your training. The vibe you send out is what you receive back. How else do others sense how you would like to be loved and treated? You have to nurture that vibe inside yourself first. The invisible soul-self wants to remind you daily how important you are, and the shadow side wants to remind you of what you don't want. Always be honest with yourself and allow your authenticity to shine through, remembering we all show love differently.

What makes your heart sing? (See the energy remedies in the back if you can't think of any at the moment.)

Challenge: Give yourself something you would usually give to someone else, and forgive someone.

Action: Do more of it. Drown the crappy thoughts out with love.

Meditation: What makes my heart sing.



EXPRESS, DON'T SUPPRESS

The Subtle Art of Clear Communication

'Today, stop the outside noise and listen to yourself.'

~ Chrissy

Are you a 'yes' person? Do you say yes to doing things for other people, to the detriment of your own wellbeing?

Practise the art of saying, 'I'll get back to you.' Check your body barometer and then respond. Affirm, 'I don't have to answer "yes" straight away. I allow myself time to think about a situation.'

Which words best describe the way you communicate?

Clearly

Can't say no

Manipulative

Clouded

All or nothing

Challenge: Listen more. Give yourself time to speak. Exhale before you answer.

Action: Practise changing the way you respond to situations. Listen to the words you use. Do you use positive mind-talk? Remember that how you talk to yourself, is what you are telling yourself.

Meditations: Building the GVS Bridge of Communication or Fireside Communication Meditation.

I SPY WITH MY THIRD EYE

Why Trusting Yourself Is So Empowering

| *'Guidance ~ Something you receive from another source. Today, use your intuitive source and find your inner guidance.'*

~ Chrissy

Do you trust yourself and the decisions you make about your happiness?

Which of the 'clairs' best describes you?

Clairvoyance (clear seeing)

Clairaudience (clear hearing)

Clairsentience (clear feeling)

Claircognizance (clear knowing)

Clairgustience (clear tasting or smelling)

All of the above?

Have you ever intuitively known who was going to call you before the call? How do you currently ask or receive your guidance? Which of the 'clairs' would you like to do more work with?

Challenge: Listen more to your inner guidance. Use automatic writing. Write a question and wait for the response. See your workbook for more details.

Action: Start trusting yourself and feeling comfortable with the decisions you make. Listen to the 'Sense Me Up' meditation to find out which of the 'clairs' you use most.

Meditation: I Trust myself

Sign up for one of our Psychic Development Courses: Finding the Psychic Tools in You, or 4 Weeks to Psychic Freedom.

Contact me for more details chrissy@happyhealing.com.au

Notes