

HAPPINESS SCORE ANALYSIS

YOU RECEIVED YOUR HAPPINESS SCORE, SO NOW WHAT?

How happy are you with your life right now?

To be honest, that's a question that most of us don't spend a lot of time thinking about. We're too busy living it! But taking the time to analyze your happiness level can be really helpful – especially if you're aiming to make some changes in your life, which you should be. So, let's take a deeper look at some key factors from the quiz. Ready? Let's go!

SLEEP PATTERNS

In the Happiness Quiz, I asked you about some of your sleep patterns. You may be wondering, “What does the way I sleep have to do with my happiness?” According to a recent study, the way you sleep can tell you a lot about your happiness levels. Researchers from the University of Pittsburgh looked at data from over 400 adults and found that those who reported poorer quality were also less happy overall. Another study recent stud shows sleep disruption is tied to overall life satisfaction. In fact, the research found that people who frequently woke up during the night were significantly less likely to report being happy with their lives. The study participants were also more likely to report experiencing symptoms of depression and anxiety. These findings suggest that a good night's sleep is essential for maintaining mental health and well-being. So if you're struggling to get a full eight hours, it might be time to reconsider what's going on in your energy system. After all, what's the point of living a long life if you're not going to enjoy it?



If you responded that sleep well, then great! That means you tend to deal with your shit and don't sweep it under rug. Good job!

If you responded with any difficulty falling asleep or sleep disruption, here's the essential question... Why are your sleep patterns off? **What I have found in my 20+ years of healing and transforming people** is that the answer is most likely in your mental, emotional and spiritual alignment (or misalignment). Many times, there is something going on underneath the surface that has you uneasy. Common issues I've seen as the root causes are:

- ▶ Unresolved trauma
- ▶ Ignoring or dismissing desires of the soul/spirit
- ▶ Fear due to lack of self-trust (if you truly trust yourself and your path, then there's nothing to fear, no matter what the situation)

It's time to explore these issues in your life more seriously. Your life is too important to spend in any way but being happy. So, make the decision to be happy, stop sweeping your problems under the rug and live your life to the fullest! Energy Healing and Hypnosis can get you back on track. Visit my website below for more information.

YOUR CONSTANT STATE OF BEING



How you feel constantly every day reveals a lot. Most people don't even realize what state of being they are constantly in until asked the question. Your emotional and physical state is constantly revealing things about your inner thoughts and desires. If you pay attention to your daily moods, the tension in your body, as well as the way you sit and stand, you can learn a lot about what makes you happy, what stresses you out, and what you need to change in your life.

IF YOU FIND THAT YOU ARE CONSTANTLY STRESSED OUT OR ANXIOUS, HERE ARE A FEW TIPS THAT CAN HELP THROUGHOUT THE DAY.

1

GET REGULAR EXERCISE

Exercise is a great way to reduce stress and tension in the body. It helps to release endorphins, which are hormones that have mood-boosting effects. Exercise also helps to improve sleep quality, which can further reduce stress levels.

2

PRACTICE RELAXATION TECHNIQUES

There are a number of different relaxation techniques that can be effective in reducing stress and tension. These include meditation, deep breathing, progressive muscle relaxation, and visualization. Practicing these techniques regularly can help to lower stress levels and improve overall well-being. Go to MonicaBey.com for more information.

3

AVOID CAFFEINE AND ALCOHOL

Caffeine and alcohol are two substances that can actually increase stress levels in the body. Caffeine is a stimulant that can make it difficult to relax, while alcohol is a depressant that can worsen anxiety and cause other problems.

IF YOU FIND YOURSELF SAD OR DEPRESSED MOST OF THE TIME, IN ADDITION TO SEEKING PROFESSIONAL HELP, HERE ARE SOME TIPS TO HELP YOU.

1

GET MOVING

One of the best things you can do to improve your mood is to get moving. Exercise releases endorphins, which have mood-boosting effects. Additionally, exercise can help to reduce stress and anxiety, both of which can contribute to feelings of depression.

2

CONNECT WITH OTHERS

Another way to combat depression is to connect with others. Spending time with friends and loved ones can help to improve your mood and give you a sense of support. Additionally, talking about your feelings can be helpful in managing them.

3

GET ENERGY HEALING

Everything starts on the energy level, including sadness and depression. Energy Healing can have a profound impact on your mood and overall well-being. Don't sleep on this! It's very powerful! Go to [MonicaBey.com](https://www.MonicaBey.com) for more information.

IF YOU FIND YOURSELF APATHETIC MOST OF THE TIME, YOU NEED SOME INSPIRATION AND MOTIVATION TO GET EXCITED ABOUT LIFE AGAIN. THIS USUALLY INDICATES THAT YOU'RE NOT LISTENING TO YOUR SOUL/HIGHER SELF/INTUITION. WHAT IS IT THAT YOU REALLY LONG TO DO? SOMETHING NEEDS TO CHANGE ABOUT YOUR CURRENT SITUATION AND/OR WAY OF LIFE. HERE ARE SOME EXERCISES TO DO TO HELP FIND YOUR PASSION AGAIN.

1

GET IN TOUCH WITH YOUR VALUES

The first step to finding your passion again is to get in touch with your values. What is important to you? What do you stand for? When you are clear about your values, it will be easier to identify the activities and pursuits that align with them.

2

IDENTIFY YOUR INTERESTS

The next step is to identify your interests. What are you interested in? What topics or activities do you enjoy? When you have a list of your interests, you can start exploring ways to pursue them.

3

EXPERIMENT AND TRY NEW THINGS

Once you have identified your values and interests, the next step is to experiment and try new things. There is no single right way to find your passion again. The key is to explore different activities and see what brings you joy. You may need to try several different things before you find something that feels right for you.

If you find yourself constantly in a calm and peaceful state, then you've hit the jackpot! You're doing an excellent job in keeping your emotional, mental and spiritual bodies balanced. Keep up the good work!

AREAS OF LIFE SATISFACTION SCORES

In this quiz, I asked you to rate your satisfaction with different areas of your life on a scale of 1-10. This should have been very revealing to you to highlight where you need to focus more. The key is to have every area at least above an 8, of course 10 being the ultimate goal. Life is not always perfect, but we can still strive for the very best human experience we can possibly have... and the possibilities are limitless!

Refresh your memory on the scores you entered (all of your answers you entered were sent to you via email) for each question.

URGENT ALERT!

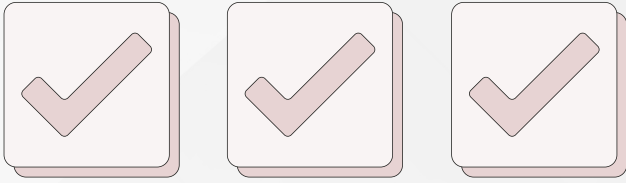
If you had any areas of your life with a score of 5 or less, this is the time to get serious and pay more attention to this area of your life because you have been neglecting it. Dig deeper to see why you are dissatisfied with that area of your life. Once you figure that out, ask yourself what is holding you back (never blame anything outside of yourself, the answer is always within you) and what steps you need to fix it. Then get on it!

MEDIUM LEVEL ALERT

If you had any areas that scored between a 6-8, this is an area of your life that is not horrible, but there's definitely room for improvement. After focusing on improving the lower scores, get on these areas of your life and see what you can do to improve them!

SMOOTH SAILING

Any area that scored higher than an 8 you are golden, baby! Great job for nurturing these parts of your life and putting out the right energy into the universe to attract more abundance in these areas! But, don't get comfortable and fall off on these! We can very easily shift directions when we take certain areas of our lives for granted. Keep up the good work!



GOALS

Reaching one's goals can be a daunting or exciting task! But, sometimes we get in our own way, self-sabotage, procrastinate, give up too early or just never start. These are all signs of trauma of some sort in your energy system. If you are doing any of this, I can help you get out of your own way! Go to MonicaBey.com for more information.

If you meet your goals all or most of the time, congratulations! You will surely succeed, as long as you keep your energy clean and the right perspective in life. You've got this!

WELLNESS OR SELF-CARE ROUTINE

Everyone, no matter how great they feel, should have a regular wellness or self-care routine. A lot of people view wellness and self-care as self-indulgent activities that are a waste of time. However, I believe that having a regular wellness or self-care routine is essential for living a happy, healthy life. Just like you would change the oil in your car or get a tune-up every once in awhile, your body also needs regular maintenance to function properly. Your spiritual wellbeing is just as important as your physical wellbeing, and both need to be taken care of in order to live a well-rounded life. Taking care of yourself makes you more resilient. When you have a strong foundation, you're better able to weather the storms of life. The end result is that it will take a whole lot to get you to the point where you are negatively effected by a situation. When your resilience is high, there is no boiling over and it's much harder to find yourself overwhelmed with life. This, of course, leads to a happier and smoother human experience. So create one today if you don't already have one!

Are you ready to change your life? If you'd like help with any of these issue or more, you can work with me directly by going to MonicaBey.com and we can get you on the road to real happiness!