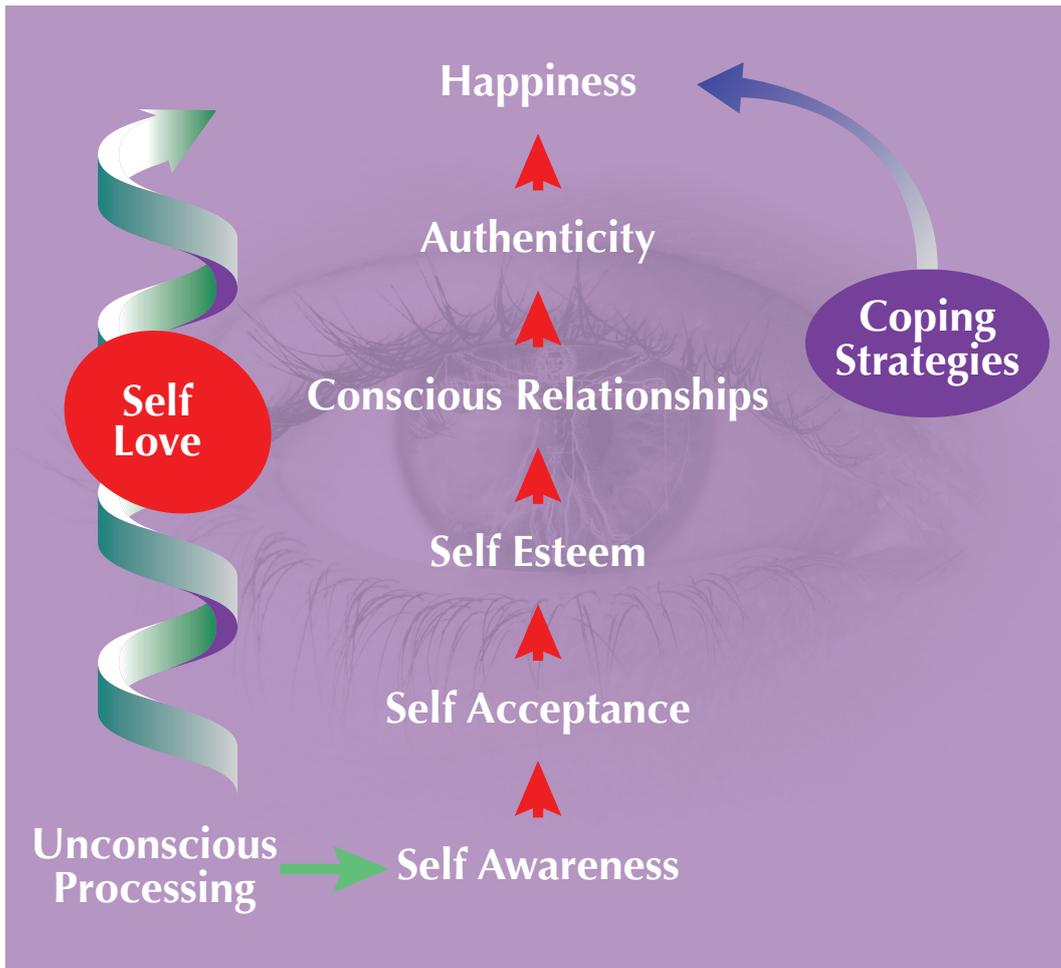


# The Happiness Hierarchy ©



## Self Awareness

Surprisingly few adults have genuine Self Awareness. We learn to conform almost from birth. We've never taken the time to stand back and look at ourselves and find out what makes us special. Instead we've taken on the expectations of our parents, the admonishments of our teachers, the mickey-taking or bullying of our peers, the machinations of our colleagues and the lectures of the media.

In fact, we project a mere hologram of what we think other people want to see. Most people are one person at home and somebody else at work! This inevitably leads to Mind Chatter and stress. How are we supposed to live a fulfilled and successful life without Self Awareness? How are we supposed to be the best we can be when we don't know who we are? As leaders, how are we supposed to lead others when we can't lead ourselves?

Having Self Awareness is the first step towards Resilience.

## Self Acceptance

When you start to gain Awareness of who you are, you can begin to accept yourself...warts and all. We will all find that actually we're OK...we're pretty good people! When we have Self Awareness, we can accept all of our vulnerabilities and personal foibles. When we start to understand ourselves we may find things about ourselves that we don't like. Now we know what they are we can do something about them! There may also be some things that we can't change: we just have to accept those and move on.

Self Acceptance takes away the need to continually censure ourselves for not being good enough and brings a much more stable mental and emotional state...and therefore Resilience.

## Self Esteem

Self Esteem is the real bedrock for resilience, happiness and success: it means, having accepted who you are, you can feel good about yourself. When you feel good about yourself your whole world changes. Interestingly nothing changes in the world outside...it all changes in your head. Having real Self Esteem fundamentally transforms the employee's Filtering Process and empowers them to gain quiet confidence and calm, dramatically improving their performance and relationships.

## Authenticity

The final step on the Happiness Hierarchy is Authenticity. Authenticity is simple: it's just being You. When you have learnt who you are, accepted and begun to love yourself, your relationships (including the one with yourself) will automatically become more rewarding as a result: you can just be you: no masks, no pretence, no manipulation, no hiding. The liberation from the relentless running commentary in the head is immeasurable. When you can "just be you" then resilience, happiness and are round the corner!

This state of mind is the real answer to Resilience and it can be learned by going through the four steps of The Happiness Hierarchy ©.

*For further information,  
please ring for a chat on*

**0800 083 0143**