



# NEWB BUZZZ



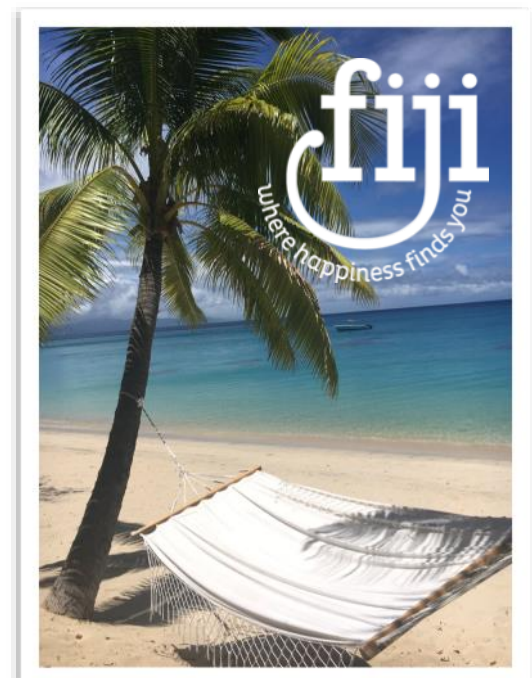
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## May Happiness Find You!

2017 is about to become a part of your history! A chapter closing in your book of life. On a scale 1-10, how would you rate 2017 in terms of achieving personal happiness for yourself? I am wondering what criteria you would use to rate the level of happiness in your life. What would you count and what would you discount? National Geographic's November 2017 issue has shared an "Atlas of Happiness" in their pursuit of finding the happiest people in the world. They have measured three areas: "Life as a whole", "Daily Happiness" and "Physical well-being". According to this article the happiest people are found in Denmark, Costa Rica and Singapore.

When I landed in Fiji for the first time, I was captivated with the statement they painted in huge bold writing, across the wall of the airport hangar. It's the first thing everyone sees when they land in Fiji. The words are: "Welcome home! Fiji, where happiness finds you". It is a frame the people of Fiji seem to carry with them everywhere. It is anchored all over the Island in their big smiles, their loud "Bula" greetings, the beautiful flowers everywhere, the fresh Islands air, the colorful Bula shirts, and even in the taste of the sweetest pineapples you will ever eat. Imagine that? A place where they reckon, happiness finds YOU. As a Coach I have always believed that you have the responsibility of finding your own happiness. I am not sure they are saying anything to the contrary with this statement.

It just means that when everyone and everything around you, is happy, it's kind of hard, not to be happy. Especially if what makes them happy are the very simple pleasures of life.





What about you? Will happiness find you in 2018, or .... will you find happiness?

When I was a child, I would often hear my mother say “If you look for something hard enough, you will find it.” Something I believe to be true on many counts. But then again, I know some people who have been searching for happiness all their lives and never seem to find it? They sure do talk a lot about it and know exactly what it would be like if they found it. They talk about all the ‘if only’s’ in their lives and “all I need is...”. They seem to recognize happiness in others but claim they can’t find it themselves. I have even met some people who have great plans on how they will find it someday. Detailed plans that would impress any explorer finding hidden treasures. They keep chasing it and searching for it. Perhaps they are simply looking in the wrong place.



In this ‘end of year’ message from New Beginnings, I would like to invite you to let happiness find you! That’s if you want to be found, right? Suppose happiness did find you, what would it look like? Feel like? Sound like? Be like? What would it mean for you? Has it found you before? If so, how long did it stay? Do you remember the last time happiness found you? Would you want happiness to find you again? How and where will it find you in 2018? What will you need to do to ensure it does find you? What do you need to avoid doing so it can’t find you?

I for one, can’t get enough of it and hope it keeps finding me, over and over again. It did find me on that first week I landed in Fiji. But I must admit there was a time during the year when it lost me. Actually, I’m not sure if it lost me or if I lost it. I was so busy with work and travelling far too much and allowed work stress to simply drown it. But thank goodness it found me again! In fact, it keeps finding me and every time it does, I hang on to it for as long as possible.

For me, happiness in 2017 came from many sources. Firstly, through the amazing work I get to do. The wonderful time I spend with my beautiful family. The amazing clients I have worked with during the year. The supportive partners and associates, the learning communities I collaborate with, the Meta-Coach community, the Neuro-Semantic Trainers I work with, the Thought Leaders I brainstorm with and the social work I get involved with. A big part of it comes from my small but amazing team at New Beginnings, Haana and Jessen, who most of you know. They are my two rocks!! We are miles apart most of the time but we are ONE!



Happiness found me many times in 2017 and I want to be found again and again in 2018. I have promised myself not to hide away too well or too often, because I want to be found. In fact, I want to be good at being found. That is what I will be working on in 2018: how to get good at being happy! How to get better at letting happiness find me! This is my wish for you. May happiness find you! May happiness find you over and over again.



In all the little and in all the big things you do in 2018! May you want to be found and work at being good at being happy! May you keep letting Happiness find you and not hide or run from it. Don't waste time looking for it. It is there waiting for you to let it in. Do all the things that make you happy. Be around people that make you happy. And even when you do the things that don't make you happy, find the happiness inside of you and invite happiness to follow you.

To your highest and best with love and gratitude...

*Sandra*