



Reset!

A blueprint for a better life



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Dedication

To Mum and Dad. You always told me that life was full of endless possibilities.

Thank you.

Thanks to Anne, Hayley, Jo, Kath and Linda – my personal editorial team – for your invaluable input.

Testimonials

‘Rosalyn has lived a life, where on the outside, it has looked amazing and enviable yet on the inside it has been a struggle. The life lessons and wisdom she has gained in her interesting and connected life has taught her that changing your attitude begins as something you do and then becomes who you are. I met Rosalyn in the 90s when she came to me for therapy and changed her life. We have stayed in touch and remained friends all these years and I knew her experiences and her wisdom could make an excellent therapist. That is why I invited her to my very first RTT training and why she is now one of my top trainers and therapists. She has followed my training, and now helps others to live happy full lives free from pain. This book fuses her journey with the therapeutic advice she offers and anyone who reads it will discover that it works. I’m proud of how she has taken what I’ve taught her and shared it with others and I know that I can always count on her to do wonderful work both with me and for me.’

Marisa Peer, world-renowned speaker, celebrity therapist, Rapid Transformational Therapy trainer and best-selling author

‘I saw far too much of my own personal situation in this book, and I’m sure I won’t be alone. The good news is, this book provides solutions and a way forward. Wish I’d read it years ago!’

Deborah Garlick, founder of Henpicked.net

‘I am an advocate for people taking complete control of their own lives and destinies, from their health, to their job, to their personal life. We are experiencing a paradigm shift right now in healthcare, and by taking control of your health and life, you can succeed past your own dreams, and be the healthiest you can be, personalised to you. Rosalyn used a perfect Sylvester Stallone quote “Life is not about how hard of a hit you can give... it’s about how many you can take and still keep moving forward”. In her new book *Reset!*,

Rosalyn outlines how you can take charge of your life, overcome challenges, and live the life you want – all on your own terms.’

**Robin Farmanfarman, professional speaker, investor, and entrepreneur
and Author of *The Patient as CEO***

‘In the years I’ve known, and worked with, Rosalyn, I’ve seen her steer through challenges and difficulties with integrity and courage. This journey and her hypnotherapy skills have created a blueprint for a life of purpose and a career now spent freeing others from pain. Having lived the experiences she gained the insights needed. This book shares the journey and offers practical insights and exercises for anyone who wants to improve their life and find their joy. It’s more than just a book; it’s a toolkit you will want to revisit. I fully endorse it.’

**Wanda Goldwag, Chair & Non-Executive Director (including Chair Legal
Ombudsman)**

‘I have read many books on self-development and self-love and spirituality. I live my life by constantly facing challenges and growing. I feel the fear and face it with courage and optimism. That’s why my husband Al and I overcame adverse conditions together to become three-times World Freestyle Skydive Champions and six consecutive times British Freestyle Skydive Champions. Each time we jump, and work together, it feels like a Reset button has been pressed. This book really encapsulates that message. It is about how even the difficult times in our lives can make us take stock, stop, connect with a greater force and make us stronger and better and happier. Having spent time with Rosalyn I know this to be true of not only what she does but also how she lives.’

Pixie MacLeod-Hodgson, British & World Champion Freestyle Skydiver

Acknowledgements

Thank you to Marisa Peer and her bespoke Rapid Transformational Therapy (RTT) training. Many of my references to the workings of our minds, therapeutic understanding and methodologies are as a direct reference to my training in RTT.

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Introduction

This book is for any woman or man who is living a life that looks great from the outside. Perhaps you have the lovely house, lifestyle, career and trappings of success. However, like my archetypal client, ‘Burnt-out Barbara’, you lie awake at night with your whirligig mind in overdrive as yet another day at work sees you stave off a panic attack by bolting to the toilet where, after 10 minutes of deep breathing, you are able to compose yourself. Perhaps, like one of my high-flying female executive clients, it will only be when your young son brings home a bright crayon drawing from school entitled ‘My Mummy’ that depicts you, mobile to your ear and briefcase in hand, that your heart will nearly break and you decide that enough is enough. You long for rest, for ease, to feel at one with yourself, to discover your purpose. To dare to feel joy and connection and be intimate with your partner, family, friends and yourself.

Barbara has shelves of self-help books already. She relies on therapies, complementary treatments and distractions such as expensive weekends away, quality food and fine wines and shopping to balance her broken life.

I understand her and these issues deeply. This was the blueprint of my life when I ran an award-winning London UK PR company and had all the trappings of success, but was exhausted and addicted, wanting the merry-go-round to just stop, and it did stop. I thought I had got out in time, dodged a bullet by selling my PR company, selling my large London house and moving with my family to the Bahamas. This is where it all imploded.

Coming through this, I was repeatedly offered the heartfelt advice of, “You must write a book about your life”, and eventually I started to nurture the idea.

My life had taken so many twists and turns, moving me from comprehensive school kid who lived in her early years above her parents’ shop, to leading my PR success story in London, to recovering from cancer on an Out Island in the

Bahamas, a return as a jobless single mother to the UK, bereavement, reinvention, remarriage, divorce, reinvention again and then an invitation to train in hypnotherapy.

I added hundreds of hours of additional training and became a Rapid Transformational Therapy leading trainer, with clients worldwide. I considered a book title of 'The Accidental Therapist', but as my book flowed from my heart and mind onto the page, I wanted to signpost it for the women and men that I truly desired to reach. To share my story and then give those life lessons context from a therapeutic point of view. Most importantly, to offer a blueprint of proven, easy-to-follow advice for how to get through even the most life-threatening and soul-destroying of issues and emerge happier, stronger and with a sense of purpose.

This is my journey. These are my experiences. This is what I have learned. This is what I know now and wish I had known years ago. I hope it inspires you, guides you and resets your life for the better.



CHAPTER SEVEN

Create a Compassion Compass and guide your own spiritual life

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

Ralph Waldo Emerson

“And, when you want something, all the universe conspires in helping you to achieve it.”

Paulo Coelho, *The Alchemist*

Do these quotes seem contradictory? Well, they are not. They are both on your ‘Compassion Compass’. They are the two ends of the tunnel called life. It is about tapping into what is truly inside. Being the best you you can be. Finding your source, your bliss, your inner compass. Then connecting to something greater than you that is right for you and outside of you: your own intuition; The Universe; God; Spirit; Angels; whatever works for you, be it deity or life-force.

“You see, Rosalyn, it was a few gig-a-jillion years ago when I first had my dream. A dream of perfection, imagination and realisation, and because it was my dream, it would inevitably come true and every manifestation would be exactly as it should be. Every detailed part of the plan. Every grain of sand, chiselled long in advance. Nothing would be left to chance, not one second could go astray and not one chuckle. Laugh or cry hadn’t been thought of before history’s first year.

“So when you realise the degree of attention that was given and you weigh that each blade of grass was considered, dearest, there’s only one possible explanation for the image that has become your own.

“You, today, Rosalyn, are exactly who I most wanted to be and being you totally rocks.” The Universe

This is an example of the ‘Notes from The Universe’ that land in my inbox every

day via an easy-to-complete free subscription. Written by Mike Dooley, these quirky little nuggets of daily wisdom are also very witty, and due to you having filled in a subscription form with your own personal preferences they always seem just right for you. Spookily so. They certainly seem uncannily accurate about me, my thoughts, my wishes.

For a while, I resisted, as it seemed rather heretical, and then when I started to receive them at a time when I was very low, following the breakdown of my second marriage, I just went with it and felt comforted daily, as if God or The Universe was speaking to me. I then discovered that Mike Dooley is behind the notes, books and retreats, and still managed to hold back my inner cynic that can manifest anytime – a self-appointed guru gives me free advice which invariably leads to a big half-hour webinar (AKA sell) for their online course, book or retreat? As a marketer, I'm all for selling, and as a personal development course attendee veteran, I know that many are really life changing and excellent, but it can be a tiresome model in an overcrowded market. There are sophisticated sales funnels. You get hooked in by an interesting article doing the rounds on Facebook, listen with intent, feel uplifted, and before you know it are reaching for your credit card as that bundle is only \$47 if you buy in the time limited window.

Sorting out the wheat from the chaff is key. Isn't it always?

I've looked at Mark Dooley's upsell offerings and they look good. Why wouldn't I want to hook up with some fun, like-minded people and grow and develop? That's why I attend A-Fest. That is why I took the LifeBook course. In the early 90s I had more hunger, which is why Tony Robbins, UPW (Unleash the Power Within), fire walks, fire eating, trapeze jumping and Mastery University filled my quest. When I was in Maui attending Life Mastery, I was reading *The Celestine Prophecy* by James Redfield and *The Way of the Peaceful Warrior* by Dan Millman.

Everyone was buzzing about *The Celestine Prophecy* at that time. It was having a big effect on me as I read it while at Mastery University on the spiritually-charged island of Maui, Hawaii. The day after the course finished, having been hotel-bound for days, my husband and I hired a car and drove to the far side of

the island. It is sub-tropical rainforest and really beautiful. There is a series of waterfalls called the Pools of 'Ohe'o (aka Seven Sacred Pools) and we wanted to explore them. We parked in an almost deserted car park after driving through increasingly deserted countryside where we had not seen houses or other people for about an hour before our arrival.

We walked for ages up and up the mountain. It was hot and there was difficult terrain underfoot, with lots of tree roots, jungle creepers and rocks. As we walked, we picked passion fruit and mangoes that were growing wild and were just so happy to be in this beautiful place. Then we came across a man in such a high state of agitation that I thought he was on the verge of a full-fledged panic attack. His teenage son was moodily kicking the ground, eyes cast down, looking utterly despondent. The father explained that they had been up to the waterfalls and were on their way back to the car park. Having stopped to eat some fruit and take a drink, he had realised that his backpack was open and his car keys had dropped out.

He wasn't even sure when and where they had fallen. He did not have a spare set. He said he had been searching fruitlessly for hours. We offered to give him a lift to the nearest town or place to telephone (this was in the days before mobile phones) once we had been up the waterfall and were on our way back down again. We wanted to help, but we had spent hours walking to see these sacred falls and wanted to see it through. For several sweaty hours I'd been imagining jumping into that icy cold water. The man started to calm down a little, but he said that they had to fly out that evening and he didn't know if even this plan would work. I said that it was the only plan, when my husband interjected. To my amazement, he started to tell the man briefly about *The Celestine Prophecy* and manifestation (manifestation means to make public, and can be linked to manifesting an illness in your body on a physical level, and on a spiritual level to making something abstract and thought about real).

My husband asked the sceptical man to describe in detail the car keys. After a churlish, "they are car keys", response, he went along with it. He described them in detail. My husband drilled down: When had he last seen them? Felt them in his rucksack? Can he visualise them in his rucksack. Can he visualise them in

the undergrowth?

The man half-heartedly and rather impatiently stood with his eyes closed, ‘focusing’, when my husband just calmly walked away, not up the mountain, but across to the left, and nearly went out of view. He bent down. He turned round and returned. He said: “Here they are”, and held out his hand with the set of keys in it. Even I was speechless. I’m not sure that the man actually said anything much. I remember he cried and hugged my husband, then me. The boy looked dumbstruck. As they walked away, he shouted: “I’m buying that Celestine book if that is what it can do.”

My husband and I finished our trip. As we were driving back in the car, I looked at him and said: “Wow, this takes life to a whole new level, doesn’t it?” and it did. When we were pitching for big PR accounts, one for which we were the wildcard on a 10-Way pitch list (meaning that nine top agencies had already been asked to bid and come up with creative ideas for the account and we were added, as a wild outsider, to the process to make it up to 10), we would mock up the front cover of leading trade journal *PR Week* to announce our account win. Copies of this would be posted around the office. I would write out a cheque to my company, RPPR, for the amount of the account and carry it in my purse. I would rehearse stepping on stage to receive my PR Week Award, and in 1999 that is exactly what happened.

Of course we worked hard, gave intelligent and good service, but these visualisations and being open to manifesting always underpinned them. To counter many people who think it is wrong to want things in your life, I believe that if you work towards them and remain open to them then why shouldn’t they meet you half way?

When I discovered the cancer, I gave it a name. It was Stephen, as he was a bully at school and had blighted my life at age nine when I had discoloured teeth due to tetracycline staining and was skinny and a swot. I did not have a lump called Invasive Lobular Carcinoma. No, I had a lump called Stephen and every day I would look down at it and say: “I never liked you Stephen. You are a bully. Very soon you will be out of my body and I will never think of you again. Bullies are weak. I’m strong and you will be gone.” I was so amazed whilst training to be a

therapist to discover that this is an actual technique, to disassociate from something and not own it. “Go me!” I thought. So never speak about ‘my cancer’. Speak about ‘the cancer’ or even better, give it a name of someone you never want to see again.

I shut down my ability to connect at a higher spiritual level for many years and it pained me so much that Citalopram and Zopiclone became my friends. Why did I do this? Well, connecting to the wrong people and being in a work environment that frowned on it, for starters. Having nine major life events in an 18-month period, too. I think even my resilience, hope and faith were dented. The cancer journey had been one of the most spiritual times of my life, but I came back to a ‘reduced’ world, as a single mother to two challenging children (both adopted as older children and really put into freefall by my illness, the divorce I was going through and two country moves in five years), barely out of cancer treatment and exhausted from radiation, just in time to watch my mother die of pancreatic cancer and try to piece my father’s life back together again after his stroke and deep depression. I’d lost my former ‘high flying PR guru’ status. My large house in London had been sold. The money gone. I turned back to the comfort and rote of my Anglo-Catholic upbringing and this does not entertain the out-there spiritualism I had embraced so actively in the 90s. Truthfully I’d been around spiritual and other-worldly events and experiences all my life.

From childhood I had seen spirits, ghosts and entities. My mother had called me fanciful with a vivid imagination that had helped me to win countless poetry and writing competitions, but I now realise that she had this gift too but didn’t like it. Was afraid of it. Shut it down. Countless events happened throughout my childhood and beyond. In my first term of university, I developed severe tonsillitis. No one wanted to look after me as they were all finding out about sex and drugs and rock’n’roll (it was 1980). My parents were too busy running their shop to come and get me. A mature student offered to make me soup, buy Lucozade and get the antibiotics from the chemist. Having no other options, I accepted his help. One day, he produced a glass of water and said he had harnessed the sun’s rays in it to heal me. I made him take a sip first. I thought he was about to drug me and do something awful as I lay there feeling vulnerable. Then he said: “Why do you fear it so and shut it down?” I knew immediately

what he was speaking about. I told him about all my childhood experiences and he just kept nodding.

I can't remember the rest of the conversation or him really. Once I was better I embraced student life with the same gusto as the rest. Occasionally I even read the course books and went to lectures.

Throughout my 20s, a few very significant happenings and sightings occurred, but they started to scare me so the shutdown came more. It was only in my 40s that one day it kicked back with such a force and certainly that I was able to actually pursue a course of legal action against someone as I had total certainty that I had been wronged and I was proved right. In the High Court.

So this 'gift' has flip-flopped for years. Now I'm embracing it again. Visualisations are back. I have my mood board in front of me as I write this now. My picture above me reads: 'Your Thoughts Become Things'. This embraces the rule of the mind that your brain can't differentiate between what you imagine and what really is. That is why people have stress-related illnesses from worry. They are 'visualising' something terrible happening and their mind holds onto this image and their body has a physical response to it. I started the day, as I aim to start every day, with a meditation. I became open to opportunities and didn't try to force them, and in a short period of time I was offered a radio show, a newspaper column, two new business ventures, and my therapy clients just grew and grew with new appointment requests dropping into my inbox every day.

I unblocked my relationship corner and am manifesting my perfect partner, although daring to be vulnerable in this online dating world can really hurt at times.

This is all underpinned with hard work, my marketing expertise, a lot of networking, much study and a rather large dose of what we call in the UK nous (common sense or trusting your inner wisdom).

Recently, I've come across some arguments and discussions that basically rubbish most of those who offer advice or courses based on *The Secret* or *The Laws of Abundance*. Perhaps there is a secret behind *The Secret*? I don't know

but I do know that when I work on myself, fill myself with as much positivity as I can muster, create vision boards, clear intention lists and goals, am grateful every day and see everything, even the curved balls, as a possible opportunity, then life just gets better and better. I don't like the habit of denigrating our idols or things to be believed in. As Gustav Flaubert says in one of my all-time favourite books, *Madame Bovary*: "The denigration of those we love always detaches us from them in some degree. Never touch your idols, the gilding will stick to your fingers."

And underpinning it all I remember to enjoy the journey and have fun.

My spiritual and non-spiritual friends alike say things like: "You are a different person to a few years ago. It is like you have shed a skin. A butterfly emerging from a chrysalis." These are so much better to hear than the sorts of things I was hearing when I was at odds with myself. Damaging things like: "Why can't you just be like everyone else, like normal people?", "Why can't you just do it this way, the right way?", "I just don't get how your mind works? How did you come up with that?"

I remember sitting on a plane, looking out the window as we climbed above the clouds. A deep sorrow filled me. "I'm in the wrong life", I realised. "But I don't know how to get out of it." That was then. Now, using all the tools I share in this book, I do. It's been one heck of a journey but at least I can share it with you now.

A couple of things that always saw me true were sayings from my mum and myself. My mum would always say: "To thine own self, be true." I held onto that, even when I wasn't sure who I was, or at times of disease or depression, as I knew I was not living a life that was aligned with my true values or true self.

As a teenager I ran, as part of a Sixth Form project, a Young Enterprise company. We made some truly terrible wooden mahjong boards that no one knew how to play and sold plaster cast DIY Garden Gnome kits where you made from home-mixed plaster of Paris your own small garden ornament (sadly at a time when they had not become kitsch). When we made our public presentation about how well our Young Enterprise company had done (a bit like in *The*

Apprentice when they are in the boardroom and the sales figures are in), I was asked at the end of it all what I had learned and what this would mean my future Life Mantra was. I said that what I'd learned was that: "Life is full of endless possibilities". It has stood me in good stead, even if at the time it was awful trying to sound wise when we had failed to sell hardly any of our products.

At Mastery University we went through a 'what would people say at your funeral eulogy?' exercise. This is very sobering. You get to hover above the service and hear what is being said about you. You then get to decide what would be a wonderful thing to hear. Being poetic and loving a rhyme I came up with 'Rosalyn was a life shaker, soul waker and money maker'. It seems to have come true.

A good question to ask yourself is: "If I could be remembered for one thing, what would that be?" "If I had an inscription on my tombstone, what would it say?" This really helps you focus on your life purpose. Why not take 10 minutes now. Put the book down and think this through, then jot down what comes to mind. Look at it often. Does it ring true? Does it serve you well? Is this as good as it gets? There is still time to write a new future, a new eulogy. Start now.

So what other life-giving concepts are good to embrace, try on like a new pair of shoes, walk around in for a while and see if they are comfortable for you too?

Things such as calling on angels and spiritual guides, although I've been told by several people that I have a very strong spirit guide and a bunch of angels looking out for me. This must be true, as I've come back from life-threatening illnesses and situations at least five times.

Energy clearing is good. We had the office Feng Shui'd in the 90s, even featuring on the front cover of the Feng Shui magazine. By opening the energy of the office and adding water features (and things like salt in certain places), the aim was to make it a better, more energised, healthier place to be. It worked. Sickness levels and absenteeism dropped significantly in the following months and we all anecdotally felt it a nicer, more open place to be.

Discovering your hidden health secrets or listening to your body to enable you to

eat right is now gathering momentum. In the 90s, I would sit at the table and, before taking the menu, ask my body what it wanted to eat. It would answer. 'Fish today' or 'salad' or whatever. It knew. Interestingly I avoided carbs for years (Atkins was all the rage), but following the radiation treatment I became the Carb Queen overnight. The Olive Garden restaurant situated close to the Moffitt Cancer Clinic in Tampa was like a magnet to my seven-stone vegan body. When one day I drank two cokes from a vending machine (to flush out the residue of the radioactive barium drink I'd had prior to a CT scan) and then said I had to go to Olive Garden and ate a huge plate of pasta with a side of garlic bread, I think my husband thought I'd lost it. I later discovered that the body needs plenty of energy to sustain itself through radiation treatment and that healthy carbs are a good choice. Refined carbs such as the ones I craved for a few days are not so good as they can cause the blood sugar levels to spike, but once my week-long brachytherapy radiation treatment was over we were back on the airplane to our organic farm where I lived on the land and sea with natural foods and liquids for a year while my body recovered.

So you need to not only listen to your body, but also understand the best way of answering it.

Other useful methodologies include the psychology of states of being that include mindfulness (being very present in the moment and calming your body and mind), rapid transformational therapy (freeing people from patterns of behaviour by uncovering and healing past hurts and traumas), ecopsychology practices (drawing on the deep bond between humans and nature), spirituality (connecting to a higher self or being), traditional religions and prayer, neuroscience (study of the nervous system), neurobiology (the cells of the nervous system), shamanism (based on ancient teachings about the connection of nature and mankind), expanded states of consciousness (the third eye in yoga practices or hallucinogenic states as per those induced by drugs where you enter another worldly state either within your body or external to it), chakra balancing (as understood in many medicines, such as acupuncture, there are seven main energy centres in the body, known as chakras that correlate to specific body ailment and physical dysfunctions. Balancing the chakras can balance one's physical and emotional state), tantra (born from the ancient esoteric traditions of

Hinduism and Buddhism, this mainly relates to a form of intimacy between people that connects them at a mind and body level), planetary forces (think of the 'Blue Moon' when people said they went crazy or just a full moon that can influence tides and certainly animals), past life regressions (where you are taken, via a trance-like state, to recall past lives often to unlock patterns or pains in present ones) and no doubt many tools I have not even discovered. I'm sure that if I went to an event such as Burning Man I would be in a state of perpetual discovery!

One thing is for sure. The world has come a long way since the days when I thought that a fire walk was the most amazing paradigm shift imaginable! Tony Robbins and Unleash the Power Within weekend is all about the fire walk. You end up taking off your shoes and socks and walking calmly over burning hot coals to prove that you no longer have limiting beliefs. It is a metaphor. If you can decide that this fire walk won't burn you, then what can life throw at you that you can't cope with? Having done several fire walks I can attest that it is a powerful experience.

In recent years my 'cannot live without' action is yoga. I've been on several yoga retreats where it becomes a lifestyle practice, healing and strengthening your body not only through the yoga, but also through eating the right diet, breathing, meditating, using herbs to balance the body, and visualising, aligning your energy to natural ones, and really remembering that your thoughts become things and who you are on the inside governs who you are on the outside in terms of how you navigate through life. I see it as a self-hypnosis for the body, mind and soul.

The yoga practice itself is designed to create strength (starting with your core, inner strength and alignment) and harmony in both the mind and body. I've practiced several types including Kundalini, Ashtanga, Hatha and Iyengar. I see merits in them all and actually like to shake them up a bit and cross from one 'school' to another from time to time. Some have a more rapid and fluid flow, others focus on ritualised postures that are held for longer, still others focus on breathing or being centred. All include stretching, posture and balance work. Contrary to popular belief, you don't have to be super bendy. I'm not and I've

been practicing on and off for over 20 years.

What I do know is that benefits include reduction of pain and stiffness, better flexibility, improved sleep and the ability to relax, muscles that are stronger and more toned, better breathing, more energy and quicker recovery from injury. When I attended a five-day yoga retreat in Spain recently I was wearing my Bellabeat Fitness Tracker that measures, among other things, your stress levels. Mine are usually around the 35% mark on an average day. Arriving with a 28% reading, I was amazed, after the five days, to see that it had dropped to 6%. Proof indeed of the benefits of yoga (and a vegan diet, no alcohol, sunshine, walks and a good night's sleep!

One day Alice came to a fork in the road and saw a Cheshire cat in a tree. "Which road do I take?" she asked. "Where do you want to go?" was his response. "I don't know," Alice responded. "Then," said the cat, "it doesn't matter."

Lewis Carroll

I see many clients whose feelings range from a sense of general malaise: there is something missing in their life, right through to those who are consumed with self-loathing and feel like utter failures. On more than one occasion I have been told that they "just take up oxygen that could be being used by someone better", or really think that the world would be a better place if they were no longer in it. There is a host of complex reasons as to what may have triggered these feelings or led them into behaviours that they now regret or into living compromised lives, but when I ask the question: "How would you like to feel?" they may answer: "Happy, light, at ease in my own skin, filled with self-love, wanting to get up every day".

When I ask: "What would your life look like in order to have these things?" or "Where do you need to head in order to get them?" the inevitable answer is: "That is the problem. I just don't know. I know I should follow my dream but I don't know what it is. I so want it, but I can't get it as I have no idea what it looks like, or if I have an idea I just think I'll screw up on the way to get it or that it will take too long to get my ducks in line to even attempt to go there. I look back at my life that led to this point and I feel such a failure."

I had one client who, when I was discussing how we could make her handle the next 40 or so years of her life in a happier healthier way, said that the prospect of even one more year was more than she could bear to think about. Yet she had travelled a great distance to see me. To find the release and the joy she thought almost impossible.

Given that you have to start from where you are, the first step is to take a snapshot of your present situation across six key areas of your life. I often use a quick version of this exercise, using only five areas as it is so easy to remember. Stretch out one hand and look at your fingers. You have five and you have five key areas of your life that are all necessary, just like five fingers are necessary to a fully-functioning hand for balance and key performance.

The key areas are: Faith, Fitness, Friends, Family and Finance.

The sixth F is one that I've added recently as I need to remind myself to have more of it: Fun!

There is a seventh F which I don't include on the framework or have clients score as it is rather difficult to assign a number to it and it can ebb and flow. It is a category I've found one of the hardest to master in my life and yet it is a key component to getting your joy back. It is Forgiveness.

I'm a visual learner so I find that having an easy to see visual of this mapped out is really useful. When visited on a quarterly basis, you can easily compare the latest one with ones you mapped in previous quarters and see immediately where progress has and has not been made. In an easy-to-use spider diagram you can plot out across a number of axes where you are in terms of Good-Bad on each of the six categories.

The link to your own diagram is at the end of this book. Click on it, and a download and full instructions for the exercise are available.

Here is a story that I have heard many times over the last 20 years and is a gentle reminder to not get caught up in the belief that there is too much to handle and that 24 hours in a day are not enough. It always makes me smile:

The Mayonnaise Jar and Two Cups of Coffee

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up every space that was left. He asked once more if the jar was full. The students responded with a unanimous “yes”.

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

“Now,” said the professor as the laughter subsided, “I want you to recognise that this jar represents your life. The golf balls are the important things – your family, your children, your health, your friends and your favourite passions – and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter, like your job, your house and your car.

The sand is everything else – the small stuff. “If you put the sand into the jar first,” he continued, “there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

“Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to

dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first – the things that really matter. Set your priorities. The rest is just sand.”

One of the students raised her hand and inquired what the coffee represented. The professor smiled. “I’m glad you asked.

“It just goes to show you that no matter how full your life may seem, there’s always room for a couple of cups of coffee with a friend.”

So go ahead and print out and map your first 6 Fs Framework now.

Postscript

The title speaks of a blueprint for a better life. This includes joy. I want more of it. I'm sure you want more of it too. I wondered what joy meant to different people so asked the question publicly and here are some of the responses:

"When my grandbaby looks in my eyes and then lays his head on my shoulder."

"When my agent calls to say I'm booked."

"That feeling of being alive, like a breath of fresh air."

"When I head out on my motorbike (50+ woman)."

"When I'm truly living my life in gratitude, I am also experiencing joy. It's an exhilarating feeling that all things are as they are meant to be."

"The joy of running my business: the business of my dreams."

"Playing out in the woods with my three and five year olds; discovering bugs, digging up rocks, climbing trees. Nothing better."

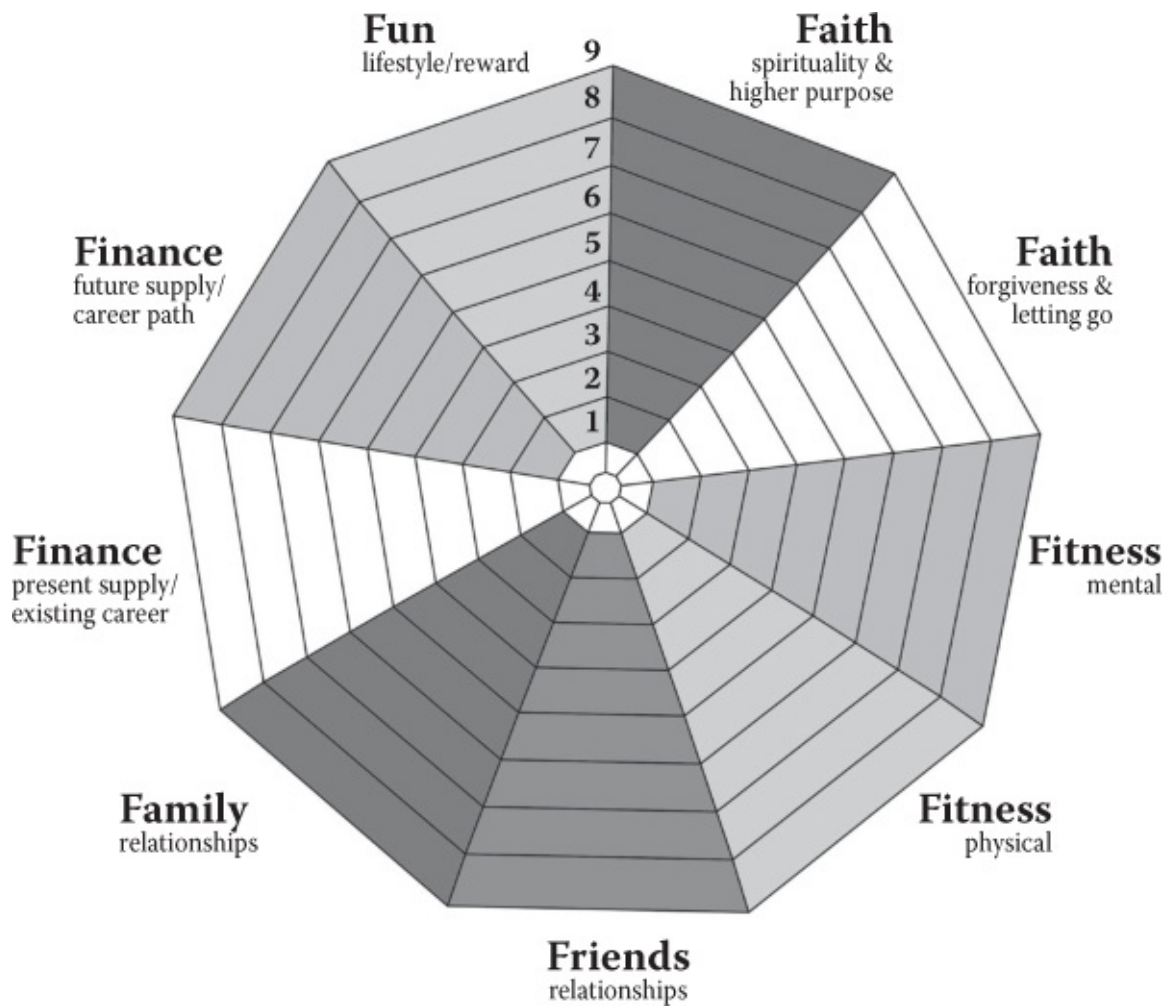
"Awe and wonder; young children experience this in bucketloads and then it gets lost in the human noise of being busy."

"I use the word JOY daily. Joy is high vibration, feels like flying, feels like I am outside myself giggling."

"Joy for me is the feeling of lightness, no negativity, everything is fine, at ease and I get it, just like when I dance."

"Joy is the ecstasy, the pleasure, the growth, the still, the simple, the sunshine, the other side of pain, the laughter, the smell of jasmine and new babies, the quiet, the deep contentment, the new, the old, the fleeting, the forever connection"

*to the self, connection to another, connection to nature, connection to the source.
Everything is joy. I am joy!"*



Books, individuals and resources mentioned

Lisa Nichols **<https://www.motivatingthemasses.com>**

Sonia Choquette **<https://soniachoquette.net>**

JJ Virgin **<https://jjvirgin.com>**

Tony Robbins UPW **<https://www.tonyrobbins.com/events/unleash-the-power-within/>**

Ellen Langer **<http://www.ellenlanger.com/home/>**

Rhonda Byrne **<https://www.rhondabyrne.com>**

John Assaraf **<http://johnassaraf.com>**

Ester Perel **<https://www.estherperel.com>**

Marisa Peer **<https://www.marisapeer.com/books/>**

Bob Proctor **<http://www.proctorgallagherinstitute.com>**

Jack Canfield **<http://www.thesuccessprinciples.com>**

Marci Shimoff **<http://happyfornoreason.com/about-marci/>**

LifeBook **<http://mylifebook.com>**

A-Fest **<https://www.afest.com>**

Bulletproof coffee **<https://blog.bulletproof.com/bulletproof-for-beginners/>**

Xpill **<https://www.xpill.com>**

Belleruth Naparstek **<https://www.healthjourneys.com>**

Dr. Joseph Mercola **<https://www.mercola.com>**

Juicy Oasis **<https://www.juicyoasis.com>**

Linda Booth **<https://www.justfortummies.co.uk>**

Further reading

I read self-improvement books regularly and have shelves full. This list is my 'go to' selection of books I tend to recommend or read repeatedly:

Daring Greatly **Brené Brown**

Mating in Captivity **Ester Perel**

You Can Be Thin **Marisa Peer**

The Celestine Prophecy **James Redfield**

The Way of The Peaceful Warrior **Dan Millman**

Awaken The Giant Within **Tony Robbins**

A Return To Love **Marianne Williamson**

The Journey **Brandon Bays**

The Biology of Belief **Bruce Lipton**

The Seven Habits of Highly Effective People **Stephen R. Covey**

Who Moved My Cheese? **Ken Blanchard and Spencer Johnson**

Rich Dad Poor Dad **Robert Kiyosaki**

The Prophet **Kahlil Gibran**

The Five People You Meet in Heaven **Mitch Albom**

The Thoughtful Leader: How to use your head and your heart to inspire others
Mindy Gibbins-Klein



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About the author

Rosalyn Palmer is a Master Rapid Transformational Therapist/Clinical Hypnotherapist, RTT Trainer and Coach with proven success in addressing issues, particularly for baby boomer women, for lasting, positive change. She works worldwide via Zoom and is a member of the National Council of Psychotherapists, General Hypnotherapy Register and Complementary & Natural Healthcare Council.

Rosalyn is also a broadcaster and newspaper columnist and a regular contributor to a number of online publications writing on the issues of health and wellbeing.

She is a guest lecturer at Nottingham Trent University.

Rosalyn writes with honesty and draws on her wealth of personal experience

with a background in running an award-winning PR company in London, journalism, marcomms for international charities and her many life challenges including cancer, divorce, loss of identity and wealth, country moves, re-invention of career, depression, crossing class barriers and reinventing herself. As the 'power behind the throne' for many celebrities, royalty, leading CEOs and leading PD experts, she gained massive insight into their lives and philosophies.

She lives in the UK with her cats, surrounded by friends and love.

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Notes