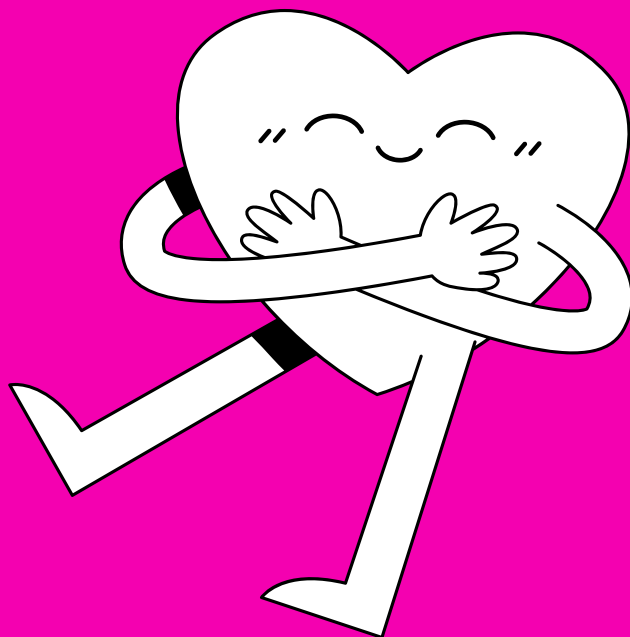


Are you living your best life?

Your best life checklist

Small moments, big magic - choose your
daily dose of joy

by Pauline Findlay



Your best life



I ask people when I meet them or on social media...

Are you living your best life?

Too often they say nope, no or I wish. I then feel sad for them.



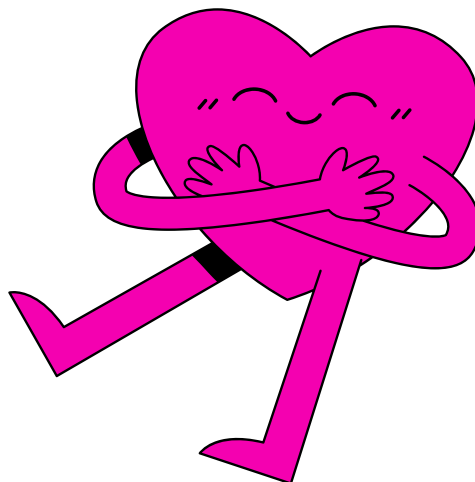
Happiness is an inside job

It's up to us to make the most of each and every day. Yes, we are all busy but it's essential we take time for ourselves. Don't wait for perfect to come, it's not. Imperfect is the messy perfect. It's okay.

My business motto is:

Tell a better story, live a better life.

It's up to us to tell our best story to live our best life.



Your checklist to happiness



This checklist is for you to take back a little bit of your day and think about how to make yourself happy.

The sad truth is, if we don't think about it, it won't happen.

Happiness isn't automatic, it's something we need to work at every single day. Then slowly you will be living your best life!



Morning



Rise and shine like the leading lady you are



Wear your favourite piece of clothing



Start your day wrapped in something that makes you smile inside. That silk scarf, a cosy jumper, or when all else fails bold lipstick.

I love to throw on a favourite scarf as most come with a great memory: bought on holiday or for a specific reason.



Add a pop of colour



Throw on a funky hat, colourful accessory or rock star jacket. Let the world know you are ready to embrace the day.

The days I wear something bright and colourful I get so many compliments but I also hear... oh I couldn't wear that. Yes you can.



Step into the sunshine



Even if it's just for 5 minutes, feel the warmth on your skin. This is especially important in winter to overcome winter blues. Breathe deeply and let nature remind you that you're alive.

Never underestimate the power of the golden ball in the sky to make you feel happy.

Connection



Spread love and light



Text a friend something lovely



Send that “thinking of you” message, share a funny meme, or simply say “you’re amazing.” Or be old school and pick up the phone. There is nothing better than hearing another human’s voice and feeling their happy energy. Giving joy creates joy.

Tech companies have given us so many reasons to digitally connect but are you connecting in a meaningful way?



Read a poem or listen to music



Find a verse that speaks to your soul and let the words flow. Poetry has a way of making ordinary moments feel magical. If poetry isn’t your thing then listen to your favourite song.

And dance like no one is watching.



Compliment a stranger



Notice someone’s cool shoes, beautiful scarf or amazing hair. A genuine compliment can change someone's entire day and yours.

Good luck finding someone who isn’t plugged in! Another thing that will make you happy is unplugging your earphones occasionally and just be one with the rhythm of the city or nature.

Mindful Moments



Press pause and be present



Walk your dog (or yourself) device-free



Notice the sounds, smells and sights around you. Let your mind wander and your spirit breathe.

I walk Astro my Kerry Blue Terrier twice a day and I can tell you he hates the phone, he wants all of me... and so he should.



Sit quietly on your favourite chair or a park bench



Three deep breaths. Feel your body. Listen to your thoughts without judgment. This is your mini mediation moment.

Just ten minutes can change your whole day. If you can't find ten minutes you really need this mediation.



Write down three things that make you smile today



Before bed, capture those little sparks of joy. You're creating a collection of beautiful moments.

I talk the good talk before I fall asleep. I am happy, I am loved, I am amazing. Positive messages before you fall asleep will make you feel happier the next day.

Storytime



Your story starts now

Each item you mentally check off isn't just a task, it's a choice to show up as the leading lady of your own life story.

You're not waiting for permission, the perfect moment, or someone else to make you happy.

You're creating magic in the ordinary, finding beauty in the simple, and writing a story that's authentically, beautifully yours.

What story will you tell yourself tomorrow?

Are you ready to dive deeper into living as your most confident, radiant self?

Join **The Leading Ladies Course** where we'll explore how to tell a better story to live a better life.

Be the leading lady of your life



[Join Now](#)



Are you ready for your transformation?

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