

## Pursue Your Passion & Wake Up Happy!

**Many of us spend the best years of our lives in the place of average**, in the place of the known, lacking courage to venture out into foreign territory, too frightened to leave the crowd. Wanting to fit in, afraid to stand out, dressing like everyone else, behaving like everyone else.

Often finding ourselves with a career, some money, even fame yet **feeling like there is still something missing**, a bit jaded, not fully fulfilled, not completely there.

**Aware there is more to life and business than the material, money and profits but not able to find what.**

And the years of responsibilities, stress, issues, business, the role we play with family and friends, all of it competing for time can lead to emotional blocks and defences that we are not even aware of.

**You may feel that you have lost yourself amongst it all.**

**From Day 1 of taking the course things will start to change.**

After 30 days you'll have stepped into your authentic self - positive and happy  
After 60 days you'll be connected to your very own magic - your passion and your purpose

- **Discover who you really are and what you truly want from life.**
- **Unleash your gifts and your passion.**
- **Feel better and have more FUN!**
- **Learn to become a magnet for love and happiness.**
- **Leave a legacy for the world.**

The writer Joseph Campbell once said,

*"We must be willing to get rid of the life we've planned  
so as to have the life that is waiting for us."*

**So what's special about the course?**

'Wake up Happy!' achieves results with lasting impact through an inspired blend of science, psychology, biology, ancient wisdom, quantum physics, and my own unique personal journey as a frontline humanitarian aid worker, inspirational speaker and coach.

This exciting journey is taken in two four week parts:

**First Steps (Weeks 1-4): Authenticity, Positivity, Happiness**

**Going for Gold (Weeks 5-8): Love, Contribution, Magic**

Each week you will receive a treasure chest of transformational ideas, exercises, tools and techniques, real and practical, from the four corners of the world, that I have used with incredible success.

Ancient wisdom, rituals, tips and elixirs I have gleaned from lost and forgotten indigenous tribes - Amazonian shamans, Tibetan lamas and Indian gurus  
Inspirational stories of my life on the frontline, the unsung heroes I have met, the adventures and misadventures.

## **First Steps: Authenticity, Positivity, Happiness (Weeks 1-4)**

***“Don't be afraid that your life will end, be afraid that it will never begin'.***

You have a destiny that only you can fulfil.

Are you curious that there is more to life than you are currently experiencing, knowing you have yet to find your real purpose, to discover the absolute unique part of you that you were born with?

Are you committed to discovering who you are and how to give yourself most fully to the world, living your own hero's journey?

Are you looking to approach life differently, ready to dissolve blocks and in return feeling more alive and satisfied than ever before?

Delve into who you really are and what you truly want from life.

### **Every Feeling Counts**

Every feeling, every thought you are having right now is being amplified massively.  
So what do you want the universe to hear?

**It matters how you feel - because nothing matters more than how you feel.**

The better you feel, the more on the path you are to who you are.  
Good feels good. Life is supposed to be FUN. Nothing that feels out of reach can happen.

You cannot guide yourself by anyone else's criteria - and your criteria is the way you feel.  
You will learn to reach for the thoughts the words and the actions that feel good as you are acting them and speaking them, contemplating them or doing them. You will learn how to change your vibrations and so change the results you're getting.  
Then you will be the person that you were born to be.

## **Wake Up Happy! First Steps**

### **Week 1: Find yourself, Be yourself**

The spirit of adventure  
Remember what you love  
Eliminate negativity

## **Week 2: Fast Forward**

Your Wish List  
Random Acts of Kindness  
Clearing Bad Vibes & Quick fix Energisers

## **Week 3: Every Feeling Counts**

Vibrations - the Good, the Bad and the Ugly  
Power of the Mind  
Go to the beach first  
Seeing is Believing

## **Week 4: The Art of Happiness**

The Happiness Habits  
Laughter - the Best Medicine  
Finding your Flow

## **Going for Gold: Love, Contribution, Magic (Weeks 5-8)**

Have you noticed that some people have an aura about them?  
An allure so powerful that it's impossible to resist?  
It's as if an invisible force is pulling people closer and closer to them as if drawn by a magnet.

**Learn how to become a magnet for love and happiness and attract the people and experiences that you want in your life.**

Don't Look for Heroes - Be One!

*"If you can tell me who your heroes are, I can tell you how you're going to turn out in life"*

How do you want to be remembered?

What do you want to have achieved?

What will your legacy be?

'Ask not what the world can do for you, but what you can do for the world'.

Helping people has a ripple effect. Pay it forward. You grow by giving and helping others. It can change you in ways you never expected.

*"You see, ten years from now you will surely arrive. The question is: Where? Who will you have become? How will you live? What will you contribute? Now is the time to design the next ten years - not once they're over. We must seize the moment." - Anthony Robbins*

Now is your moment to become a Hero. Seize it!

## **Wake Up Happy! Going for Gold:**

### **Week 5: Love is all there is**

How strong is your web?  
Unconditional Love  
Create your vision  
Celebrate!

### **Week 6: Love thyself**

Own your gifts  
Nurturing yourself  
Are you doing what you love?  
You are unique!

### **Week 7: Don't Look for Heroes, be one!**

Your unique values  
Everything starts as a dream  
Honouring the hero in you  
The ultimate gift

### **Week 8: Action is Power**

The magic of goal setting  
Lighten Up  
Dealing with Fear  
Onwards and Upwards!

The topics covered are thought provoking and challenging - all designed to take you out of your comfort zone - your routine, everyday way of thinking and acting - and make you unstoppable in 2013 and beyond.

**Are you ready for the journey of a lifetime?**

**[Click here to get started now!](#)**

*“At the end of the day all you have is your story.  
Make yours a good one”*

Linda Cruse