

5 tips to finding your unique happy

Do you feel a bit different, that everyone else is happy apart from you, that you don't fit in or belong in society's boxes?



Emma Roache
Helping You Be Happier



Thank you...

for downloading my 5 tips to finding your unique happy, I'm now going to take you on a journey including some of my own experiences, before sharing with you my 5 tips to help you start your own unique journey to happiness. I don't do boxes, labels or judgements, I am all about what is right for you, because what happiness means, really is different for everyone!

Here we go, you may want to grab a cuppa!



Sometimes we think everyone else is happier better and more successful than we are and that for some reason; we are left out, we don't fit in, or we just don't belong. Something just doesn't feel right.

Maybe we even feel like we don't deserve to be happy, or that we will never be really happy and we just need to settle, because everyone else's version of happy just doesn't work for us. There are many reasons for this, a big part is socially created, with its rules and expectations. This is increasing with the bad side of social media which has a lot to answer for, the good side of social media is amazing, supportive and informative, but there is another side telling us what happiness looks like, or is supposed to look like, how we should think, feel, be and act and it brings with in an enormous amount of unhealthy comparison and the arrival of toxic positivity.

All of this means we feel 'should' neatly fit into boxes, have labels and do what is expected. We are expected to put on a brave face, be a certain way, believe certain things all in an attempt to achieve this mythical happiness other people appear to have.

However, I disagree, this has never made me happy and I know this is true for so may others, we are not alone in this, we just aren't meant to say it, because it makes us stand out.

Do you have a sense of being different, not fitting in, rejecting boxes and labels, feeling like you don't belong, and trying to understand why the things which appear to make everyone else happy don't have the same effect on you?

When we try to fit into a way of being which doesn't fit in with who we really are, life can feel really hard and draining, we can sometimes feel judged or even judge ourselves. Don't worry, this is perfectly natural, as humans we instinctively want to fit in and to belong.

I know this, because I have been there too, I grew up in an abusive environment and found myself homeless at 16. I had to change, evolve and fit in, I became a bit of a chameleon, I developed these skills because it meant I was safer, it was what I had to do to survive. This continued into my young adult life, I could fit in anywhere and live that life for a while, maybe even sometimes feeling happy for a time, but it never felt quite right.

Those learnt skills and behaviours served me for a time, meaning I could be how I needed to be to fit into my environment or to meet others expectations, but I didn't feel like me, something felt off and it was confusing, I didn't feel like I was allowed to be fully me and although sometimes that was something I could live with, deep down I didn't really feel happy or fulfilled. I felt like a smaller version of me, one which was only accepted if I conformed, it made me feel trapped and if I didn't conform, it made me feel not accepted, like an outsider.

You may have felt this way too.

The thing is I didn't want to be a smaller version of me, I wanted to be free to be fully me, I always had this zest for life, a desire for adventure, a love of colour and things which were a bit different. I didn't want to be like everyone else I wanted to be me, fully me, colourful, fun loving adventurous me...

**Does this resonate with you
or sound familiar?**

I am guessing that is does, as you are reading this right now and if that is the case, you are in the right place!

We are all different and that should be celebrated and embraced, we all have so much to bring to the world and our differences bring a richness to the world which is so needed.

The good news is, I am on a mission to help as many people as I can who feel just like you and me, to not have to conform, fit in a box or a label, but to live a fulfilled life with purpose on purpose and find your unique happy! I do this in many ways including, free gifts like this, through my social media, workshops and talks, group programs I run and the most powerful being the 121 coaching where we really get into what is going on for you!



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Look no further, here are 5 ways you can start to find your unique happy starting today!

Self-care

Taking good care of ourselves is so important, but this is often something we forget to do, especially if we are an empath and end up finding ourselves putting every else's wellbeing first. I know it can feel selfish at first, but selfcare really is important. Some things I like to do are walks in nature, reading a book with a nice cup of tea or to take a nice bubble bath, but you need to do what works for you!

Limit social media

If we are already feeling like we don't quite fit in or belong, excessive time on social media can really increase that feeling, that sense of everyone being happier, better or more successful than us, but what we need to remember is that not everything we see on social media is true or the full picture, but it can affect how we feel about ourselves and our level of happiness.

Do things which make your heart sing

Sometimes when we don't feel that we fit in or belong, we shy away from doing the activities we love, those much-loved hobbies and pass times, the ones we can lose ourselves in and really enjoy. These are things we often stop because it might not be 'cool enough' for our friends' group or others don't quite understand our passions, further reinforcing those feelings of not fitting it in. But I say, SO WHAT! If it you aren't causing anyone or anything, if it makes your heart sing and makes you happy then go for it! Having hobbies that we love, forms part of who we are, it is part of our identity, and these things are good for our mental well-being.

Live life in line with your values

Sometimes we don't feel happy because we are not living our truth, we are living life as society tells us we should, or how those around us do, but it doesn't feel right or sit well with us. Sound familiar?

Knowing our values and what really matters to us is really important. The more we are able to live a life which aligns with our values, the more content, fulfilled and happier we will feel.

What do you value you most?

Be You!

You are wonderful and unique, and I celebrate you! Sometimes when we feel like we don't fit in or belong we change our behaviour, we dull our light and let our sparkle to fade , to fit in, to be accepted, to make others feel more comfortable, to fit into someone else's version of happy, but this doesn't lead to happiness. It might in the short term, but in the long term we lose ourselves, we lose sight of who we really are and it makes us feel sad and unfulfilled. So, I say be you, be wonderfully, unashamedly you, be colourful, be loud or quiet, be fun, do what you love and what makes you happy and see things begin to change in your world.

WHO IS EMMA?

Emma has a zest for life and has always walked her own path. Having overcome more than her fair share of adversity, she is passionate about helping people who feel a bit different or like they don't fit in or belong, to breaking out of boxes and free from labels, finding their own unique happy!

Emma's approach is a heart led mixture of huge curiosity and playfulness, compassion and empathy, with the ability to be tough and direct when needed. Her natural style helps to make the tough stuff easy, empowering you to do the work you need to do, so you can live the life you deserve, fulfilled and happy, with purpose on purpose!

Having done this for herself, Emma's experiences include growing up in an abusive home, being homeless at 16 through no fault of her own, a near fatal car crash at 21, losing siblings too young and surviving several abusive relationships to name a few, and instead of giving up Emma has chosen to turn this adversity into a positive, helping others to live their lives more fully!



Starting her working life in financial services, Emma went on to learn British Sign Language and made the switch from the corporate world to the voluntary sector in her 20's where her coaching journey began, before following her dream of embarking on a year of solo travel.

In her 30's Emma, supported people with acquired brain injury, worked with high-risk offenders and gained a BSc (Hons) degree from the Open University in Combined Social Sciences and Criminology, along with completing her coaching qualifications, setting up her successful private coaching practice and founding a social enterprise. She also became a fellow of the School for Social Entrepreneurs, a member of the UnLtd Alumni and Eden Communities. Now in her 40's Emma is proud to say she is a Master Certified Coach (MCC) with the International Coach Federation (ICF), has gained a Masters in Psychology (Conversion) via the Open University, with her research being about the wellbeing benefits of cold water swimming (Emma is a keen open water swimmer), published 4 books and working towards becoming a chartered coaching psychologist.



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**Until next time,
Keep smiling,
Emma x**

www.emmaroache.com

Email: emma@emmaroache.com

Mobile: 07956 679967



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