

CHOOSE HAPPY

DOUBLE YOUR HAPPINESS IN JUST 2 WEEKS

WITH KYLA TUSTIN &



3 EXTRAORDINARY

MOMENTS A DAY

"Good is the enemy of
GREAT" Jim Collins

KYLA TUSTIN

**SPEAKER. SOUL COACH.
LIFE ENTHUSIAST**

I CHOOSE TO BE HAPPY XXXXXXXXXX



Welcome, welcome, welcome, welcome,

I am so excited to be taking this journey with you to support you to love, accept and embrace the Extraordinariness within you by "choosing to be happy" and switching your focus from "whats wrong, to what's right in your life." This is so important, so we have you believing in yourself and the uniqueness you bring into the world and have you creating your great in the world every single day ... we actually do this through who we are being and then the doing just flows with creative life force, passion, clarity and we find in know time we are living on purpose.

How do I know this exercise works? Firstly, because it has been scientifically proven to "boost mood elevation by 60% in just two weeks" and secondly because I have been in your shoes and only share the most EXTRAordinary of my learning experiences and wisdom so that you too can live your greatest and most happiest life everyday feeling energised, joyful, alive and ready to thrive, without needing years of study.

Now if you haven't met me somewhere before and want to know a little more about me before we play together then jump on over to my website kylatustin.com and you can find out a little more. I always feel it's nice to be connected before we embark on such a beautiful journey together and so be sure to come over to our [ilovelife](https://www.facebook.com/ilovelife) or [kylatustin](https://www.facebook.com/kylatustin) Facebook pages and introduce yourself.



I can't wait to share this journey with you and if you have any questions or comments along the way then email me at connect@kylatustin.com.

Much EXTRAordinary Love and Happiness, Kyla

LET'S DOUBLE YOUR HAPPINESS IN 2 WEEKS

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Stress is one of the major killers, and excuses, for low levels of happiness in our lives and especially stress related to worry and fear, usually about the future. The best thing about this is that instead of worrying about things outside of your control you actually have the power to "choose to be happy" right now. And then by reducing stress and focusing on all the EXTRAordinary already in your life you also trigger a boost in your confident. Yep happiness, optimism and confidence go hand in hand.

So let's get started over the next two weeks we are going to tap into embodying your "inner clown" (no not the Steven King freaky clown, a joyous, happy, friendly one) welcoming more OPTIMISM into your life. Why??? Because as I have already mentioned choosing to focus on positive thoughts and actions, what is right rather than wrong, has been proven to reduce stress, elevate your mood and boost your confidence. Our world and lives have become way to serious and so in the next two weeks let's get a little playful, have a little fun and imagine what it might be like to join the circus. We begin our journey together by committing to this fun and inspiring 2 week challenge, all you have to do is...

1. **Print** out this journal or choose somewhere to record your EXTRAordinary experiences and/or moments for the next 14 days and then schedule in what time you will do this every day
2. **Record EVERYDAY** for two weeks, 3 EXTRAordinary Moments, things or experiences that happen in your day
3. **Write** what is it about these moments or experiences that make you feel or acknowledge that they were EXTRAordinary and made you FEEL GOOD

Your moments don't have to be massive achievements, something as simple as finishing a work or school project on time, catching up with a friend or smiling at a stranger. We are aiming to have you acknowledge and reflect on all the EXTRAordinary Moments which already occur in your day. This exercise might sound way to good to be true but I can assure you the desire to not fill in your journal because you are too tired, had a long day, can't be bothered, or you decide it wont make a difference anyway will come up. It is in these moments you need to be VERY committed to choosing to be happy and continue with the exercise anyway. We need continual commitment to create new neural pathways in your brain to increase all the feel good vibes. Our habit of focusing on what is wrong, or not in our control, is extremely unhelpful in our life and this exercise is going to create a new, positive habit for you, with a path of least resistance because there is nothing new to do in your day, its simply about being the observer of what is already occurring. You might also like to enrol a colleague, friend or family member to do this with you as its a great way to be more accountable and share positivity with each other and how it is going. Off we go

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DAY ONE

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I CHOOSE ONLY POSITIVE THOUGHTS TODAY"

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DAY TWO

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"MY FUTURE IS FILLED WITH LOVE, JOY AND PEACE"

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DAY THREE

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I FOLLOW MY TRUTH IN EVERY MOMENT"

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DAY FOUR

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I AM INSPIRED DAILY BY MY LIFE"

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DAY FIVE

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I HONOUR MY COMMITMENTS TO ME"

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DAY SIX

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I FEEL CLARITY WITHIN ME, AND AROUND ME TODAY"

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DAY SEVEN

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I CHOOSE TO KNOW WHO I AM IS ENOUGH RIGHT NOW"

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DAY EIGHT

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"CONFIDENCE AND ENERGY FILL MY LIFE"

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DAY NINE

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I ALLOW AND HONOUR ALL MY FEELINGS"

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DAY TEN

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I MOVE IN HARMONY WITH MY LIFE"

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DAY ELEVEN

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"IN MY CENTRE I AM ALWAYS CALM AND FREE"

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DAY TWELVE

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"MY LIFE IS AWESOME, I AM SO GRATEFUL"

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DAY THIRTEEN

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I AM FREE TO EXPERIENCE JOY IN EVERY MOMENT"

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DAY FOURTEEN

EXTRAordinary Moment No.1

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.2

What about this experience feels EXTRAordinary?

EXTRAordinary Moment No.3

What about this experience feels EXTRAordinary?

"I CHOOSE TO ACCEPT ALL OF ME, RIGHT NOW"

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CONGRATULATIONS,
you did it ... now for a little more reflection

How does it feel? What do you notice is different?

How are you going to celebrate this new commitment to happiness and optimism?

Was it easy to focus on the EXTRAordinary Moments in your day?

What did you notice throughout the journey?

Don't stop NOW even more **EXTRAordinary** awaits **Connect with us** today by clicking on the "I choose to be happy everyday" button below to discover how to experience even more happiness, optimism and confidence in your life by working 1:1 on with Kyla or having her facilitate at your work or school

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