

Your pocket guide for happiness and success

Sara Coppieters

For Franky, my love and support

Your pocket guide for happiness and success

Sara Coppieters

Writer: Sara Coppieters
ISBN: 9789464801323

Table of content

1	Introduction.....	1
2	Patience is a virtue.....	2
3	Having self-confidence.....	8
4	Fear is a bad counselor.....	11
5	Dare to make mistakes.....	14
6	Stupid questions don't exist.....	17
7	Perseverance pays off.....	20
8	Setting goals in life.....	24
9	Time management.....	26
10	Procrastination.....	29
11	Putting things in perspective.....	32
12	Motivation.....	35
13	A positive mindset.....	37
14	Belief in yourself.....	39
15	Performance anxiety.....	41
16	Regret comes too late.....	44
17	A healthy spirit in a healthy body.....	48
18	Gratitude.....	50
19	Imagining your dreams by self-hypnosis.....	54
20	Take risks if you want to be successful.....	55
21	Worst case scenario.....	57
22	View criticism as instructive, not as personal or negative.....	60
23	Make better choices.....	61
24	Mindfulness.....	63
25	Learning new habits.....	65
26	The law of reciprocity.....	66
27	Active listening.....	67
28	Good communication.....	68
29	Don't worry about what others think about you.....	70
30	Get out of your comfort zone.....	72
31	Helping others is helping yourself.....	73
32	Take accountability for your actions.....	74
33	Conclusion.....	76
34	Acknowledgment.....	77
35	Bibliography.....	78

