

# YOUR NEXT! MANUAL TO HAPPINESS

The difference between being happy and being miserable, is how quickly you move away from suffering and pain. How much you focus on what you cannot change or how quickly you build new situations for yourself. For Emotional Independence, there are 7 permissions you must give yourself to be happy:

**1**

## PERMISION TO CUT THE UMBILICAL CORD

Many parents want to keep directing their children's lives. But you are now an adult capable of making your own decisions. This is not a declaration of war; it is a declaration of self-love and liberation for them. You will free them either from control or from their fears.

**2**

## GIVE YOURSELF PERMISSION TO FEEL

You cannot heal what you cannot feel. Happiness requires us to heal past wounds and give ourselves permission to acknowledge our feelings: joy, sadness, love, anger, etc. And you... how do you give yourself permission to feel

**3**

## GIVE YOURSELF PERMISSION TO BE REJECTED

When fear of rejection is greater than fear of pain, we submit to mistreatment or lower our expectations, settling for less than we deserve. We are not everyone's cup of tea, so free yourself from the need to please everyone



4

#### **PERMISSION TO BE SELF COMPASSIONATE.**

It's important to understand that we are human, not perfect. Don't blame yourself; everything happened the way it needed to so that you could learn something or because that situation wasn't right for you. Embrace yourself, learn the lesson, and move forward.



5

#### **GIVE YOURSELF PERMISSION TO ACTIVATE YOUR SENSUALITY AND SEXUALITY.**

We are sensual and sexual beings, and sexual energy is what gives us life. It is present everywhere: in how you speak, at work, your exercise, your relationships. If you learn to activate your feminine/masculine energy, you will have a higher chance of finding a balanced partner and being happy



6

#### **GIVE YOURSELF PERMISSION TO STEP OUT OF YOUR COMFORT ZONE**

Success and happiness are found beyond the comfort zone, never within it. What are you doing the same way you did 3 years ago, 5 years ago, 10 years ago? Take a risk! If you don't like how your life is... next! If something doesn't make you happy... next! If you don't like your body... next! What in your life needs a change now? Whether it's setting boundaries, leaving somewhere, or taking responsibility for your life, start taking steps to say... NEXT!"



7

#### **GIVE YOURSELF PERMISSION TO LET GO**

We won't always win. We must learn to lose and let go of what was not meant for us. The root of all suffering is attachment: attachment to the past, to pain, to what it was. Close that chapter, let go of what no longer fits in your life, and leave it where it belongs: behind. Release that dead weight that will only drain you.

Say Next! y give yourself permission to be happy.

To your happiness, Mónica Venegas



Dale  
↑ next!

