

THE WELLNESS UNIVERSE GUIDE TO

Complete
Self-Care

25 TOOLS
FOR HAPPINESS

NOTES JOURNAL

CREATED BY

Anna Pereira

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The Wellness Universe Guide to Complete Self-Care
25 Tools for Happiness
Anna Pereira

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Welcome, Beautiful Soul.

Thank you for picking up a copy of The Wellness Universe Guide to Complete Self-Care! Our series of books can be found on Amazon and can be ordered around the world.

We have received such positive feedback about our books but one complaint was “I don’t have enough room to write notes or journal.” Please enjoy our gift to you that will help support your self-care program and assist you in your commitment to yourself as you write about your findings, doodle, or stick to a month long commitment to practice a tool that called out to you.

I am delighted The Wellness Universe is here to support your best life! Be sure to connect with me and the amazing self-care authors for a deeper dive into your best life experience. Come to our events online and in person to experience deep transformation!

Love

Anna



Introduction to Happiness

“When we release expectation,
and find more to be grateful for,
Happiness fills our heart and soul
with a light so bright,
we literally shine from the inside out.”

– Anna Pereira

How often do you think something will make you happy and come to find out it does not? Some say expectations set us up for failure. Well, I was failing at being happy.

It was early in 2009. I was thirty-five and single. There I was, on my second-floor landing outside of my bedroom, at the top of the stairs. I was compelled to do this. I don't know what came over me, but I needed to let go and give it over. I was exhausted by disappointment, un-fulfillment, and stupid fears, and, I was alone.

“Please bring me someone who will allow me to live my happiness and make beautiful babies with.” Standing in my power, confidently asking God, the Universe, Saint Rita, anyone that would listen, for a life-changing, faith-guided, blessing beyond blessings.

In that moment, I gave it all over to God. I knew whatever I was doing or had done was not working. I was not happy.

I was ready to do my work. In that same moment, I let go of self judgement, judgement of others, and my fear of how others judged me. I decided the head games would stop. I needed to do these things for ME.

I let go of how things needed to show up. My expectations and constricted thinking from fear-based beliefs were old, tired, and didn't work for me. I was ready to allow myself to live the life I desired, and deserved.



Introduction to Happiness

It felt as if God had spoken back, “Okay. Now you’re ready. Now you get it.”

It felt like I flung, no, slingshot my baggage out the window; baggage I carried around my entire life was gone. Why did it take me so long? Did I just open a portal to inviting into my life everything I ever wanted to experience without knowing exactly what that was? Yup.

A friend of mine, Carrie Craig-Gilby told me, “The Universe hates vacuums. It will find a way to plug it up.” I created a vacuum.

I just wanted to be happy.

I was struck in that moment, to freeze and say those words aloud, to ask the Universe to bring to me who would allow me to live my happiness. Simultaneously, a knowing took over; I knew in my soul that I could not possibly know happiness unless I was in the experience of happiness. To try to build an idea or perception around what I thought would make me happy, blocked divine blessings from manifesting. I had no choice but to trust the Universe.

I knew what trampled on my happiness and I no longer wanted any of those experiences stealing me, my thoughts, or my life anymore.

Compromising, playing small, fitting in, going along with the crowd, setting expectations of those who had a red flag stamped on their forehead, crossing my own boundaries, hating on myself, trying to be what (I thought) others expected, doing something, when in my gut I knew it was a disservice to my soul; none of that made me happy.

But on that day, on my second-floor landing, I knew that my GREAT happiness, my LIFE CHANGING happiness was out there for me in unknown. A happiness I could not possibly imagine. Don’t limit yourself Anna. Don’t stifle the magic that awaits you.



Introduction to Happiness

That is what I opened myself up to. My great happiness or was it my greatness? It was kinda one in the same.

There was magic in those words. There was a shift in the trajectory of my life once I made the decision to let go of expectations, old beliefs, and constricted thinking. Not overnight of course, but soon enough.

A few months later I turned 36. I took more tumbles. An unplanned pregnancy (with someone who was clear about not wanting a relationship) was aborted. And a prior business venture with a con-artist that was causing ongoing nightmares and anxiety. Many more months of unhappy events occurred, yet I still trusted in my BIG ASK of the Universe.

I had been praying to Saint Rita, Mary, and Jesus and anyone that would listen. I needed to lean on my faith. I felt so alone. As if I were walking through the desert under a blazing sun that never set.

Then one day, I was on a dating site and connected with this guy. “Hmm. He looks attractive. He sounds interesting. Let’s see what happens with this one.”

Our first date was October 26, 2009. We were married December 23, 2009.

He was everything I avoided before. Portuguese, for starters. Oh God! I NEVER wanted to date, let alone marry, a Portuguese.

My relationship with my dad was less than nurturing or loving, and he did not model a husband I wanted to have one day. I wanted nothing to do with anyone similar.

But remember, I gave up judging. I was open to receive! Open to anything.

Now, eleven years later, I could not have dreamed of a more magical life.



Introduction to Happiness

My husband, Hugo, is one of the most amazing human beings I have ever met in my entire life. His family is loving and nurturing. He has blessed me with a life living between the US and Europe; love, trust and support I never knew existed.

Oh, and about my happiness, he supports me to do what I'm inspired to do, gives me all the freedom in the world, checks in with me all the time, appreciates me, loves me, and that brings me happiness.

Could this be the key to happiness?

The appreciation and gratitude I have for what he brings to my life allows me to experience happiness.

Life is short. Life is filled with problems that need to be solved. We can do this in a happy way, or it can be begrudging work. Beliefs, mindset, and lifestyle all contribute to how we experience happiness.

Happiness is a choice. I'm happy you want to be happy too!

Let the stories you read and the tools shared within this guide help you to make changes for yourself that allow you to experience happiness. I'm certain you were not created by a divine miracle to be unhappy. You deserve happiness. The world needs you to be happy so you can pass it on. The Universe wants you to be happy.

Thank you for picking this book up. Your happiness is essential for peace and love to flourish and helps make the world a better place for all of life on it.

Anna



An abstract painting with a rich, textured background. The colors are primarily warm, including shades of orange, yellow, and red, with some cooler tones of purple and blue. The brushstrokes are visible and expressive, creating a sense of movement and depth. In the lower-left quadrant, there is a faint, white, sketch-like figure of a person, possibly a woman, looking towards the right. The overall composition is layered and complex, with various textures and colors overlapping.

*This Journal
Belongs to*

INSTRUCTIONS

How to use this journal

Each chapter in the book has a space for notes and reflections within this journal.

You can read each chapter in order or you can read the chapters as you feel drawn to them.

Find a space to read where you will be able to read free from distractions.

As you read each chapter, use this journal to make notes. Write down what inspires you, share your insights, and plan how you'd like to implement that tool into your life.



CHAPTER 1 - 10 MINUTES TO A HAPPIER YOU

Complete this while you read this chapter, take some time to write out how you feel about this chapter and the author's story. How does it resonate with you?

INSIGHTS I GAINED FROM THIS CHAPTER

HOW DOES THE AUTHOR'S STORY RELATE TO ME

HOW CAN THIS TOOL HELP ME BE HAPPIER?

WAYS I CAN IMPLEMENT THIS TOOL IN MY LIFE?

Chapter 1 Reflections

Use this space to journal any thoughts, feelings or insights you had while reading this chapter.

CHAPTER 2 - POSITIVE MANTRAS

Complete this while you read this chapter, take some time to write out how you feel about this chapter and the author's story. How does it resonate with you?

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Chapter 2 Reflections

Use this space to journal any thoughts, feelings or insights you had while reading this chapter.

CHAPTER 3 - IRIDOLOGY

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Chapter 3 Reflections

Use this space to journal any thoughts, feelings or insights you had while reading this chapter.

CHAPTER 4 - OPENING YOUR HEART

Complete this while you read this chapter, take some time to write out how you feel about this chapter and the author's story. How does it resonate with you?

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Chapter 4 Reflections

Use this space to journal any thoughts, feelings or insights you had while reading this chapter.

CHAPTER 5 - A SKEPTIC'S GUIDE TO HAPPINESS

Complete this while you read this chapter, take some time to write out how you feel about this chapter and the author's story. How does it resonate with you?

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Chapter 5 Reflections

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CHAPTER 6 - SELF-COMPASSION

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Chapter 6 Reflections

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CHAPTER 7 - CHOOSE TO FEEL HAPPY

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Chapter 7 Reflections

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CHAPTER 8 - HOW TO BE HAPPY THROUGH THE TOUGH STUFF

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Chapter 8 Reflections

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CHAPTER 9 - THE INTUITIVE HEART

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Chapter 9 Reflections

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CHAPTER 10 - CREATING BALANCE FOR HAPPINESS

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Chapter 10 Reflections

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CHAPTER 11 - WALKING INTO HAPPINESS

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Chapter 11 Reflections

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CHAPTER 12 - THE BODY'S HAPPINESS LANGUAGE

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Chapter 12 Reflections

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CHAPTER 13 - THE ANSWERS TO HAPPINESS

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Chapter 13 Reflections

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CHAPTER 14 - THE POWER OF REFRAMING

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Chapter 14 Reflections

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CHAPTER 15 - GOAL SETTING AND EXECUTION

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Chapter 15 Reflections

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CHAPTER 16 - THE HEALING POWER OF MUSIC

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Chapter 16 Reflections

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CHAPTER 17 - INGREDIENTS FOR A HAPPY LIFE

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Chapter 17 Reflections

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CHAPTER 18 - HAPPINESS HYPERLISTING

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Chapter 18 Reflections

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CHAPTER 19 - DIVINE JOY

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Chapter 19 Reflections

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CHAPTER 20 - SELF-LOVE AND DETACHMENT

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Chapter 20 Reflections

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CHAPTER 21 - 6 OR 9? PERSPECTIVE VS. PERCEPTION

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Chapter 21 Reflections

Use this space to journal any thoughts, feelings or insights you had while reading this chapter.

CHAPTER 22 - FIRE CEREMONY

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Chapter 22 Reflections

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CHAPTER 23 - MY HAPPINESS ROOM

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Chapter 23 Reflections

Use this space to journal any thoughts, feelings or insights you had while reading this chapter.

CHAPTER 24 - WHAT A WONDERFUL FEELING

Complete this while you read this chapter, take some time to write out how you feel about this chapter and the author's story. How does it resonate with you?

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Chapter 24 Reflections

Use this space to journal any thoughts, feelings or insights you had while reading this chapter.

CHAPTER 25 - THE DALAI LAMA'S SMILE

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Chapter 25 Reflections

Use this space to journal any thoughts, feelings or insights you had while reading this chapter.



FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

HOW HAS THIS BOOK CHANGED MY LIFE?

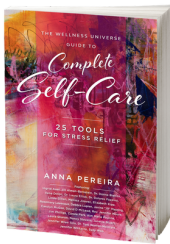


Helpful Resources



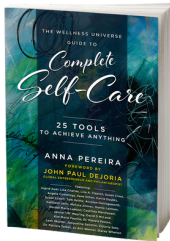
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Meet Our Authors



Terri Lynn

CHAPTER 1

10 MINUTES TO A HAPPIER YOU
Start Your Day in a Positive Way



Isabella MacLeod

CHAPTER 2

POSITIVE MANTRAS
Overcome Adversity with Powerful Self-Talk



Birgit Lueders

MH, CCII, Di.Ir.

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IRIDOLOGY
What Your Eyes Can Tell You
About Happiness



Laura Sharon

MA, ACC, CDTL/CDWF

CHAPTER 4

OPENING YOUR HEART
A Practice to Clear Your Path to Happiness



Jacqueline Solimini, MPH

CHAPTER 5

A SKEPTIC'S GUIDE TO HAPPINESS
How to Choose Happiness and New Creative Emotions

Meet Our Authors



Dr. Delores Fazzino, DNP, RN, NP

Nurse Practitioner, Medical Intuitive

CHAPTER 6

SELF-COMPASSION

The Eternal Key to Lasting Happiness



Pam McDonel, LMT

CHAPTER 7

CHOOSE TO FEEL HAPPY

The Power of Gentle Touch and Mindfulness



Accolon Hollingsworth

CHAPTER 8

**HOW TO BE HAPPY THROUGH THE
TOUGH STUFF**

Backing Yourself Up for Happiness with the
Self-Mastery of Spiritual Kung Fu Warriorship



Kathleen Jerin

CHAPTER 9

THE INTUITIVE HEART

Step Into the Power of Spiritual Happiness



Maggie Sarfo

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CREATING BALANCE FOR HAPPINESS

Connecting with Our Emotional, Mental, Physical,
and Spiritual Selves

Meet Our Authors



Heather Waring
LCSW, MEd, MSW

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WALKING INTO HAPPINESS
One Step at a Time



Laura Di Franco, DPT
PT Extraordinaire

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THE BODY'S HAPPINESS LANGUAGE
Feeling Your Way To the Best Life Ever



Yvette Taylor
BSc Hons

CHAPTER 13

THE ANSWERS TO HAPPINESS
Five Steps to Change Your Energy and Life



Emma Coller

CHAPTER 14

THE POWER OF REFRAMING
Replacing Judgment with Curiosity



Melissa Jirovec
Mindset Strategist

CHAPTER 15

GOAL SETTING AND EXECUTION
How to Create the Happiness and Freedom You Deserve

Meet Our Authors



Valerie Romanoff

CHAPTER 16

THE HEALING POWER OF MUSIC
Your Guide to Peace, Love and Happiness



Kim Marie Pauline

DLM, CNS, CNC, CPT, PES & CES

CHAPTER 17

INGREDIENTS FOR A HAPPY LIFE
The Secret Sauce That Helps You Be
and Do Your Best



David D. McLeod

DD, PhD, CMLC

CHAPTER 18

HAPPINESS HYPERLISTING
Ultimate Journaling for Authentic Joy



Ingrid Auer

Spiritual Teacher

CHAPTER 19

DIVINE JOY
Heal Your Fears with the Help
of the ArchAngels



Shannone Holt

ARP, R.P., RYT

CHAPTER 20

SELF-LOVE AND DETACHMENT
The Golden Ticket to Accessing Your SuperPower

Meet Our Authors



Suzy Woo, B.Msc.

CHAPTER 21

6 OR 9? PERSPECTIVE VS. PERCEPTION

Living on Purpose



Jenine "J9" Mayring

CRM, CEMP, CCHP, CHT

CHAPTER 22

FIRE CEREMONY
Harnessing the Element of Fire for
Rapid Transformation



Ricki Lee McKenna

CN, DBC & Foodie

CHAPTER 23

MY HAPPINESS ROOM
Coexisting in Why Everyone's Always
in the Kitchen



Lynanne Montoya Cottle

BA, CTC

CHAPTER 24

WHAT A WONDERFUL FEELING
The Power of Singing to Release Trapped
Emotion



Ilene Dillon

MSW, LMFT, LCSW

CHAPTER 25

THE DALAI LAMA'S SMILE
The Power Focusing Your Energy and Attention



MEET ANNA

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Anna Pereira is the Founder of The Wellness Universe and CEO of Soul Ventures, a woman-owned business, where her mission is to make the world a better place. She's an inspirational leader, mentor, and connector for business owners who are changing the world. As an author and creator of wellness events, projects, and programs, Anna is an expert at showcasing, promoting, and supporting the world's most talented wellness professionals.

Anna lives between Europe and her birthplace, New Jersey, USA, with her husband, sports expert and investor, Hugo Varela. The couple has adopted pets (one dog and two cats) and cares for two strays. Big Red, their African Gray, loves to speak English and Portuguese and is the ruler of the house. Anna enjoys turning on the creative flow when time allows by painting, writing, and creating custom T-shirts and jewelry. Finding balance in nature or at the beach with friends is her joy. She's dedicated to serving her calling and leaving her legacy as a 'conduit for change' by bringing more health, happiness, and well-being to the world with a collaborative spirit and intentional action.





*"There is no path to
happiness.*

*Happiness is the
path."*

~ Buddha