

# 5 STEPS TO A HAPPIER YOU

**GUIDE** 



SANTHIKA RETREAT CENTER

### STEP 1. GROW YOUR WINGS

Sometimes it feels like you need to wait for the right wind to take off.

But your inner wisdom knows: wings don't grow from the wind – they
grow from the decision to rise.

### MESSAGE OF THE STEP

Wings appear for those who dare to take the first step forward.

#### **REFLECTION**

Close your eyes and remember a moment when you were flying – not literally, but with your soul.

When everything felt light, inspired, and flowing.

What helped you spread your wings then?

What is holding you back now?

#### Practice:

Write down three small steps that can help you feel that sense of flight again — even while standing on the ground.



# STEP 2. EMBRACING MISTAKES WITH EASE

Sometimes we treat ourselves more harshly than any judge.

We strive to be precise, correct, flawless.

But your inner wisdom knows: mistakes are simply proof that you're moving forward.

MESSAGE OF	THE
STEP	

Those who never make mistakes are the ones who never move.

#### **REFLECTION**

Think of three "mistakes" that still bring you feelings of regret or shame.

Now – write next to each one what it taught you.

What would you have never discovered about yourself if everything had gone "perfectly"?

#### Practice:

If you can — thank yourself for those mistakes. Say: "I allow myself to learn through life, not just in theory."

## STEP 3. STOP COMPARING YOURSELF TO OTHERS

It often seems that someone is always wiser, prettier, faster.

But your inner wisdom knows: the moment you stop comparing, you return to yourself.

And that's when real magic begins.

MESSAGE OF	THE
STEP	

No one can be you better than you.

#### **REFLECTION**

Think about who you've been comparing yourself to today – even unconsciously.

What is it in that person that resonates with you?

And what beauty within yourself do you overlook when you look at them?

#### Practice:

Write down three qualities you're grateful for in yourself right now.

And one you'd like to unfold — not to be "better," but to be even more fully yourself.

### STEP 4. BRING THINGS INTO ORDER

Sometimes chaos is just a form of accumulated energy asking to be heard.

Your inner wisdom reminds you: order isn't about control – it's about respect for yourself and your time.

MESSAGE OF	THE
STEP	

When clarity comes within, everything else falls into place.

#### **REFLECTION**

Look around – where do you feel the most disorder today? It might be your desk, a folder on your computer, a conversation, a relationship, or even your thoughts.

#### Practice:

Choose one space and bring order to it.

Not for perfection — but for a deep breath.

Let every item, word, or thought find its rightful place — like pieces of gentle inner magic coming together.

## STEP 5. REPLACE 'HAVE TO' WITH 'WANT TO'

Your inner wisdom smiles whenever it hears the words "I have to." It knows: every "have to" is a stone in the cart you pull by yourself. And magic begins the moment you decide to travel light.

MESSAGE OF	THE
STEP	

What's done with desire grows, what's done from duty weighs you down.

#### **REFLECTION**

Listen closely to your schedule, your thoughts, your promises.

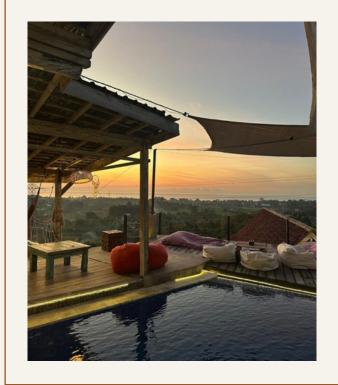
What do you do out of obligation – and what comes from genuine desire?

Where can you replace "I must" with "I choose to"?

#### Practice:

Write down three things you'll do today because you want to, not because you have to. Let your day end with a feeling of lightness — not duty.





#### SANTHIKA RETREAT CENTER

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support@santhikaretreatcenter.com

www.santhikaretreatcenter.com

@santhikaretreatcenter

+62 857 3840 8200