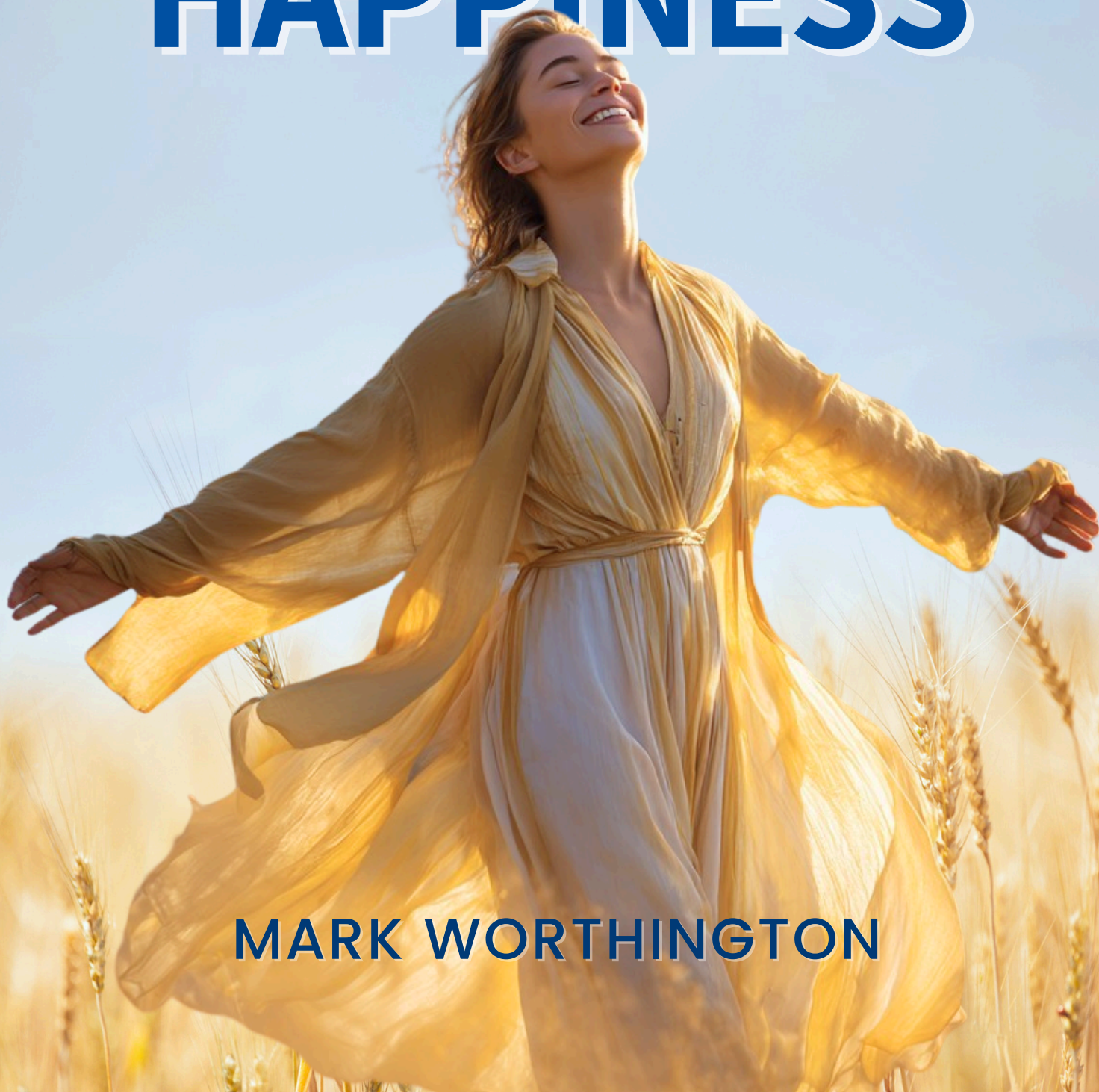


FINDING YOUR
SELF-LOVE
& PERSONAL
HAPPINESS



MARK WORTHINGTON

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Introduction

Do you often feel sad and disappointed with how your life has turned out?

Do you struggle to feel as happy as those around you?

Does your life seem less successful than it should, given how hard you try?

Maybe everyone keeps telling you to think more positively, but it's just not working?

There's a reason why! Come on this journey and discover how all this can change!

Where is Your Happiness Hiding?



Hi, I'm Mark Worthington. I spent many years working hard and doing all the things I was supposed to do in order to 'be happy', yet for some reason my life remained full of stress and disappointment. Things just never seemed to work out for me, and that left me feeling sad and confused.

Perhaps you can relate to this?

After two divorces, lost jobs, many years in pain caused by my own stress, and the loss of wealth associated with all these events, I set out to discover why.

What I found absolutely astounded me, just as it astounded others when I told them!

The bottom line was that I was subconsciously choosing my own unhappiness. I know it sounds crazy, but it's true. At first the realisation was at hard to accept, though it was also liberating because it meant I could choose a better life.

It was all up to me. I had the power to change things!

Of course it wasn't as easy as simply choosing happiness. To be truly and deeply happy, I had to work to change the way I was creating my life. There was and is no free pass to happiness. But the work I had to do was at least clear and achievable, step by step.



From Where Are You Making Choices?

We all have the right to think and make choices. But the source of our thoughts is often the problem that leads us to unhappiness.

A key factor that determines how we think and how our life unfolds is actually our level of awareness. Albert Einstein once said:

No problem can be solved from the same consciousness that created it.

It's so true! What I needed, and what we all need if we're to change the source of our thoughts, is a higher consciousness that can perceive our problems from a different perspective. Finding this higher level of self-awareness thus became my obsession.

Basically, we all have two operating systems at our disposal, from which we can make decisions.

One is your mind. The other is your heart.

People will often tell you to make life choice from your heart. I'm sure you've heard it many times. But how exactly you do that? It's easier said than done!

Your mind is essentially a logical memory bank. It remembers what it has been taught and seen, and logically makes decisions from that platform. It also contains your ego, or personality, which you have probably spent a lifetime cultivating. It is your identity and self-image. And it's hard to let go of this.

The problem with your ego is that it has almost certainly been conditioned to think in certain ways by the world around you, such as the family you grew up in. Some of these conditioned mindsets are very limiting and entirely subconscious.

It's a bit like an iceberg. Consider the picture below.



Imagine that the ice above the water is your conscious thoughts. You know what they are and can most likely articulate them.

But you also hold a substantive number of subconscious beliefs that you probably aren't aware of at all, and that's the ice beneath the sea. They are out of sight, but unfortunately not out of mind. And they can be dangerous.

Our egos are prone to want to protect and project us in our lives. This is their job, but it's not a job description many people have read.

For most of my life, I was in this boat and heading straight at my own iceberg. The results certainly weren't pretty at times.

In fact, many of my subconscious beliefs led me to live a life that really did not make me happy, and even self-destruct at times.

I didn't really know who I was, because I was taught to fit in and be what others wanted me to be. In the interests of safety and security, I complied with this and the wishes of others. Unknowingly, I was a bit of a fake, and my inauthenticity caused me to feel deeply unhappy.





I spent much of my life trying to impress others so that they would love and admire me, all the while limiting the adventures I could take. I wanted to be safe and successful at the same time. Sometimes these aims were contradictory and caused me even more stress. I put myself into a kind of box, which restricted what was possible.

I was like a robot, programmed by others. I learned to ignore and suppress my feelings, because they kept telling me that I was not where I wanted to be, and I didn't want to hear that, because I'd exerted great effort to get where I was at that time. So I blocked them.

However, all the time I had an alternative source of intelligence from which I could have chosen my life. And that was my heart.

Your heart is the truest source of inspiration and love that you could possibly ever have. It knows what and who you love. It knows what you desire to be. It knows who you truly are, and more! It is connected to your soul, or spirit.

My life changed dramatically the day I learned to live from my heart.



How Did I Change My Operating System?

What I first had to discover was the full extent of my subconscious beliefs – what they were and how deep they went – so I could essentially reassess them.

Ultimately, every thought we have is determined by a belief.

What I did was go back and look at my key life problems, then determine what beliefs had led to those demises. There I found the ‘gold’ hiding in my subconscious mind – so many beliefs that were limiting me, and every one of them the result of subconscious programming I had absorbed from the world.

There were hundreds of them.

What I did next was to restate those beliefs each time they became known to me, thus increasing my awareness of them, and how deeply they were affecting my judgment. After that, I would have to select new beliefs, and eventually learn to restate those instead.

What Were The Clues to My Discoveries?

Again, this was simple, in concept. The gateway to my beliefs was in my feelings.

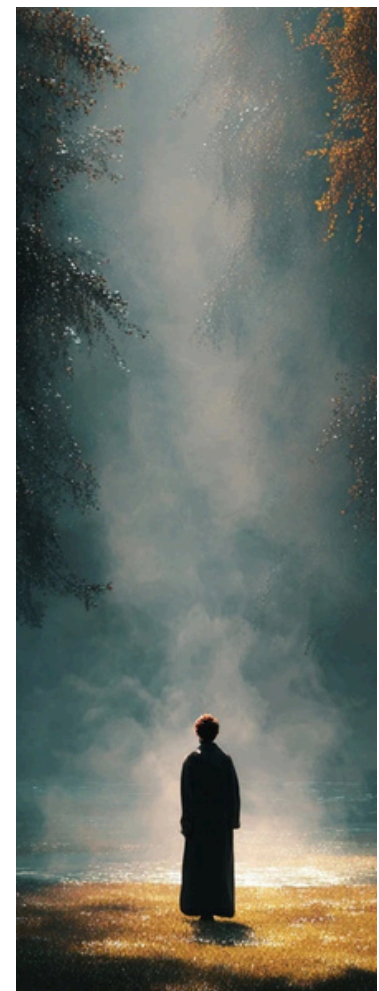
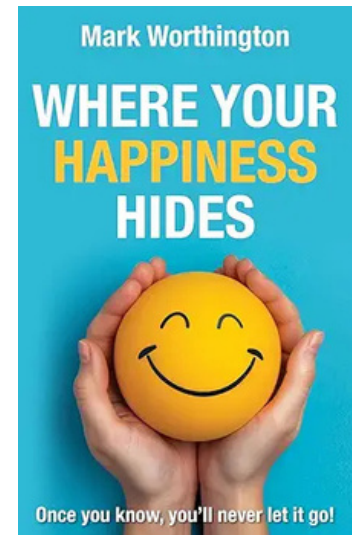
But when I was growing up, I had learned to turn my feelings off, as a way of coping with the life I had been taught to live... though didn't truly want. So many people expected me to do certain things at certain times, and to act a certain way.

I had to learn to feel again. I had to learn to cry, to express myself, and to get curious about all that then arose.

This wasn't something I was particularly good at, because I had been brought up to believe that what I did mattered, not what I felt. Emotions just weren't valued.

This process took me a few years to master, and I had to take full responsibility for everything that arose. There was no blaming anyone else. Just because someone teaches us something or expects something from us, that doesn't mean we have to do it.

I had to transform me, before I could transform my life.





So, What Did I Change?

Throughout the process, I found and changed hundreds of limiting beliefs that were in my subconscious.

I then added another step to how I made choices. Now that I was feeling, then believing different beliefs, I made sure I accessed my self-awareness before thinking, then finally acting. It was really hard.

But it doesn't need to be so hard for you. Out of the hundreds of beliefs that limited me, I've identified 22 key limiting beliefs that really influenced my life. Once I witnessed them and let them go, it changed everything for the better.

And I soon realised that these limited beliefs were widespread across my and other communities. So I put them in my book *Where Your Happiness Hides*, in case a reader wished to discover more about them.

Although these beliefs were quite broad in nature, the major ones centred around money and romance. These were my 'Achilles heel'.

It all added up to two core issues: I lacked self-love and self-worth.



How Did All This Help Me Become Happier?



The short answer is because I found my TRUTH.

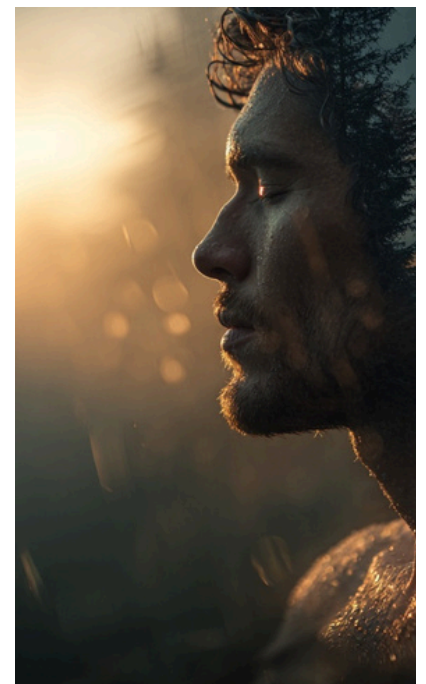
As I restated my beliefs and got in touch with my feelings, I started to really come alive again. I was sort of reborn.

I had lost any sense of fun in my life, and finally I was doing things I loved and enjoyed. This included dancing, going to the beach, and changing my career. I only did what I loved, where I could help it.

Higher awareness was giving me the opportunity to rechoose my life, and I took it with open arms. Once I saw who I really was, I could not go back to who I had once thought I was.

I chose love and to do the things I loved, rather than to do what I felt others expected me to do.

I became more authentic every day in every way. My energy shifted, as did my needs and sources of validation, and my fears gradually dissolved. I had found my happiness.





How Can I Help You Further?

I have now written several books on love and awareness to help others, who may be suffering like I once was.

Don't be fooled by people who just tell you to think more positively, then all will be okay in your life. There is much more to it than that, and I can show you how to do this.

When you realise how worthy the real you is, you can have a happier life – one that you probably can't even imagine at this point!

Higher awareness can improve every part of your life.

As well as my books, which will help guide you further, I offer life and spiritual coaching, consulting, and presentations.

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This is Just the Beginning

If this book has sparked something in you, let's talk.

I offer private sessions, leadership coaching, and keynote presentations for events and those who might want to go deeper into the pursuit of happiness as a group.

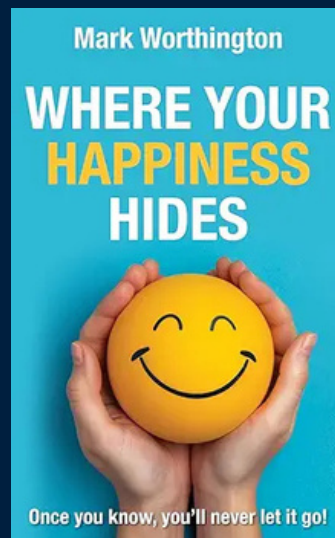
Scan the QR code to start the conversation.



www.mark-worthington.com

Where Your Happiness Hides

MARK WORTHINGTON



If you found this guide helpful, you may want to explore Mark's powerful book **Where Your Happiness Hides**. My books are available in hard copy and in electronic form on various distribution outlets including Amazon.

It's a deeper journey into self-awareness, the beliefs that limit you subconsciously, and how to find happiness – guiding you to meet your true self and live with higher awareness, joy, and purpose.



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