

THE HAPPY BUSINESS EXPRESS

JUNE/JULY 2025

ISSUE 032

Take care
of yourself
first



You are
enough

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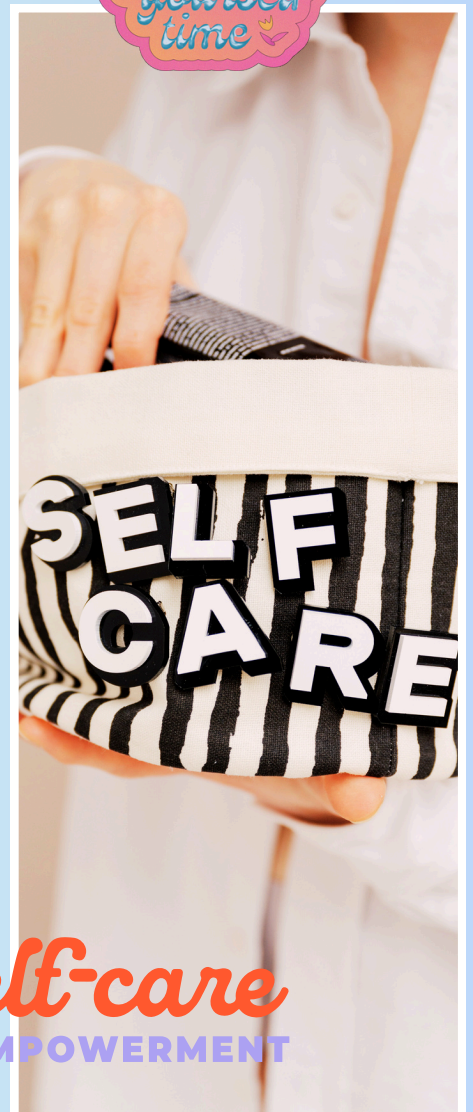
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give
yourself
time



SELFCARE ISN'T SELFISH

THE HAPPY BUSINESS EXPRESS



INTRODUCING THE HAPPY BUSINESS EXPRESS...

WHAT IS IT?

A FREE monthly digital magazine to provide free nuggets or starting points which will nudge you towards Working Happy. It will include Happy Business case studies, fascinating articles, recommendations to books, podcasts, products, blogs, websites, and all sorts of other links to places where you can explore and connect with what happiness means to you.

WHAT IS IT FOR?

On a individual level, it is a place for you to start focusing on your happiness and the little things you can do to make that work for you.

On a business level, it is a mine of information on where to find the best places to start growing your business in small ways that don't take much time, money or effort on your part. Where it leads you is entirely up to you.

On a global level – yes, I am on the same mission as you – it is to play a part in lifting the mood of the whole world from 'mostly desperate' to sometimes appreciative, sometimes joyful and sometimes, just a bit better than yesterday.

WHO IS IT FOR?

Small business owners and entrepreneurs who want to make their own happiness important. It is for the betterment of themselves and their business to create a foundation of 'working happy' in their lives.



I want you to tap into the capacity you have for positive feelings and manage your mental health, especially around the important work you do, simply by being open to things that will bring moments of happiness. The more often you look in that direction, the more it will impact your life for the better.

If you love this magazine and would like to feature in it, all you need to do is write a 400-500 article on a future theme and upload it to the link below:

[SUBMIT AN ARTICLE](#)

Or you can share this little gem of a magazine with your friends and family. Give them the link to subscribe (below) and spread a little joy...

[Link to sign up click here](#)

How can I
get involved?

WHEN IS
IT OUT?

MONTHLY

Next issue due to land on
Monday 28th July
'The Power of Play'

THE HAPPY BUSINESS EXPRESS



A FEW WORDS FROM YOUR EDITOR...

Here's the thing about self-care.
It's not a side quest.
It's not something you reward yourself
with after ticking off 47 tasks and making
everyone else's life easier.

Self-care is the whole flippin' quest.

It's the moment you wake up and decide
—before the world starts shouting and the to-do list starts
multiplying —that you, yes you, actually matter. Not in a
vague inspirational quote way.

But in a my survival, sanity, and ability to function as a kind
and competent human depends on this way.

Every day, we get a fresh batch of 24 hours. Like a cosmic
reset button. And in that time, we have needs. Deep ones.
Human ones. Sometimes obvious, sometimes sneakily disguised as scrolling
or shouting or hiding under duvets.

Physical, emotional, mental, spiritual—needs that don't go away just because we're too busy or too British to
say them out loud.

When we ignore those needs, we pay. In burnout. In brain fog. In that weird twitch we get when someone
asks us to "just do one more thing."

And let's be honest—some of us are world-class experts at ignoring ourselves until something breaks. Been
there. Ate the cake.

But what if we didn't wait for the crash? What if we didn't treat ourselves like the last thing on the list? What
if self-care was just the normal, bonkers, beautiful rhythm of our day?

Here's your permission slip, written in invisible ink and served with sprinkles:

- You are allowed to need things.
- You are allowed to honour those needs.
- And you are allowed to build a life that doesn't require heroic recovery every two weeks.

This month, our wonderful writers are sharing their messy truths, their lessons, their hilarity, and their hope.
They'll make you think, nod, snort-laugh, and maybe cry (in the good way).
So grab a brew, hide from your responsibilities for 15 minutes, and enjoy the read.

Then maybe ask yourself that one tiny question: "What do I need today?"

And be brave enough to do something about it.



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WELCOMING YOURSELF IN - HELEN CALVERT

Self-care and selfish. Two words we hear a lot, but which are both misunderstood.

Let's start with self-care. It's not all bubble baths and nail polish, or gym trips and lattes, although those are great things to include if you like them. True self-care is about being your own best friend, your own lover, your own parent, your own boss, your own cheerleader. Being all of those things to yourself. That is what self-care actually looks like.

The phrase has become so over-used and so linked to all these things we can buy (it's a great marketing tool) we have forgotten that it is exactly what it says. It is caring for ourselves.

So if we then bring in the word selfish - how can caring for ourselves be selfish? Caring for ourselves does not have to mean doing that in ways that hurts other people. It just means including ourselves in our own compassion.

All of that love and kindness that you show to other people? Open that up to yourself. It is not about choosing yourself over other people. It is about including yourself.

How do we care for the others in our lives whom we love? We talk kindly to them, and we know if ever we do not talk kindly to them, that is not showing them kindness and love. We are understanding and forgiving towards them. Yes, they have flaws, they have faults, they have their little quirks and triggers, we get that and we understand and we forgive.

We show them love.

These are the people we love in our lives and we show them that and we tell them that all the time. We recognise their needs, and we try to fulfil them. We look after them, from the basics of feeding our kids right up to understanding that our partner needs a little bit of quiet time and trying to make that happen. This is how we treat the people that we love. If you are not treating yourself that way, you are telling yourself every day that you have no love for yourself.

Stressed? Lacking in motivation? Anxious? Miserable? Could the fact that, every day, you are signalling to yourself that you have no love for yourself be a contributing factor in those things? I would say yes.

No one person in a household should always be the priority, not even the kids. It is not about who comes first, it is about who needs what in the moment. The kids are ill? We look after them. You have a migraine? Then you are the priority in that moment. Which needs are the greatest, no matter whose needs they are? Those are the priorities.

If right now you are on the outside of the circle of people that you care for, you are being incredibly mean to yourself. You are abandoning yourself. If your needs never come first, no matter what they are, that is a terrible message to send.

Welcoming yourself in is not selfish.

It is love.

Helen Calvert is The No Bullsh*t Coach—helping you rewrite your story, ditch the drama, and treat yourself with radical self-kindness. Ready to strengthen your relationship with you? Click the link to find out more.

www.happier-life.co.uk/hvb



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freebie

SELFCARE IS A STRATEGY - JACKY CLARKE

There's a quiet but persistent myth in modern culture: that self-care is indulgent. That taking time out to rest, nourish, and prioritise yourself is somehow a sign of weakness or laziness.

Especially for women building something—be it a business, a family, or a new life chapter—the pressure to do more, give more, and be available to everyone else is constant. But here's the truth: you cannot give what you don't have. And your ability to show up for others—your clients, your loved ones, your community—depends entirely on how well you're showing up for yourself.

For years, I believed success meant running faster, saying yes more often, and pushing through. I built a six-figure consultancy in under four months. From the outside, everything looked impressive. But behind the scenes, I was exhausted and emotionally brittle. When life threw me curveballs—grief, burnout, a global pandemic—I was forced to confront the truth: my "high performance" was unsustainable because it was built on empty reserves.

What I've learned since then, and what I teach through The Balance Code, is this: true success is built on nervous system safety, not stress. Your best ideas don't come from a frantic mind. Your most aligned decisions don't come from pressure. And you certainly don't become magnetic to opportunities, clients, or joy when you're perpetually running on adrenaline.

Self-care isn't bubble baths and spa days (though those are lovely). It's about creating space for your nervous system to exhale. It's about choosing sleep over scrolling, fuelling your body so it can carry your dreams, and building a business that works with your energy, not against it. It's boundaries, breaks, breathwork. It's listening to yourself before the burnout screams louder.

For the women I work with—many of whom are launching or growing online businesses—this shift is profound. When they slow down, they don't fall behind. They catch up with themselves. They become clearer, more creative, and more confident. Their work improves. Their launches go better. Their relationships deepen. They stop chasing success and start embodying it.

The idea that rest is radical shouldn't feel revolutionary. But for so many women who have been taught that worth is earned through output, it is. That's why reclaiming self-care as essential, not extra, matters so much. Because when you take care of your inner world, everything in your outer world begins to change.

The truth is you don't need to earn your rest. You don't have to wait for a breakdown to permit a breakthrough. You are allowed to design a life—and a business—that supports your wellbeing as much as your ambitions. In fact, it's not just allowed; it's required.

Because when you're well-resourced, regulated, and rested, you become a force. And from that place? You lead better. You love better. You live better. Self-care isn't selfish. It's strategy.



Jacky Clarke is the founder of The Balance Code, guiding women to build sustainable, soul-led businesses that honour their energy. Her free webinar shows you how to earn without burning out.

Click the link now to save your spot.

www.clarkelearning.com/webinar-opt-in

Catch Jacky on instagram:

www.instagram.com/_jacky_clarke/

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THE BEST SHAPE OF MY LIFE! - JEN GRIFFITHS

I'd never heard of self care as a concept before lockdown. I would regularly hit burnout (and didn't know what that was either) and wonder what was wrong with me. As lockdown approached, a lot of us were forced to reflect on everything in our lives, and the one thing a lot of us were missing turned out to be self care. Self care then became a sort of "buzz word" of lockdown. Time to look after yourself, put yourself first. You can't pour from an empty cup.

On reflection of my formerly anxious self, I wasn't running completely on "empty". My weekly pilates class was my time to myself, but after my child was born, it became another childcare thing to organise, and it wasn't as fulfilling as it perhaps once was. By then I'd made a name for myself as the Tropic Pianist Gamer, and it was joining Tropic as an ambassador, that really brought the idea of Self care to the forefront. Pampering yourself with luxurious skincare seemed an obvious option. But as I worked on my self development, I reflected on what I do for myself to essentially keep "sane"!

I chase my passions now, whatever the flavour of the day is, I chase what I love.

As the Tropic Pianist Gamer, I keep things simple but varied. My self care is my skincare routine. My self care is playing the piano to myself (not practising, playing like you might sing in the shower), and of course gaming. Chill games for myself, or playing games with friends is also a form of self care; and that's just my brand. If I ever feel overwhelmed I'll get outside, stick my headphones on and go for a walk - I'm lucky that where I live I have both beaches and mountains on my doorstep.

Now my kid is a bit older, he occasionally goes on holiday with his aunty, and having a husband that works away a lot, means that I can truly take a day or so out for myself completely. A day where I can do whatever I want, drive wherever I fancy, and eat whatever I choose. These are rare but as a busy working mum, no time is wasted, and if I feel myself heading to burnout, I know that I can choose a few hours in day to do "nothing" (listen to music, read a book, play a video game).

Exercise is essential self care too. Staying active helps keep the mind clearer and more focused. I was originally too anxious to hit the gym, but after I hit rock bottom, I tuned into the fitness video games industry and started there. Now I'm into climbing, parkrun, hula hooping and yoga, and am just about to get into Pilates again because being stronger is one of my priorities this year. As I promised myself by the time I hit my next milestone birthday, I plan to be in the best shape of my life!

People consider me high energy when they meet me while networking, and I love that, even though life comes in ebbs and flows like everyone else. The key? Self care is my number one priority! I don't have to take time out each day to "do my self care" because it's part of my established routine. Self Care being the very basis of how my business/brand came to exist, I don't really need to think how to purposely do it. I live through keeping my cup full.

I always have fun plans in the pipeline, but I love to live in the present moment too. I keep grounded and relatively high energy as a result.

Self care isn't selfish, it's an essential pathway to finding the best version of yourself!

Jen is known as the Tropic Pianist Gamer; author and podcaster. She'd been suffering from anxiety since the age of 13, finding confidence finally in her mid 30s. With the tools and opportunities that opened up to her in lockdown, she was able to overcome anxiety for good.

Get in touch with Jen: [Jen Griffiths Facebook](#)

Buy her book on Amazon: <https://amzn.to/3PH7RAM>



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freebie

A PERSONAL DEFINITION OF SUCCESS - JESSICA SILVA

Let's deal with the elephant in the room: self-care has a bad rep.

When we say self-care, many of us make the immediate mental leap to spa days and bubble baths. While very nice, this is not what self-care is about. Self-care literally means taking care of ourselves. This covers all areas of life: our health (physical and mental), our relationships, our finances, our work, and how we choose to live our lives.

If we view self-care through this lens, it is much easier to see it as a necessity, and not something that we don't have time for or is selfish to prioritise. It could even be said that it is selfish not to prioritise self-care, after all, it is difficult to care for our loved ones or show up as the best versions of ourselves if we have not attended to our needs.

I know that if I'm feeling stressed and don't make time for a walk, or I haven't had enough sleep, I can't be the kind of parent and partner I want to be. My family would all agree that they would much rather I take time for a nap rather than be the snappy, grumpy, unrested version that thinks she needs to do everything right now. In this scenario, I'm actively not looking after them by not taking care of myself.

But self-care is much more than attending to our physical needs. While researching a book written with The Happy Ladder called *Life Balance*, A guide to feeling relaxed, content and happy more often, it truly sank in that it is self-care to look after our finances and our work too. We don't often think of having a savings account or retirement plan in this way, but this is the ultimate form of self-care. It is caring for our future self (and the future lives of those we love, too).

As a coach, one of the most important things I work with clients on is their personal definition of success. Letting go of the societal expectations we carry around and working out what really matters to us is at the centre of self-care. If we know what's important to us, then we can focus our attention on it. And, as the saying goes, the grass is greenest where it is watered.



Making choices that fit with the life we want to live is self-care. Having boundaries and being clear on what we will and won't accept is self-care. Actively choosing how we spend our time and attention is self-care. Not saying yes to everything is self-care. None of these is selfish.

If we can shake off the idea that self-care is rooted in selfishness, we can see that self-care is simply being mindful about the impact all the elements of our life have on us, and how we can manage the stresses and strains in the best way possible.

Jessica Silva, Your Life Direction Coach, is an author and champion for people seeking meaningful change. Based in Spain, she understands the challenges of stepping off the conventional path to success.

Book a FREE call with Jessica: [BOOK HERE](#)

Find out more about Jessica: www.therestless.co/

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SELF-CARE IS SELFISH AND THAT'S PERFECTLY OKAY - JO ROBINSON HOWARTH

Everybody's talking about self-care right now.

We are being encouraged to practice it at every available opportunity and in every conceivable way we can, from bubble baths to massages and from meditation to time in nature. Self-care is the way forward it would seem.

And yet a lot of us resist the idea of it. Why? Because it feels selfish.

It feels selfish to put ourselves first.

It feels selfish to put ourselves before other people.

And being selfish is "bad".

We have been conditioned from a very early age to believe that being selfish is an undesirable trait, being selfish is naughty, being selfish is just plain wrong. And I have an issue with that.

Let's take a look at that word "selfish"

Self - ish.

All that means is "of the self" and please can someone tell me what on earth is so wrong about being concerned with the self in one's own life? After all this is YOUR life, so if you're not concerned with your own life who else is going to be?

We have, over many years, given the word such a negative connotation and such a bad press that we all now believe we cannot prioritise looking after our own selves.

And here's the thing. If you do not look after yourself in your own life, first and foremost, then you simply cannot truly help or support anyone else.

If you use your energy, time and effort on everyone else then you will run yourself into the ground, you will race towards burnout, you will break. Maybe not today, maybe not tomorrow, but if you're doing everything for everyone else without considering yourself then that is undoubtedly where your future lies.

When you make the time, take the time, create the time, use the time, to start looking after yourself fully then, as if by magic, you will have more time, more space and more energy to help other people too.

Imagine a world where everyone understood how valuable it was to look after themselves, the thought of it makes me grin from ear to ear.

So, however you choose to practice it, and there are many ways in which you can, I believe it is actually vital for all of us to prioritise self-care.

You might choose to take 30 minutes every day to allow yourself to sit in silence.

You might choose to walk in nature and allow yourself to hear the birds singing.

You might choose to luxuriate in that bubble bath without interruptions.

You might choose to put some real boundaries in between yourself and the people in your life.

You might choose to stop saying yes to things you don't really want to do.

You might choose to leave work at work and allow yourself to have real downtime at home.

However you choose to practice self-care, this is my call to you:

Onward my loves, and let us ALL be just a little bit more selfish from this point forth!



Jo Robinson-Howarth is the Founder of The Happiness Club, an app based membership that helps people look after their mental and emotional wellbeing on a daily basis.

You can now try out The Happiness Club for a two week trial for FREE!

<https://happy.thehappinessclub.co.uk/2weektrial>

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THIS BOOK IS FLIPPIN' AWESOME!

THE ROAD TO MOTHERHOOD

written by Joane Cook



If only the road to motherhood was as simple as following the yellow brick road. Turns out, it's not. It's more like dodging potholes, missing the turn, and losing signal just as soon as you think you've got it figured out!

Whether you're about to take your first step, already somewhere deep in the chaos, or reminiscing on the journey that started with two lines and led to never peeing alone again - this book is for you.

It'll make you laugh (and probably test your pelvic floor), cry, nod furiously in agreement, and most of all, feel seen and heard, in all the moments that you felt alone in your own journey. It's time to ditch the expectations and embrace the wonderfully unfiltered truth about motherhood, the journey that is the most precious journey in the world and one big experiment that we all hope we get right!

Whether you are at the beginning of your journey, juggling the school years or watching your babies turn into adults themselves - this book is for you! When we are handed our babies on the maternity ward no one gives us instructions on how to navigate motherhood. From the moment you took a pee on a test stick, watched your body turn into a fruit salad bowl and entered the labour room where not only did your dignity go out of the window but your personality too!

Yes, the joys, chaos and tears all of which come with our journey on The Road to Motherhood. This book will take you back to where it all begins, whether for you that may have been months, years or even decades ago.

This book is for every woman who has entered The Road to Motherhood.

"Motherhood doesn't come with a manual, strategy or instruction sheet - so I created this book for us Mums instead."

"Brilliant book! I'm part way through and the honest, heart warming and hilariously funny stories have had me in stitches! My hubby is not too impressed with me cackling away whilst he's trying to go to sleep though 😂 definitely well worth a read ladies, buy it now!" - 5 Stars Amazon Customer

JOANNE COOK

Joanne Cook is the founder of Connect With Jo and the creator of The Road to Motherhood book series and Talk Show. As an Intuitive Life and Business Mentor, she creates spaces where women feel seen, stand out with confidence, and lead impactful businesses that drive the change they want to see in the world.

Click on the link to buy your copy of this fabulous book now:

[The Road To Motherhood - Buy on Amazon](#)

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THE ROAD TO MOTHERHOOD - JOANNE COOK

Being a mum of two, with over 23 years on the motherhood journey, I can really understand the reality of balancing personal growth, big dreams and raising a family. In July 2002, I became a mum for the first time at the age of twenty-two. Ambitious and driven, I quickly realised the unspoken pressures women face when trying to "do it all" - especially when navigating a career and a business alongside motherhood. So much gets spoken of finding a balance - yet every woman out on the motherhood road will tell you that balance does not exist in motherhood. You juggle not balance. You juggle your time and emotions like never before. The moment you see two lines on a pregnancy test, your life changes, whether you intend it to or not. Your perspective and vision change, and your heart loves like never before.

Unlike business, where there are strategies, automations and processes, motherhood doesn't come with any of them. We've all looked for the manuals and even inside our kids' clothing labels for some help on how to raise tiny humans into full-grown functioning adults - whilst keeping our sanity and our body parts from drooping. Motherhood is a journey where we all pull our hair out at times, crying into the pillow as our children grow and smiling in a social media photo to say 'I've got this', then looking around at the chaos that the picture doesn't capture.

Yes, motherhood is full of bundles of love and heartfelt moments that we capture along the way. It is also full of heaps of expectations, guilt and experiments that you just hope you get right. No conversation or book has ever prepared a woman for her unique journey of motherhood. The moment you feel you're winning, Sod's Law will come in to greet you and remind you that you are not in control of your motherhood road.

I created The Road to Motherhood book series to shine a light on the parts of motherhood often left out of the high-light reel - the messy, emotional, laugh-out-loud, and quietly powerful moments that shape us as women. This series isn't about babies and birth plans; it's about identity, resilience, choices, and the generational journey - from those first two lines to watching your children grow into adults of their own. This book series uncovers the unfiltered and funny moments that motherhood books leave out or the bits that society forgets to paint in the picture of what motherhood is really like.

The first book in the series brings you the hilarious, relatable and unfiltered truth about where the motherhood journey begins. The personality transformation that occurs in the delivery room to watching your body turn into a fruit salad bowl! This book has been written for us. The stories, the moments and the talks you wished someone had shared with you back then. You will laugh, nod and roll your eyes when you reach The Road to Fatherhood part.

Motherhood, the road we walk together, but in very different shoes.



For more information and to get in touch with Joanne use the following links:

Facebook: [ROAD TO MOTHERHOOD FACEBOOK](#)

Instagram: [The Road To Motherhood Instagram](#)

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THE LUNCHTIME BOOGIE - KATIE GEDDES

We all know as small business owners that time is so precise and juggling the work life balance is a constant battle and tipping of the weighing scales. Some days we strike that perfect balance and others, well, it's a mish mash of surviving the week. Taking time out for ourselves and factoring in that all important 'me' time can be hard, and often it is the first thing to go if our schedules are proving too tight or busy, but it should be the non negotiable, the one thing that we mark out as important above all else, as without a healthy body and mind how can be at our best to serve our customers, staff, family and loved ones?

For me, it's always been dance. That's my go to if I need some stress relief or downtime and more often than not these days its a boogie around the kitchen (alongside some much enjoyed nights out with the girlfriends to a local 80s disco!). This led me to thinking that dance shouldn't be just confined to the studio classes, the space in which most of my time dancing has been in younger years. Don't get me wrong the majority of my business operates from our own studio premises or community halls and spaces, where we run adult classes, workshops, parties and corporate team away days, but there's huge value in dancing wherever, and with whoever, you may be - whether it's on your own in the kitchen, in the garden with the kids, or at the disco with your mates.

So we set up our lunchtime boogie series to give busy working individuals the chance to have a quick dance fix and an easy way to implement some movement therapy for your body and mind - whilst the kettle boils, the document downloads, or in-between a gap for your next teams meeting.

Those 5 mins are so incredibly powerful to energise yourself ready for your next task or meeting as dance releases those all powerful mood-boosting endorphins and reduces cortisol levels, the hormone associated with stress. Finding ways to hit those 10,000 daily step counters can be challenging but add in a 3 min boogie and you'll be another 500 or so steps on your tracker.

Not to mention the added value of taking time to nurture your mental health and well being, as it's been proven that happier people are more likely to be more creative and productive at work.

Our lunchtime boogies are released every Monday on our social channels giving you a dance for the week which you can rock out anytime you like:

- 🌟 Short and simple dance moves
- 👤 Suitable for beginners
- 🌟 Instructions to follow along
- 👤 Movement breaks in your working day

But if the idea of following video tutorials doesn't appeal, above all else, I strongly recommend putting on some of your favourite tracks and having a boogie around the kitchen, just pure improvised freestyling to music that makes you simply have to move - it's golden!

Katie Geddes is a qualified dance instructor with over 20 years experience, and founder of The Dance Studio Leeds, an award winning dance studio providing dance and fitness classes, wedding dance lessons, parties, team building events, dance for wellness, and empowering others to find confidence in social dancing.

Follow Katie on instagram: [Katie Geddes Instagram](#)
or check out her website: thedancestudioleeds.com



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RUNNING ON EMPTY - KELLY-ANNE RILEY-SMITH

Self-Care isn't optional – especially for parent carers. We've all heard it before: "You can't pour from an empty cup" or "Put your own oxygen mask on first." It sounds cliché, and if I'm honest, I used to roll my eyes at those phrases too. That was until life forced me to stop and listen.

I spent years juggling a full-time teaching career while also being a parent carer to four neurodivergent children. My days were filled with lesson planning, school runs, meltdowns, meetings, medical appointments, paperwork, and masking how overwhelmed I really was. I pushed my own needs aside because everything felt more urgent than my wellbeing. I told myself I could handle it, that I had to.

But the truth is, nobody can run on empty forever. I hit a wall. Hard. My mental health deteriorated to the point where I had a breakdown, and I ended up needing medication, counselling, and time off work just to begin putting myself back together.

Eventually, I returned to my teaching role, but I knew deep down something had to change. So, when the opportunity for voluntary redundancy came up, I took it; a terrifying, yet necessary decision. I used that space to heal, reassess, and rebuild. Out of that journey, my business was born, SENSational Life: a space where I now support fellow parents of autistic children with advice, resources, and DLA application help.

One of the biggest lessons I've learned? Self-care isn't a luxury, it isn't selfish, it's a survival skill. I now prioritise my own wellbeing every single day. This simply means taking breaks, setting boundaries, getting enough sleep, asking for help, and allowing myself grace because I know the alternative and I won't go back there.

When I work with other parents, I always start with them. Not because their child's needs aren't important, of course they are, but because they will never be able to meet those needs properly if they're running on fumes.

As both an autism and parent support advisor and neurodivergent parent of neurodivergent children, I know that autistic people thrive when their environment meets their needs. But who is responsible for creating and managing that environment? The parent, the adult - YOU. Which is exactly why you must be in a good place yourself - mentally, physically, emotionally as whilst supporting an autistic child can be nuanced, intense and relentless you can't advocate, regulate, and care from a place of burnout.

So, take this as your permission slip to rest. To say no. To ask for help. To put yourself first without guilt. Because looking after you is the most important thing you can do for your child. I've learned this the hard way, but you don't have to.



Kelly-anne Riley-Smith, founder of SENSational Life is a dedicated and compassionate Autism and Parent Support Advisor. With a genuine passion for making a positive impact on the lives of autistic individuals and their families, Kelly-anne has become a trusted resource and advocate in the field.

Find Kelly-anne on Facebook: [Kelly-anne Facebook](#)
or email her at: info@sensational-life.com

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EVERYDAY ENERGY - KIRSTY CROUCH

Are you ready to change the narrative?

How often have you heard the phrase; 'you can't pour from an empty cup'. But how often do you live by that? As a Neurodivergent entrepreneur, being in this fast-paced society without the ability to filter any of the sensory input out, can be even more overwhelming than for a neurotypical individual.

Whether neurotypical or Neurodivergent, Self-Care isn't selfish. It's an important aspect of your mental, physical and spiritual wellbeing.

Our Chakras; the energy centres within our bodies; help us to feel grounded, safe and spiritually connected, but even basic things like making sure we get the right amount of sleep mean our bodies can repair themselves, recharge and process the events of the day. In my business, and my connections I've built with people, one thing has always stood out. 'I don't have time for Self - Care.' But here's the thing. We all have time for Self-Care. It doesn't have to be a pre-planned intricate event. It doesn't even have to be a day, or half hour. It can be five minutes in your lunch break each day to have a grounded and simple meditation that will have more benefits than just peace, calm and tranquillity.

If you're Neurodivergent, part of this, is that your pre frontal cortex is less developed than in the neurotypical individual. The pre frontal cortex is the part of the brain that amongst other things, is also responsible for emotional regulation. The limbic system is also an important part, and is our reptilian, animalistic brain that evolutionary speaking is least developed. Our fight and flight come from the Limbic system.

It's also been shown that meditation strengthens the pre frontal cortex, and can help us to find calm, tranquillity and inner peace. Our fight and flight don't know whether that stress is actual or perceived, so we can react to a stimulus that isn't a threat. By practicing self-care like meditation, mindfulness or even just a simple walk-in nature, we can rewire our neural pathways because of neuroplasticity, and grow our mental, spiritual and emotional wellbeing, which will have a long-term positive effect on our bodies at a physical and spiritual level.

Our Chakras, and especially our Root Chakra that gives us our sense of safety, security and grounding becomes aligned and balanced when we look at the things that we can do and what is underlying that affect our sense of safety, security and when we ground ourselves. And Self Care is one of those tools that we have at our disposal.

And whether that's nature, meditation, mindfulness, spa dates, reiki or anything that makes you find your sense of calm, the choice is up to you, so no, it's not selfish, it's essential.

Kirsty Crouch is the founder of Real and Raw Wellbeing, offering heartfelt support for neurodiverse individuals, especially those with ADHD. She creates safe, judgment-free spaces where people can thrive authentically—free from the chains, boxes, and expectations that life so often imposes. Real, raw, and radically supportive.

Find Kirsty at: www.realandraw.co.uk



THE HAPPY BUSINESS EXPRESS



WHO LOOKS AFTER THEM? - PAM MOLYNEUX

In my nearly 30 years in HR (I know, I don't look old enough!), I've seen it over and over again—managers showing up for everyone but themselves.

The ones who stay late to sort out a rota, take the difficult call so the team doesn't have to, and carry the emotional weight of everyone else's hard days. They're the motivators, the mediators, the mess-fixers. But who looks after them?

That question stuck with me on one of the mental health awareness days. But what happens after those days. The need to be aware doesn't go away. So I created Manager Wellbeing Wednesday—a free, monthly online space for managers, team leaders, and people leaders to pause, exhale, and remember they matter too.

Because selfcare isn't selfish. It's survival. And for managers, it's leadership. These sessions aren't about yoga or green smoothies (though I'm all for both). They're about giving the people who support everyone else a place to feel supported. To speak openly, be human, and learn practical ways to protect their wellbeing while still being the brilliant leaders they are.

Every month, we explore something different—burnout, boundaries, emotional labour, confidence dips—and I share tips managers can use straight away. There's no pressure to speak, no judgment, and no performance. Just connection, honesty, and the kind of conversations you can't always have at work.

Why? Because when managers are well, teams do better. Retention improves. Culture improves. Performance improves. But more importantly, people feel better—more equipped, more resilient, more real.

One of the most moving things I've heard came from a first-time manager who joined a session and said, "I didn't realise how much I needed this until I sat still for five minutes." And that's the thing—we don't realise how much we're carrying until we give ourselves permission to put it down, even just for an hour.

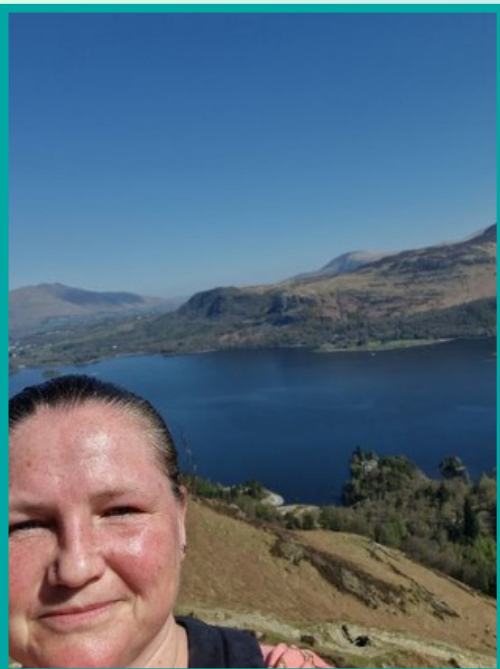
That's also why I created the Wellbeing Wednesday email series—52 weeks of short, actionable wellbeing tips delivered every Wednesday at 1:30pm. They take 15–30 minutes and cover everything from mindset to movement, difficult conversations to digital boundaries. Because sometimes the right nudge at the right time can be the difference between spiralling and coping.

If you manage people, this is your reminder: you are allowed to rest. You are allowed to not have the answers. You are allowed to need help, space, and support—just like the people you lead.

Selfcare isn't selfish. It's the strategy that keeps everything else going.

So let's normalise it. Prioritise it. And most of all—share it. You show up for your team every day. Manager Wellbeing Wednesday is your space to show up for yourself.

If you don't manage staff but know someone who does, please share this with them – Let's Put Manager Wellbeing on the Agenda



Pam Molyneux of PM Business Solutions Support helps first-time managers thrive with the right training, tools, and support to lead confidently. Ready to step into leadership with ease? Click the link to find out how Pam can help.

Sign up for **FREE Wellbeing Wednesdays**: [HERE](#)
Find Pam on LinkedIn: [HERE](#)

THE HAPPY BUSINESS EXPRESS

TOP
TIPS



POSITIVE PAUSES - PAULA POPPY HOLDEN

I used to think that self care was a luxury and something that I could not afford.

As a busy mum of two wonderfully unique—but demanding—autistic children, a parent battling burnout, a neurodivergent adult trying to please everyone, and a woman quietly juggling chronic illness, self care felt like something other people got to do. It was a dream—nice, but wildly unrealistic. I was running on empty, and everyone else's needs were more urgent than my own.

I thought self care required time and energy—two things that simply did not exist in my life. Then came my wake-up call and I realised that I was a resource. I was someone that everyone relied upon—and someone I needed to protect.

I began making small, sustainable changes. I created Daily Healthy Habits—tiny actions that I could blend into everyday life. These came in two forms: Moments of Magic and Positive Pauses.

Moments of Magic are the hidden gems already in your day, moments that often go unnoticed:

They may be small, but they hold real power. When we notice these moments and acknowledge them as tiny gifts of pause or kindness, they can shift everything. A single breath, a smile, a quiet second can nourish us emotionally, physically, and even spiritually.

Once I started noticing them, I saw them everywhere and I began to appreciate them, even celebrate them.

While Moments of Magic simply happen, Positive Pauses are more intentional. They are small acts of self-kindness that build from those Moments of Magic

One of the most helpful practices I have found is simply noticing my senses. Even as you are doing something as mundane as loading the washing machine: feel the fabric, smell the detergent, hear your ring tap the drum. Pause between each item to take a deep breath. You can do this anywhere with anything.

Most of these took less than a minute, but they changed everything. My mood lifted. My days felt lighter. I became more hopeful. And suddenly, I realised: this is self care.

Challenge yourself to notice the Moments of Magic. Weave in the Positive Pauses. No one else needs to know—but you will feel the shift.

Because self care does not need to be complicated. Self care is survival. It's strategy. It is self-respect.

POSITIVE PAUSES

- Diaphragmatic breathing at the traffic lights
- Affirmations on the mirror or computer
- Lighting a candle or opening a window
- Grounding yourself when stress builds
- Drinking water with every meal
- Adding houseplants or artwork
- Taking the longer route or walking instead of driving
- A mindful pause before school pickup
- Tidying your desk
- Gratitude journaling
- Slowly sipping a cuppa
- Using a cancellation as quiet time
- Scheduling a short break
- Moving your body every hour

MOMENTS OF MAGIC

- Sitting down to eat
- Walking back from school after drop-off
- A hot cup of tea
- Noticing flowers in the hedgerow
- Someone holding the door open
- Stopping at traffic lights
- An unexpected cancellation
- Someone making you a coffee
- Hanging out the washing on a sunny day
- Going to the loo uninterrupted

Paula Holden (aka Paula Poppy) is a neurodivergent author, teacher, and stroke survivor defying expectations with a smile and lived truth—helping families thrive in beautifully complicated lives.

Find out more about Paula and her work at:

www.touchthespectrum.org.uk



THE MOST VALUABLE BUSINESS ASSET - SARAH PARK

As someone navigating both physical and hidden disability, I understand the uphill battle of making space for self-care, especially when you're a solo business owner.

When you're wearing all the hats, from emails and client work to administration, content creation, and planning, it can feel like there's no time to pause. Add fluctuating energy levels or persistent pain, and self-care often feels like a luxury.

But here's what I've learned the hard way and recently reminded myself of:
Self-care isn't selfish. It's essential for sustainability.

There was a time I wore "pushing through" like a badge of honour. I said yes to everything. I showed up even when running on fumes. I felt guilty every time I slowed down. But that pace nearly broke me.

Now, I see self-care not as optional but as the foundation on which I build everything. It's how I stay in this for the long haul. It's how I show up with clarity, purpose, and real presence for the people I serve. And why I advocate so strongly for others, especially disabled and chronically ill business owners, to take this seriously.

I'm not perfect at it. Lately, I've been unwell and found it difficult to follow my advice. But I keep returning to what I know: I can't support others if I don't support myself. And neither can you.

As a solo business owner, you are the most valuable asset of your business. Without you, the company cannot function. This makes self-care not just a personal necessity but a shrewd and strategic business decision.

It doesn't have to mean stepping away completely (though sometimes that's necessary). More often, it looks like small, intentional choices that protect your time, energy, and well-being:

- Saying no to work that doesn't align
- Building buffer time into your calendar
- Resting without guilt
- Creating systems that reduce decision fatigue
- Working in ways that honour your real energy, not forced productivity
- Asking for help or investing in support, even in small ways

It also means unlearning what society tells us: that productivity equals value, rest is laziness, and your worth is measured by how much you do.

But disabled and chronically ill business owners get to tell a different story, one where sustainability matters more than speed, and showing up authentically is far more potent than always being "on."

If this still feels hard, know you're not alone. It's not easy to untangle years of messaging that said your needs come last. But every time you choose yourself without guilt, you model something powerful for yourself, your clients, and the future you're building.

So, let me remind you:

- 💬 Your well-being is your business's foundation.
- 💬 Your needs aren't just valid. They're essential.
- 💬 Your rest is productive.

Remember, taking care of yourself is not a selfish act; it's a testament to your leadership. You deserve to lead from a place that feels sustainable, supported, and true to you.



Sarah Park, aka the Disability Diva, empowers disabled and neurodivergent solo business owners to embrace accessible tech, prioritise self-care, and build sustainable businesses with clarity and confidence.

Want support that truly fits you?

Sign up to her mailing list today. [SIGN UP HERE](#)
or email Sarah at: sarah@divasupport.com

THE HAPPY BUSINESS EXPRESS



YOU MATTER - SARAH FEENIX

There's a quiet kind of bravery in learning to care for yourself, especially if you've spent years believing your worth lived in how much you gave to others.

If the idea of putting yourself first makes you feel uncomfortable, guilty, or unsure, you're not alone. Many of us carry stories that say we have to be everything for everyone, that our needs come last, and that rest must be earned.

But what if that's not true? What if self-care isn't selfish at all, what if it's essential?

Let's start here: You matter. That might feel strange to say. Maybe your instinct is to brush it off. But take a breath with me. You matter.

Your body, your mind, your feelings, they all deserve care. Not when everything else is done. Now. When we constantly put ourselves last, we send a message to ourselves that we don't count. That everyone else's needs matter more. Over time, that can leave us feeling invisible, exhausted, or resentful, even if we've learned to hide it well.

But when we begin to meet our own needs, even in small ways, something shifts. We feel a little steadier. A little more present. A little more ourselves. What if people don't understand?

You might worry that if you start saying no, setting boundaries, or asking for space, others may be disappointed. That's okay. Change can feel unsettling, both for you and for those around you. But this isn't about pushing people away, it's about including yourself in the circle of your care. Learning that your comfort and your needs matter too.

You're not abandoning anyone, you're beginning to show up for yourself. So, what does self-care actually look like?

Sometimes it's turning your phone off. Sometimes it's leaving the washing for another day so you can sit in the quiet and breathe. Sometimes it's crying. Sometimes it's choosing not to push through. Sometimes it's saying, "I need help" or "I'm not okay right now."

Self-care isn't always glamorous. But it is honest. And that honesty builds trust between you and yourself, the kind that says: I've got you, I'm listening, I won't keep abandoning you to prove something to the world.

A gentle invitation:

If any of this resonates, even if it feels tender or unfamiliar, I want to gently invite you to begin. Not with a list of things to fix, but with a soft question:

What would it look like to include yourself in your care today?

You don't need permission, but if it helps, you have mine. It's okay if this is hard. You're still allowed to begin. And if you're ready to explore this more deeply, my book, *Starting Your Self-Care Journey: Creating Space to Nourish You*, was written for exactly this kind of moment the one where you choose, maybe for the first time, to come home to yourself.



Sarah Feenix is a qualified counsellor, author, and founder of Feenix Rising a self-care sanctuary for nervous system healing and soulful rebuilding.

Come rise with us: www.feenixrising.co.uk

<https://www.facebook.com/sarahfeenix>

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BUSY PEOPLE AND BURNOUT - SIOBHAN COUSINS

If there's one thing that I've had to learn to prioritise over the last few years it's the art of practising self care!

Just like a lot of people I would imagine, it's not something that comes natural to me, I'm a busy mama bear to two beautiful neurospicy boys, a carer for my visually impaired husband, not to mention having a home to maintain, my own neurodiversity and multiple chronic illnesses plus my modelling and fitness routine - where exactly do I fit in self care?

But I've learnt very quickly what will happen if I don't.

Burn out, fatigue, having to cancel plans, not being safe enough to drive, not being able to eat or drink for days, depression, anxiety and then who's going to look after my family? I make sure I rest before and after a big event or outing, and I (try) and do it without feeling guilty.

Everything takes careful planning, like meal prepping and doing smaller house cleans instead of big full house resets.

I'm constantly checking my calendar making sure I'm not overdoing things and making sure I'm spreading things out instead of cramming them all in.

One of the things I find difficult is the need to have my own quiet time especially if we have house visitors for a while.

We have recently had my in laws over from New Zealand to stay with us for a month, and however lovely it is to see them; I have had to make sure I have some time to myself each day, whether it's to have a bath and listen to my favourite podcast, chill on the sun bed, or grab a coffee at Starbucks, you should never feel guilty for needing to prioritise your own mental health.

In fact I'm planning on giving myself a spa day soon, swimming, sauna, steam room, massage and a light afternoon lunch (check out Wowcher or Groupon for the best deals).

Take advantage of the warm weather at the moment too and take a moment with nature, at the beach, around the lakes, the local park, woods.

I love just sitting with a coffee at our local park just watching the birds on the lake, or sitting on the beach getting lost in the sound of the waves.

Make time for you especially if you're a carer, you can't look after anyone if you're not looking after yourself properly.



Hey I'm Siobhan, a British/Maltese Neurospicy Model, Singer, Swimmer and Dancer. I live with multiple chronic illnesses including HyperMobile Ehlers Danlos Syndrome, but try my best to live life to the full while taking care of my gorgeous little family!

Find me on instagram:

www.instagram.com/beautifully_unbalanced_bunny/

THE HAPPY BUSINESS EXPRESS



YOUR REAL AND MOST VALUABLE SELF - YOLANDA G. BROOKS

We've been sold a version of self-care that's mostly surface: scented candles, spa days, maybe a few hours offline. Why? Because it's advice without getting to the core of the issue – which is, you're running on nervous energy, ignoring yourself and pushing through to prove something. While there's nothing wrong with those things: monthly massage? Yes Please! And I've never been to a nail salon, it's on my bucket list!).

But they're not the full picture, especially if you're using them to soothe a life that's out of sync, alignment, joy, peace – whatever it is that you're missing. Real self-care isn't only about escaping your life on a regular basis, it's about fixing the things that are wrong.

At its core, self-care means doing the sometimes uncomfortable, painful, scary but always-necessary work of loving yourself. Properly love your Self, like someone's child, like someone who you're responsible for, like someone who is important. Not in theory, but in practice. That might mean setting a boundary that disappoints someone else, saying no to a project that pays well but costs your peace or speaking the truth, even when it feels scary and dangerous. Letting the mask drop is hard, especially if you've worn it for years.

But here's the truth: the version of you that's constantly performing, pleasing, or pushing through is not the one the world truly needs. The people who want you in their lives aren't looking for a carbon-copy of the next person who says the same words and does the same things, they're actually looking for someone they really connect to. Tribe, family, soul-mates – which word works for you?

We live in a world that benefits from our self-neglect. Businesses profit when we feel unworthy. Cultures stay comfortable when we stay quiet. But choosing to care for yourself – deeply, consistently, and unapologetically – is a radical act that ripples out.

What the world, and your people, needs – and what you need – is the version of you that is real. Because if they don't know who you really are, how can they love (the real) you?

Self-care is healing work. And healing doesn't just benefit you: it shifts your relationships, improves awareness and communication, the flow of your business, and anything else on your list that deep down you know you need to change. When you stop outsourcing your worth to societal standards, you show up in a different way. When you stop hiding behind busyness, you become more available – to your clients, your loved ones, and your own creativity. Creativity builds your business – not stress.

So no, self-care isn't selfish. It's how we stop abandoning ourselves, fool ourselves and others, and finally free ourselves from the patterns of the past that still hurt us.

And if you've been waiting for permission to prioritise your wellbeing, consider this it.

Because the truth is, your real self is the most valuable thing you have to offer. And the world doesn't need more polished personas. It needs people who remember who live in peace.



Yolanda is a Conscious Life Coach (by Design not Disaster) and Somatic Attachment Therapist (communication, relationships, trauma) who specialises in healing the past, living in peace and presence and then building a life by design.

Get in touch with Yolanda via her Linktree:

[LETTING THE LIGHT IN LINKTREE](#)

THE HAPPY BUSINESS EXPRESS

freebie

SELF-CARE, SELF-LOVE AND ACCEPTANCE - KEELEY READING

Recently I embarked on a transformative adventure that I want to share with you, my first cold water swim.

In the photos capturing that moment, you can see my initial expression of uncertainty giving way to exhilaration. What a proud moment it was! A heartfelt thank you goes to the amazing swimming support coach and my friend for their incredible support and to @scampanddude for providing me with such beautiful swimwear.

This experience meant so much more than just a swim; it marked a significant milestone for me. It was the first time in years that I wore a swimsuit at the beach since I was 17 years old. Back then, I was a size 6 and often felt the need to hide, only putting on a swimsuit on holidays where no one knew me. Navigating the complexities of body image and confidence has been a lifelong journey. Over the years, I've faced the challenges of pregnancy and chronic illness, resulting in weight fluctuations between sizes 8 and 16.

After enduring a difficult pregnancy and a life-threatening birth, I've continued to deal with endometriosis, polycystic ovaries, and fibromyalgia, which have all affected my body's ability to shed weight. Still, I persist in staying active, supporting my family each day, and embracing my journey, even with swollen lymph nodes.

From this experience, I've learned the profound importance of self-love and acceptance. Looking at these photos today, I recognised how finding confidence in my own style and surrounding myself with a supportive community has fundamentally altered my outlook. Standing in that swimsuit, I felt proud and unashamed, fully embracing my body cellulite and all. Not only did I brave the cold water, but I also dared to wear my swimsuit in front of others without the shadow of self-consciousness. This journey has been one of resilience, a testament to the strength we all possess.

As women, we often grapple with societal expectations about how we should look and feel. Those picture-perfect images that flood our screens can create unrealistic standards that are harmful to our mental well-being. It's essential to remember, however, that life isn't about fitting into a mold; it's about living fully in each moment and prioritising your well-being.

So, here's to celebrating our bodies, in all shapes and sizes, and supporting one another on our unique paths. Remember to be proud of who you are and to embrace your individuality. Self-care is not a selfish act; it is a vital component of our mental and emotional health. Let's lift each other up, cherishing the beauty within our differences and honouring the journeys we're on.

Be you, be proud, and celebrate the remarkable person that you are!

And do check out my free quiz to see how close to burn out you are!

Keeley x
The Farming Mother

Keeley, The Farming Mother, runs a sanctuary in Cornwall, offering animal therapy, glamping holidays, and wellness retreats for neurodiverse families. A mother and carer herself, she creates safe, inclusive spaces where children and parents can connect, recharge, and thrive.

THE TIRED PARENTS TEST : [TAKE THE QUIZ](#)

[The Farming Mother CIC | Farming experience for SEND](#)



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THE MOST GENEROUS THING YOU CAN DO - LAURA ROWE

Somewhere along the way, we were sold the idea that self-care is indulgent. That rest is lazy. That putting yourself first is something to feel guilty about.

But here's the truth, grounded in both neuroscience and lived experience: self-care isn't selfish. It's survival. It's sustainability. And for those of us here to lead, serve, guide, or simply love more deeply - it's non-negotiable.

We live in a world that celebrates burnout as a badge of honour. You're praised for hustling, for giving until you're empty, for holding it all together. But no one tells you how much it costs - mentally, physically, energetically. The nervous system doesn't lie. Chronic stress, poor sleep, emotional reactivity, lack of motivation... these aren't personality flaws. They're signals. And we ignore them at our peril.

If you're someone who's always "on," always holding space for others, always putting your clients, family or team first - this is for you. Because I see you. I was you. And I know what it takes to shift the narrative.

Self-care isn't retail therapy and skincare (though it can be). It's boundaries. Breath. It's knowing how to regulate your nervous system, so you're not stuck in survival mode. It's choosing stillness over noise, truth over performance, presence over perfection. It's the practice of remembering that you're a human being - not just a human doing.

And here's the thing most people won't tell you: when you tend to yourself, everyone around you benefits. Your relationships deepen. Your energy becomes clearer. You hold space with more compassion and less depletion. You start leading from overflow instead of obligation. That's not selfish - that's service at its highest level.

The science backs it. Research into heart-brain coherence, neuroplasticity, and the stress cycle shows that daily practices like breathwork, meditation, and somatic movement don't just make you feel better - they change the way your body and brain function. You become more resilient, more intuitive, more emotionally attuned. Which means you're better equipped to handle life's chaos without becoming consumed by it.

If you've been telling yourself you don't have time for self-care, I invite you to look deeper. Is it really time you're lacking - or permission?

You don't need to earn your rest. You don't need to break down to deserve a breakthrough. The version of you who slows down, prioritises their needs, and learns to deeply listen to the body's whispers before they become screams - that version of you is not selfish. They're wise. They're necessary. And they're leading the way.

It's time we redefined self-care - not as a luxury, but as a radical act of self-leadership. Not something you squeeze in, but something you anchor into. Because when you show up fully for yourself, you show others what's possible too.

And that? That's the ripple effect that changes everything.

Laura Rowe, Founder and CEO of Align Lifestyle is a Wellness Educator and Nervous System Specialist, blending science and soul to help changemakers regulate, rise, and lead with clarity - through breathwork, meditation, somatic practices, and embodied self-leadership.

[Check out the website: HERE](#)
or contact Laura on [instagram: HERE](#)



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BIG NEWS (BUT SHHH... IT'S A SECRET)

OK, so this isn't your usual book launch announcement.

Mainly because I accidentally published it.

Yes. You read that right.

One click too many and BOOM – my first ever book is technically out there somewhere in the digital wild, but I'm keeping the name, the cover, and the juicy details under wraps until the official launch date.

Why? Because this is more than just a book.

This is twenty years in the making and -20 days in the publishing.

This is everything I've learned about radical happiness, resilience, identity, mess, magic, and building a life that actually feels good from the inside out.

It's honest. It's funny. It's a teeny bit swearsy. It's deeply hopeful.

And it's going to hit you right in the heart (and probably in the giggle glands too).

So if you want to be one of the first to find out the title, see the cover, and get your hands on the book the moment it goes live –before the confetti settles and the chaos begins–then get yourself on the waitlist, my friend.

This is for the rebels, the dreamers, the doers, the feelers, and the flippin' exhausted-but-still-going humans who want more joy, more clarity, more cake, and a lot more real in their lives.

Because life's too short for beige.

The party starts soon. And you'll want front row seats.

Sign up now (click the button below) and get ready to say:

"HELL YEAH—I want to be part of this!"

**CLICK
HERE**



COMING UP IN THE JUL/AUG
ISSUE: WE WILL BE EXPLORING

"THE POWER OF PLAY"

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