



Episode 115: How To Find Peace And Happiness, Even In A Life You Haven't Chosen

with Dr Maddy Du Mont

Do you ever find yourself stuck in a particular place? Have you ever wondered whether you're on the right path or not?

Our life decisions are influenced by many things: family, peers, interests, circumstances, and many more. Unfortunately, we cannot control everything that comes into our life, and we sometimes need to accept the changes to move forward. Change doesn't have to be unpleasant, nor does it have to be drastic. Sometimes, change is just the thing you need.

Dr Maddy Du Mont joins Rachel to discuss how her experience with COVID-19 changed her life and made stop and focus on what is really important in life. It can be hard to face the truth and take that big step, but if you can be honest with yourself, you'll find peace and happiness no matter what.

You don't need to wait for a life-changing event to happen. If you're struggling to find peace and happiness in your life, then this workbook will help you rediscover your purpose.

Podcast links

We are now working with GP fellowship programs, trainers, and groups to help people feel happier! [Bookings](#) are now open for Autumn 2022 and a few slots are left for Spring 2022.

Learn Brooke Castillo's [Self Coaching Model](#). You can also learn more by listening to her podcast, [The Life Coach School](#).

You can find Brene Brown's various books [here](#).

Check out our [Permission to Thrive CPD membership](#) for doctors!

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Guest links

Connect with Dr Maddy

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Quote to remember:

'[You need to] get really honest with yourself about what you need to make your life feel fulfilled, what brings you self-worth, and what fills you up.'

What You Will Learn

We are all different. We have our own values, priorities, and goals. However, when life throws obstacles in front of us, we can feel lost and distraught. It's difficult to accept changes when we have already been set toward a particular goal. But, if we learn to embrace our situation, even in the hardness, we may get to see a different path in our journey and the benefits that go with it.

Not only that, we must realise that our values and priorities change over time. Remember that as we develop, so do the things that we find important. So, we need to be radically honest with ourselves and understand what we truly want.

Finding peace and happiness no matter what situation starts with clarifying our purpose. First, we need to define exactly what success means in our own terms and not how society conventionally defines it. Next, we must look into what energizes us. There may be parts of our work that we find particularly boring or exciting. When we know what we like and dislike, we can navigate changes better.

We all have values. The problem is that sometimes they get diluted because we think we need to exemplify a number of values. Maddy encourages us to focus on just two values first.

Once you clarify your definition of success, your values, and what energizes you, you need to be honest about whether your life is aligned with what you want. Identify the gaps to help guide you through changes, whether they're small changes within your



work or even career changes. Remember that change happens to all of us. Be honest and compassionate with yourself, and you can find peace and happiness no matter where you go.

Activity: Finding Your Why

Q1. What are your key takeaways about how purpose and values can change throughout our lives?

Q2. What do you think your current purpose is? What makes you feel invigorated and successful?

Q3. Start reflecting on your life changes. Depending on your situation, you may answer one question or the other.

a) What are the key events that have changed your life? How exactly has it changed?

b) If you're struggling to find meaning and happiness in what you do, what are the factors that contribute to this struggle?



Q4. Let's take a step back and think about what makes you the person you are.
a) **Someday, we will all depart from this world. Take this time to think about what you don't want to regret and what will make you feel successful when looking back on your life.**

b) **Where and when do you get the most energy?**

c) **What are the two most important values to you?**

Q5. Based on your previous answers, we now look into alignment of purpose and your actions. Is your current life aligned to your definition of success, your values, and where you get energy from? Why or why not?

Q6. Be honest. How does your life need to change based on what you really want?



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