

URSULA'S STORY

I helped other people, but my own life was a mess



Live life with a smile on your face

Ursula James was a successful hypnotherapist who spent her working day telling other people how to achieve success and happiness. Then, as her 40th birthday approached, she realised it was her own life that was in a mess. Ursula had been so busy with clients that some of her closest friends had drifted away. Who should she ask to her party? She had been single for four years and although she'd told herself she

was too busy for a relationship, she now realised she was lonely. She also drank too much, ate too late and felt permanently stressed.

'I reached the stage where I thought I couldn't do my job any more. I either had to make some changes or stop telling other people what to do,' admits Ursula, 42, from Paddington, London.

She decided to try the techniques she used with clients on her own life. This meant making changes in a series of small steps. Within 18 months she had turned her life around — she'd set up her own business, had her own TV series and written two books. She'd also met and married Mr Right.

'Sorting out your life is like creating a garden,' says Ursula. 'First you remove the rubbish, then you cut the lawn, then you weed the beds until you are ready to plant some flowers. It takes time. If you try to blitz it all at once, it will turn into a horrible mess.'

Clearing some space for yourself

is one of the most vital changes. Many of us feel overwhelmed by our own clutter.

'We end up buying things we already own,' says Ursula, who found nine travel adaptors in her home. 'The contents of our bags, our cars, our offices and our homes are all a reflection of who we are and how we feel about ourselves. Clearing out clutter is a perfect way

to prepare yourself to make changes. Low self-esteem is one reason why we allow our handbags to fill with stuff that we always intend to deal with but never do.'

● *Ursula James' book, You Can Be Amazing: Transform Your Life With Hypnosis, is published by Century, RRP £9.99.*

● For lots of free tips on how to de-clutter visit www.nomoreclutter.co.uk



Ursula's top tips for small changes with big results

- If someone upsets you, sit quietly with a cup of tea and allow yourself to be angry and irritated while you are drinking it. Think about what happened and how you responded. Then let it go. Refuse to think about it any more.
- Go out into the world with a smile on your face, expecting people to be nice. Be sure to make eye contact. If you are consistently pleasant, then pleasantness will come back at you

- and you will feel good.
- Every day, spend a few minutes clearing out one small thing. It may be a shelf, a drawer or your bag. Don't take on a job that will involve hours of sorting because it will put you off. Little and often is better.
- Wear your best underwear and nice clothes. Don't keep things hidden away for best. You have to be ready to have fun and grab life with both hands.