



Episode 67 : **Clarity + Intentionality = Happiness**

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona chats with Steve Fredlund, who has a varied history and whose current tagline is “Helping Leaders become Happier.” Steve shares with us his journey from lacking confidence, crippling shyness and ‘gritting his teeth and just getting on with it’ to creating happiness in his life. What’s true for you? What would you actually like to have in your life?

### **Key messages:**

- Shyness is not genetic, and we can change it
- Even making small changes around our shyness affects our whole lives and so much more opens up
- Being around people who accept us, who make us feel safe, can enable us to step outside our shyness, and be who we truly be

- Finding ourselves outside our comfort zones can be the impetus to change, to gain confidence
- Shyness doesn't necessarily stop us from having success in the world and being leaders
- We often allow ourselves to be 'should upon' and making decisions by default, according to what we or others think we should do and end up living a life that doesn't fit with who we truly be
- There must be some intentionality if we are seeking happiness

**Resources:**

- > Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)
- > [Find me](#)
- > [Steve Fredlund](#) - [STEVE'S DAILYSTOOL](#)

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.