Reclaim Happy
Life Coaching



You Deserve a HAPPIER YOU

Practical Support to help you Grow, Heal and Thrive.

Reclaim Happy SCIENCE-BACKED SERVICES

Validated by 1900+ Research Studies

LIFE COACHING

Life Events
Support navigating life events, loss, and indecision with real world life skills and practices.

Dealing with People
Applications to improve all types of relationships, understanding why people do what they do, and strengthening conflict skills.

Career Transition Support
Addressing internal obstacles before making external changes; strategies to navigate career shifts with clarity.

Goal Setting
Tactics to set realistic goals and rewiring the mind to focus on small, achievable steps.

Celebrate Wins
Frameworks to rewire the mind to pause and acknowledge small victories instead of staying on the hamster wheel.

Work/Life Balance
Implementing practical measures on both sides to hit your preferred ratio.

Boundary Setting
Techniques to say no without guilt.

Motivation/Happiness
Methods to increase motivation and happiness when stuck.

Routine Scheduling
Building practices for weekly structure, improved focus, and greater productivity.

Human Accountability
Procedures to keep you on track while offering grace when goals aren't met

CBT-Cognitive Behavioral Therapy

Learn About the Mind
Teach you blueprints about the competing parts of the mind. If we don't understand the beast the beast will win.

Cognitive Labeling & Diffusion
Training to become more aware of thought patterns and creating distance between thoughts and identity.

Root Work
Deciphering the origins of negative thoughts and behaviors (childhood, trauma, societal conditioning).

Pattern Interruption
Techniques to break automatic loops of worry, rumination, anxiety.

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Reframing Problems
Approaches to turn challenges into learning opportunities and sources of growth to reduce the negative connotation.

Negative Self-Talk Interruption
Drills to replace harsh inner dialogue with workable language to increase self-esteem and confidence.

Past/Future Reduction
Methods to reduce past-based regrets that serve as deadweight and future-based worry that serve as wasted energy.

Evidence-Based Thinking
The mind creates false evidence supporting negative thought patterns all the time. Now it is 2 against 1 and we retrain to refute them in court.

Problem-Solving Frameworks
Structured frameworks to challenges.

Mood/Depression Support
Tools and routines to improve mood day in and day out.

MEDITATION/MINDFULNESS

Stress Response/Emotional Regulation
Skills to slow down reaction times, interrupt fight or flight, reduce panic.

Breathwork Training
Tools to calm and regulate the nervous system.

Sleep
New sleep routines including lead-up to bedtime.

Tailored Guided Meditations
Personalized towards what you are going through not generic scripts.

Meditation Routine
Structures to set up a sustainable, consistent routine.

Present
Techniques to be more grounded and present.

Gratitude
Exercises to appreciate what's already working in your life.

Meditation Instruction
Teaching what it is and best practices.

Guided Visualization
Using tailored imagery to reduce stress and increase clarity.

Human Connection
Real human presence, energy, and support - not AI, not a textbook.



Explore 1,900+ Research Studies

Scan the QR code to explore the research behind our Life Coaching, CBT, and Meditation/Mindfulness services.

www.reclaimhappy.com/research-studies/