

Celebrated life coach and author Eric North discusses 'The Art of Showing Up'



New York City, New York Nov 8, 2023 ([Issuewire.com](https://www.issuewire.com)) - Eric North is a renowned author and a distinguished life coach who has been guiding people and helping them find their eternal happiness. For his years of experience in life coaching and hard work, he is also famously known as 'The Happiness Warrior'. Eric has recently shared his wisdom regarding 'The Art of Showing Up' and his true belief that happiness is a basic human right. Eric says that happiness is both self-created and something people love to share, yet rarely get. According to him, after all people have been through these past few years it is time to give themselves permission to be happy and learn to show up for their lives. This is a process that may not come easy at first, but it is achievable when people learn the beauty of their vulnerability and truth.

'The Happiness Warrior' says that showing up means never being afraid to say "I am" is good enough, and knowing that life in the shadows isn't living and they deserve better. It also means knowing that kindness guides people's words and actions and creating a world where the art of showing up is celebrated. According to Eric, every person has an annoying trait of always trying to do their best. People constantly are in a state where they consciously focus on being their best in their thoughts and actions. But what is needed is a state of mind where people know themselves better and understand what they are capable of. It is a place that people can all reach together when they know that they each have a role to play in their lives and intentions.

North says that the only rules that matter are those that people keep for themselves. According to him, self-care is a comprehensive term that many use with a narrow perspective, and relaxing and taking minds off of things is only one small element. The rest is up to people to decide on and live their lives. North believes that showing up for themselves is an intensely personal process. It's understanding which means taking care of themselves in a way that supports both mental and physical health. He says that the balance between people's bodies needs to be cared for and nourished along with their social, intellectual, and cerebral needs. Showing up is an art form in how people choose to express their innermost selves and inspire others.

The first thing is to take an inventory of people's lives and the time they spend on themselves and doing activities that they enjoy. This includes learning to say yes or no taking martyrdom and victimhood out of their vocabulary and being honest. It is important to remember that if something makes them uncomfortable, it is not going to get any better, so staying true to their instinct is always the primary choice. 'The Happiness Warrior' also prioritizes practicing self-talk and remembering that words have a spirit that requires people to stop apologizing before something has even begun and stop saying words like "I'm stupid" or "not important enough". Instead, it is time to learn to say words of affirmation and remember that words have the power to change our lives forever, like "I am" rather than "I was or used to be".

North has asked his followers to stop being so hard on themselves and look at their lives and circumstances with more empathy and compassion. It is important to understand that life happens and bad things can happen to good people, so the more people are compassionate with themselves the more it reverberates through their life. At the same time, Eric urges people to be able to set boundaries and feel a greater sense of dignity and self-worth, including being able to let go of those who never take part in their lives and feel a release that destroys any self-created guilty feelings.

According to North, people should take time to be alone at regular intervals. Going for a walk with friends can be enriching, but spending time with themselves is how people will get to know themselves. Similarly, people must respect their intuition or "gut feelings", because they aren't always correct, but they guide people on their journey. 'The Happiness Warrior' also asks people to permit themselves to start writing and journaling, even though it can sound overwhelming to many of them while knowing that validation and vulnerability come from within. People cannot show up unless they can reveal themselves truthfully without fear of shame or judgment.

Eric says showing up is about consistently living with passion and intention, which includes focusing on what gives people purpose. As many people grew up with societal boundaries that try to control their speech and actions, it is time to break those shackles. Lastly, the life coach mentions how being honest with what people want in life is related to how they find their happiness. He also asks his followers to remember that life is happier when people are no longer suppressing their true feelings and emotions. He further says that showing up for themselves is how people learn to love who they are, so it is a continuous expression of their truth and a way to find meaning. Know more at:

<http://www.thehappineswarrior1.com/>.

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