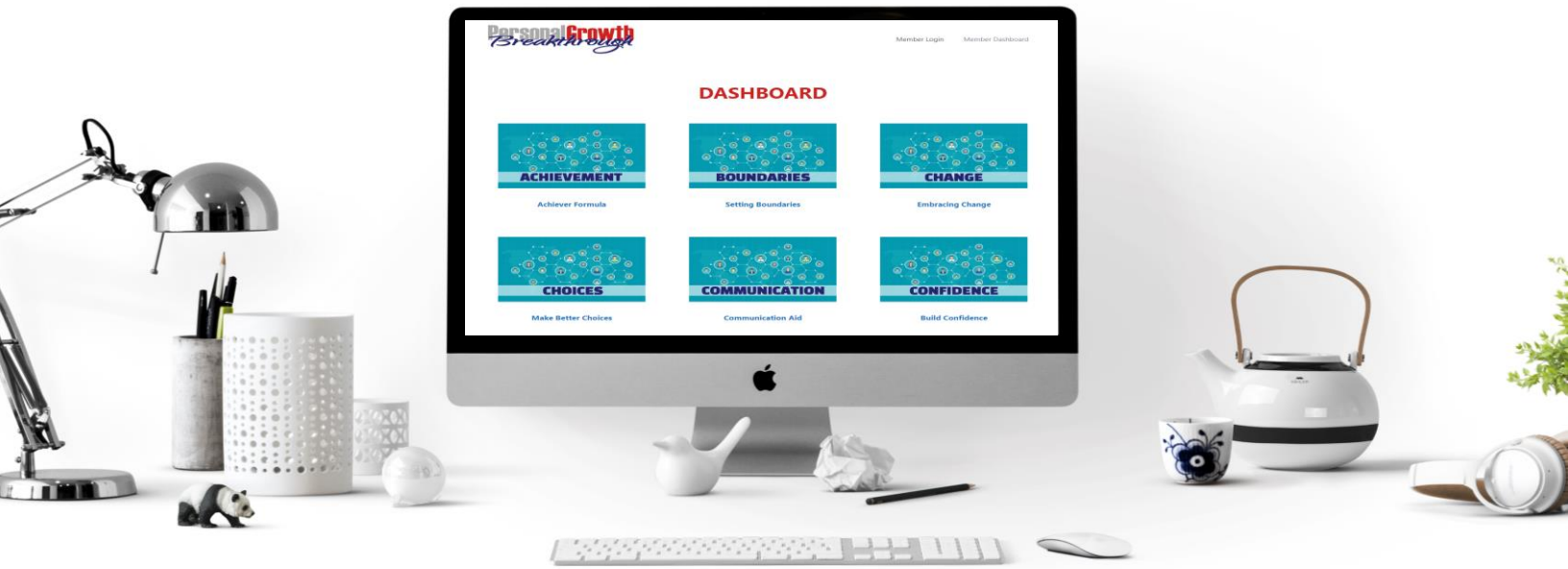


Personal Growth MAGAZINE

Special Issue



HAPPINESS



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“I’m sorry that I ever doubted You.”

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#1 addiction in the world?

People are addicted to their problems.

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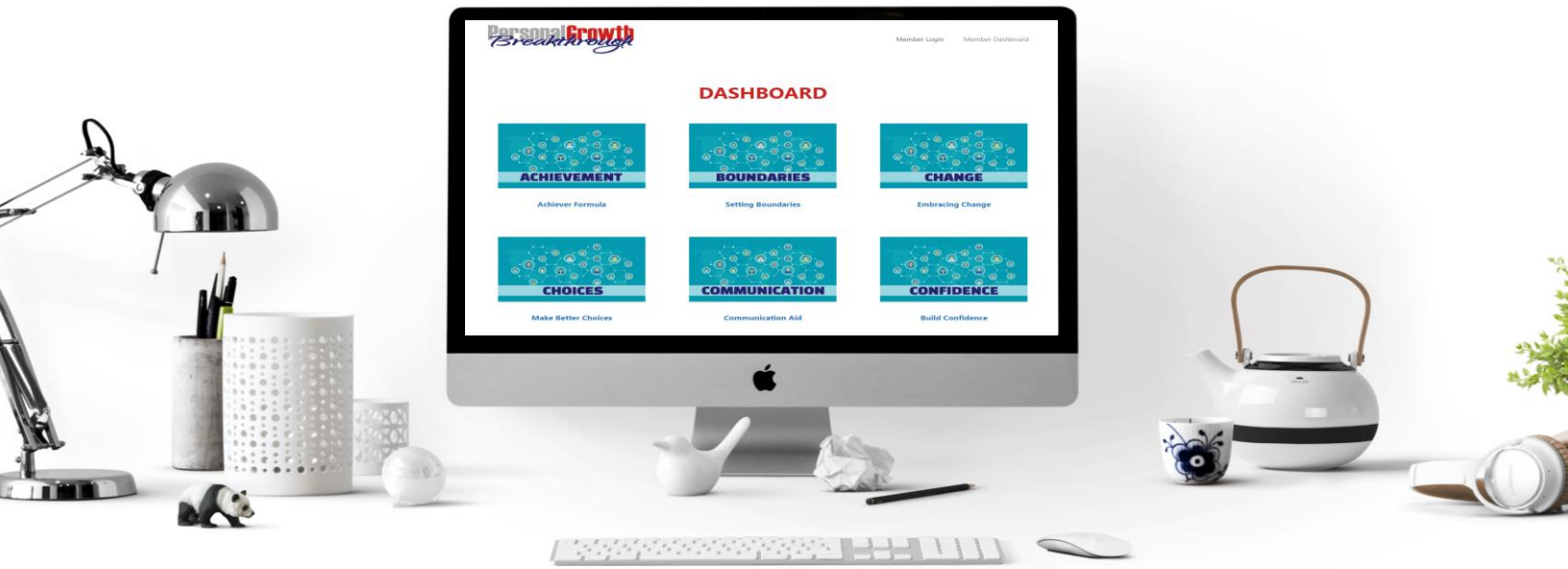
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Happiness Is

Too often we think of happiness as something to attain. It's considered a fixed object that you can somehow grasp if you endure long enough to find it. It's the treasure at the end of the quest, the destination on the map of your life. Right?

Wrong! If happiness was so securely stuck in one place, we'd all get there eventually. Especially if it were just a matter of putting in the right combination of education, job, family, and life in general. The problem is, that approach is old, and it doesn't always work.

You need to realize that happiness isn't about the destination, it's about the journey. That might sound cheesy, but it's true. Happiness is a state of mind and a conscious decision that you make, every moment of every day.

What makes this even more exciting is knowing that there is no one-size-fits-all happiness. Happiness should be as unique as you are. Happiness is something that's deeply personal, tailor-made just for you. What makes one person happy, might be a waking nightmare for someone else.

Your happiness is within reach and is only waiting for you to decide that you're ready for change. It's time to make the most of the time you have been given, and to discover the habits that will make happiness your way of life!

Let's start by finding out why happiness matters so very much.



The Pursuit of Happiness

Happiness is actually a habit and we've dedicated in this issue of Personal Growth Magazine to look into this subject further. We sincerely hope this publication will be of help to you as you pursue your own version of personal happiness.

Daryl Daughtry, Publisher

Are you happy? To be brutally honest, there is a good chance that you're not. A recent poll sponsored by Time Magazine stated that, only one in three Americans said that they were happy in their lives. That's not very good odds. In fact, it is downright discouraging.

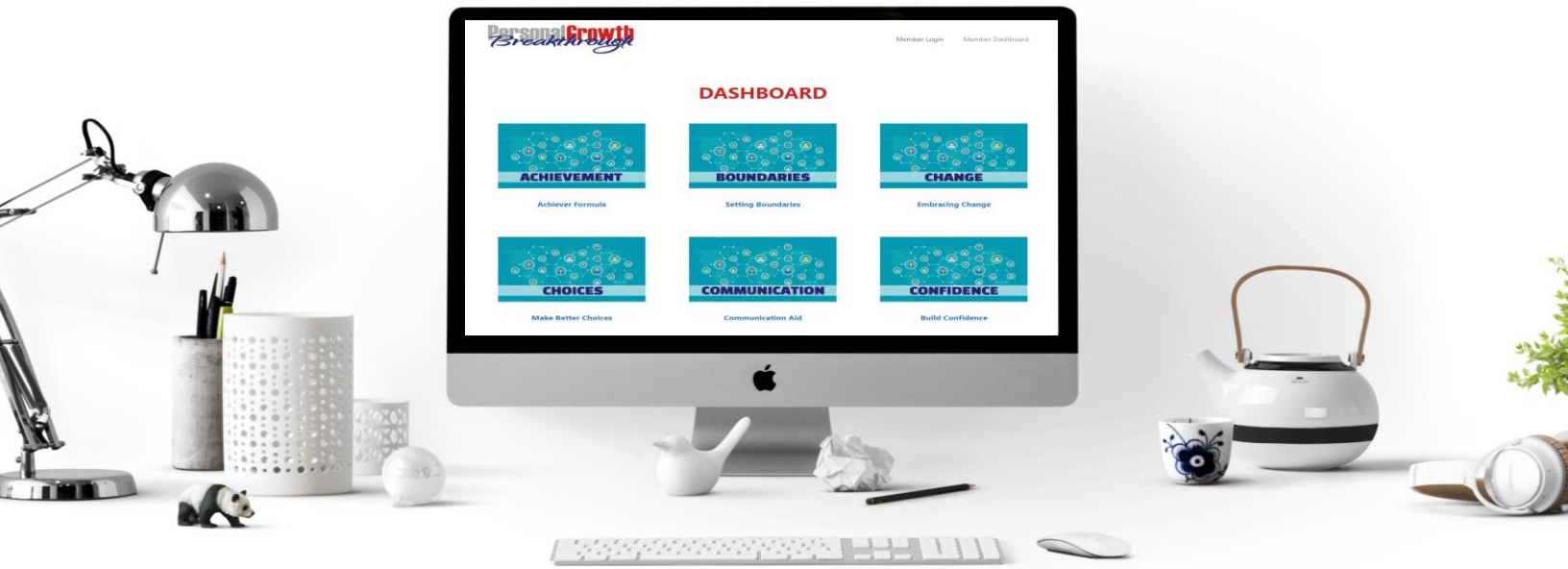
So, what has happened to us? It states right in the American Declaration of Independence that we should be pursuing, "life, liberty, and the pursuit of happiness." These three things are considered inalienable rights. That's a fancy way of saying these things should not ever be taken away from any of us.

What it's also saying is that more than two hundred years ago, it was clearly recognized by some rather important people that the pursuit of happiness is one of our most common desires.

Even then, the theory wasn't new. If you go back a couple of thousand years, you'll find that even the Greek philosophers talked about happiness. Plato, Aristotle, and Socrates all had plenty to say on the subject. Lesser known but equally important scholars from all over the world did as well.

In this publication, you will find out what happiness is – and what it isn't. You'll discover why happiness is essential to your life and learn some powerful habits that, once adopted, will help you create happiness in your life. We aren't worried about a place here as we are focusing on the routines along the way. Happiness will essentially become a journey that can change your life forever.

Sounds pretty interesting, doesn't it? Let's get started!



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Happiness Matters

Ask anyone who's ever tried to commit to something that they didn't believe in, and you'll find they all have the same story. Not only was the process they'd committed to dreary and a whole lot of hard work, but chances are they'd either given up or failed. You might even have your own similar story.

Simply put, you can't succeed when you don't believe. You can't expect real and lasting happiness in your daily life, if you're not even convinced that happiness matters.

If you're currently not feeling happy, then chances are you've

already convinced yourself that might be the case. After all, it's hard to miss what doesn't exist anyway, right?

Here's where you need to rewire your thinking a bit. It's time to open yourself up to the possibility that happiness not only exists in the world but that it is an integral part of being human.

Happiness is what enables us to become the very best versions of ourselves. More than that, being happy has benefits that go far beyond the warm fuzzies of a single emotion.

Let's explore just what happiness does for us.

- 1. Happiness is so much more than a feeling.** When you feel the pure emotion of happiness, you feel as if your very soul lights up from within. However, it's not an emotional high but rather the feeling of contentment.
- 2. Happy people get more done.** When you're happy, your productivity goes through the roof. Why? Because happy people can concentrate better on the task at hand. They have also been shown to have better memories and can think more creatively when faced with a problem. What's more, when happy people are hard at work, the time seems to race by. This all means that happy people have a better overall workday than unhappy people do because there's less mental clutter.
- 3. Even when things go wrong, happy people tend to succeed.** That's because happy people bounce back from setbacks faster. They also tend to find the solutions quicker to the problems that

plague them. In part, this is because happy people have a knack for finding the win-win scenario. Perhaps this is because happy people have a natural tendency toward optimism. But then again, who's to say that optimism isn't just another way that happiness manifests itself in our lives.

4. **Happy people enjoy better relationships.** This is true whether you're talking about close friendships or even romance. Why? Because happiness is attractive. You'll find that when you're happy the world really does come knocking at your door. But also, when you're happy, you're more apt to be receptive to new relationships and even to being attracted to that special someone. Plus, let's be honest – it's usually more enjoyable to hang out with happy people.

5. **'Luck' tends to find happy people more often than it does anyone else.** This is truly one of the more interesting theories regarding happiness. Since happy people tend to display various virtues more often than unhappy people, that means that the world tends to be witness to those same values.

So people who are happy also seem to be wiser, more courageous, have a stronger sense of justice, and even be more spiritually tuned in with the world. When life gets challenging (as it does for every person, regardless of happiness levels), it's theorized that the world better receives people who are happy and tend to exhibit positive values around them.

Other people go out of their way to 'give them a break' when the going gets rough. This makes happy people seem 'luckier'.

This is one of those theories that's absolutely fascinating and holds a lot of truth when you stop to think about it. While being happy doesn't necessarily mean you're going to win the lottery, you are more likely to get help when your car breaks down in the middle of nowhere. A happy person is going to have a lot more "luck" when they're trying to negotiate for a tow-truck when you're outside that company's standard towing radius.

6. Happiness is simply better for you. When you're happy, your entire body works differently than when you're stressed. Stress is toxic, so your immune system gets supercharged from happiness, and even your cells will work to repair damage faster than they do in the body of someone who is unhappy.

As if that isn't already enough, it's been proven that people who are happier in general, will actually live longer than people who are not. It's no surprise that happy people tend to feel good and enjoy life more. They are also more likely to take care of themselves regarding diet and exercise. That's a lot of benefit from one single emotion!

With all that benefit, it's no wonder that we tend to see as happiness as not only good for us but also crucial to our daily lives.

7. You don't only need happiness in your life, but the world needs you to be happy as well.

Why? People need happy people around them. Like a pebble thrown into a quiet pond, a happy person tends to send ripples of positive energy throughout the room. Having happy people around

makes the world a better place.

Happy people are the helpers in the community. Those who are happy are the ones who give the most to charity. They're the volunteers who work to build and make things better. If you need help, it's the happy people who are there to provide it.

Happiness makes the world a safer place. A happy person is a person who sees a positive outcome. They're there to defuse situations before they become violent. In a crisis, it's the person with a happy outlook that sees the positive outcome and then sets out to make that outcome a reality. If you think about it on a global level, happiness truly can change the world.

So take heart. You're alive, and you're here today reading this. Happiness is not only worth pursuing, but it's within reach. All it takes to give it a chance is to add some supportive routines or habits to your life. Cheers!



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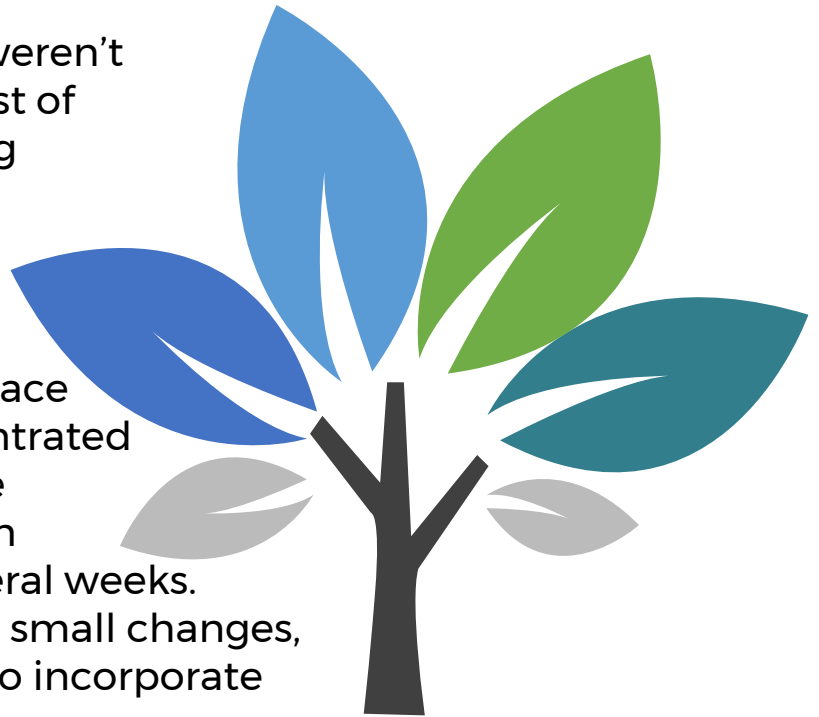
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Happiness Is A Habit

Because you're looking at happiness as a way of life and not a destination, then you need to understand that achieving it isn't about doing a specific task once or twice, but about building habits meant to last a lifetime.

Habits are basically just small changes in your routine done repeatedly until they become automatic. You already have a lot of habits – some good, and some bad. You weren't even aware of building most of these habits. The nice thing about habits is that they're relatively easy to form, if given a fighting chance.

Most habits will be set in place by merely making a concentrated effort to perform that same action over some time, such as several days or even several weeks. Because you're focusing on small changes, they're usually pretty easy to incorporate into your already busy life.



Start with small changes that really don't seem intrusive or painful. Use those small victories to motivate you to add even bigger ones as you attain that powerful force known as momentum.

Happiness, then, is quite easily within reach. And it only takes a few strategic habits or routines to create that confident, more positive version of you.

IMPROVE YOUR HAPPINESS

In 3 Words

Habits

Heighten

Happiness





The Gratitude Habit

Gratitude as a habit is pretty much exactly what you think it is. Gratitude is about practicing mindfulness, being aware of the things that we experience in life and reminding ourselves (and those around us) of our thankfulness for those things.

Gratitude as a habit means that you remember to say thank you – to yourself, and those around us on a regular basis. If you believe in God, He should come first on your list.

Nothing comes as close to producing happiness than an attitude of gratitude.

Why does gratitude make us happy?

Our brains think we're optimistic when we're grateful. Oddly enough, optimism can be seen on scans of the brain. Not only do you see a calming of the amygdala when you're optimistic, but there's an entire shift in your brain chemistry that soothes and calms the body. When you practice gratitude, you see the same reaction. This means gratitude causes an entire shift in how we feel, and even reduces stress. It's no wonder gratitude makes us happy with all of that going on!

By being thankful, we subconsciously start looking for the positive in things. You can't express gratitude if you don't first find things to be grateful for. The pursuit of gratitude becomes a constant pursuit of finding the good parts of your day. Do this long enough, and your brain will automatically hunt for the bright side of the situation with no help at all from you.

Gratitude eventually rewires our brains to find that positivity. Eventually, that constant search for gratitude goes beyond the subconscious. As with any habit that's ingrained, you will eventually create brand new neural pathways that reinforce the gratitude habit.

How to put this into practice?

Make a practice of thinking about things you're grateful for when you first wake up. Start each day by thinking about the things you're grateful for before you even get out of bed. This puts you in a positive mood that you can carry with you wherever you go.

Try a gratitude journal. If you're into journaling or like recording things about your day in general, then a gratitude journal becomes a visual record of all the things you are grateful for.

Jot down things that make you feel grateful as they occur. Be as brief or elaborate as you like as this is a record just for you. When you have some free time, revisit the pages. This will provide an instant positive boost.

Tell others that you're grateful for them in your life. Don't just keep your gratitude to yourself. When someone does something that positively impacts you, let them know. A simple thank-you note can become a precious affirmation to those you love. It lets them know that they really do matter in your life.

Say 'thank you' often and for everything. We're taught from the time that we're young to say 'thank you' but too often those habits fall by the wayside as we get older. Put the habit back into practice. Thank the server with more than just a tip. Thank them personally for their service at lunch. Acknowledge the stranger who held the door for you. This is one phrase you really can't wear out, so don't be afraid to use it everywhere.

End the day with positive thoughts about what you were grateful for today. Don't go to bed until you've taken a moment to acknowledge those things that you're grateful for.

Do this however feels best to you: in a list, a journal, or even a prayer or meditation. While this doesn't have to be a spiritual expression, it can be if you're so inclined.

IMPROVE YOUR HAPPINESS

In 3 Words

Gratitude
Generates
Greatness





The Exercise Habit

Even small amounts of exercise can have a noticeable effect on your happiness.

According to many research findings about moods and physical activity, people who work out, even a little bit for as few as 10 minutes a day, tend to be more upbeat than those who don't exercise. And just about any type of exercise may help.

The notion that moving around can lift our mood is not a new one. Many of us would absolutely testify that we feel less stressed and more relaxed after a run or visit to the local gym.

Everyone knows that exercise is good for you. After all it is what keeps us fit and trim. By exercising regularly, our bodies run at their optimal capacity. But why does regular exercise increase your happiness levels?

Why does this make us happy?

From the moment that we start exercising our entire brain chemistry does a shift.

These reactions are automatic, meaning the entire system kicks into gear the moment we begin exercising. Our bodies release chemicals that put a shift into place for a brief amount of time. As soon as you set into motion, your brain sees you exercising as reacting to a fight or flight situation.

This puts a chemical called Brain-Derived Neurotrophic Factor or BDNF into your system. This is to protect the brain from stress, but also has the added benefit of repairing memory and even resetting things within your brain.

Couple this with a healthy dose of endorphins, which also fight stress, and you're feeling pretty good. With all this chemistry going on, you can't help but feel happy.

How to put this into practice?

Commit to 20 minutes. Studies have shown that the aforementioned shift in brain chemistry happens about 20 minutes into the workout.

So rather than killing yourself by trying for that marathon workout session once a week, plan to exercise for 20 minutes several times a week.

Set a specific day of week and time of day to exercise for optimal benefit. Plan for exercise the night before. By packing your gym bag or having your workout clothes where you can find them the next day, you won't have any excuse not to exercise.

Put your workout time into your phone and set the alarm to remind yourself of it. By scheduling your exercise you're telling yourself that it's important, and you'll keep from accidentally scheduling something else that conflicts with it.

Use a fitness app. There's a lot of fun mobile apps to keep things interesting. A quick search through the app store will find something that not only tracks your goals but gives fun suggestions to spice up your workout. For example, many treat the course you run as a game you play by moving your body to attain goals. Keeping things fun is a great way to keep consistent in your workouts and to help build the exercise habit.

Set micro-goals. Pressed for time, or simply feeling a little too out of shape to accomplish much? Then make a smaller goal. If committing to 20 minutes every other day is too daunting, then start where you need to so that you're motivated to achieve that goal and even increase it down the road. There's no shame in starting with a five-minute workout to start, and then building from there. Also, doing several mini-workouts throughout the day might work better with your schedule than one long workout.

IMPROVE YOUR HAPPINESS

In 3 Words

Movement

Maximizes

Mood





The Forgiveness Habit

Resentment. Anger. These are poisons from your past that reach out to grab and imprison you, keeping you from moving on and from being able to feel true happiness.

Until these feelings are resolved, it is nearly impossible to find the peace and contentment that come from a happy heart. Habitual forgiveness very quickly becomes key to a happy life.

Why does this make us happy?

There are several ways that forgiveness changes us for the better.

These include:

Forgiveness releases negativity. By forgiving the one who has wronged us, we're allowing ourselves to let go of the anger that's been festering against them. While we can't always forget the wrong, if we remove all the negative power from the incident it allows us to finally engage more fully with ourselves. This leaves room for happiness to retake root.

Forgiveness helps us to let go the things from the past that hurt us so that we can eventually heal. By no longer giving toxic memory power over us, we free ourselves. This enables us to look forward instead of backward. Now we are open to seeing the possibilities and even the good things that are coming our way.

Forgiveness impacts our health in positive ways. A study from the Mayo Clinic has shown that holding onto anger and resentment adds a host of health problems to the roster – including anxiety, depression, high blood pressure, and a weakened immune system to name only a few.

Forgiveness helps heal these things, making you better and stronger than you ever were when you were holding onto all that hurt. It's hard to be happy when you're physically ill.

Forgiveness allows us to take back control and power over our lives. By forgiving someone, you're no longer allowing them to be the one calling the shots in your life. You become the master of your fate and the decider of your dreams. With that kind of power, you're now free to choose happiness over the pain.

How to put this into practice?

There's a specific set of steps that will help you to address those in your life that you need to forgive.

1. **Test the waters.** Speak the person's name. Say you forgive them out loud. What comes up when you do?

2. **Process the situation.** You can't forgive someone unless you've worked through the incident in your mind and handled every emotion that comes up. This means tackling the anger, resentment, shame, fear, and anything else that you experience during this memory.

3. **Put it on paper.** Writing a letter goes a long way toward resolving your emotions. Whether you share that letter with the person who hurt you is entirely up to you. Do what feels best in this situation.

4. **Be the bigger person.** Try to see things from their point of view. By being compassionate you're not only expressing empathy, but you're reclaiming yourself and your power over this situation.

5. **Commit.** Decide to forgive and then let it go. By doing so, you're telling negativity that it no longer has any part in your life, thereby freeing you up for more positive emotion, such as happiness.

Do it for yourself. Don't hold onto the grudge because others don't deserve it. Let go of it because you deserve it!

IMPROVE YOUR HAPPINESS

In 3 Words

**Forgiving
Facilitates
Freedom**

3





The Kindness Habit

It should come as no surprise that kindness is linked to happiness. Performing an act of kindness typically comes from the motivation of just wanting to do what's right, or even a desire to do good. These are all positive emotions unless you're just in it for the credit and glory.

In this instance though, we're looking at the former acts of altruism and not the latter. An act of kindness projects positivity within yourself and the target. It is not a surprise then that it is directly related to happiness.

Why does this make us happy?

Research shows that acts of kindness trigger a chemical reaction in the brain. This time the reaction takes place in the striatum where we bask in the warm glow that usually comes from being rewarded for something.

If you think that this isn't a powerful enough chemical to make a difference, keep in mind that the striatum is also what reacts to food or addictive substances. This means that the happy feeling you get from doing good has a pretty strong effect on how you feel and how you process those feelings.

How to put this into practice?

The habit of kindness doesn't have to be complicated. There are lots of little things you can do to build kindness into your everyday life.

Like with everything else, the more time you spend looking for opportunities to be kind, the more you'll find yourself noticing those opportunities. The more kindness acts you commit, the more you will become naturally kind.

Smile more. This is the smallest and easiest way to begin. When you don't know what else to do for another person, start with nothing more than a smile. Smiling often has the added benefit of lifting your spirits. An interesting fact: People who smile, even when they don't feel like it, tend to start smiling for real. It's hard to be sad and smile.

Be a hero. Heroes come in all shapes and sizes. Maybe you're not able to save the world today, but you can save a life by adopting an animal from a shelter. Or, if you want to think globally, you can find ways to become involved with organizations that work to save homeless people, orphans, or a variety of other worthwhile things.

Make a connection. Find small ways to let people know they're important in your life. Bring coffee to your coworkers. Do something nice for a friend or a neighbor.

Volunteer. This takes connecting to the next level. Combine your interests with action. If you love to create things, then help build houses for the less fortunate. If you love to sew, then create lap quilts for the elderly in nursing homes. You get the idea. Not sure where to begin? Start by asking questions at places where you already spend time. Maybe the library needs someone to read to kids. Maybe you notice they need volunteers when you are visiting a friend at the hospital.

Change your self-image. Think of yourself as a kind person. Make it part of who you are, then look for ways to 'prove' that to the world around you. It's kind of like wearing a secret identity and then throwing off the disguise to do random acts of kindness when the opportunity presents itself.

Return a favor. Has someone done something nice for you? Find a way to do something nice for them in return. Reciprocating a kind act has a way of spreading your happiness amongst multiple people. It's the "pay it forward" philosophy.

IMPROVE YOUR HAPPINESS

In 3 Words

Serving
Spreads
Sunshine

3





The Sleep Habit

It is impossible to function when you don't have enough sleep. How can you expect to be happy if you're always deeply exhausted? Getting enough sleep is one of the more critical habits that you need to develop to feel true happiness.

Why does this make us happy?

There are a lot of benefits to regular sleep that include everything from being more productive, better able to learn and all the way down to being healthier in the long run.

How does this impact our happiness levels?

By being better rested (with somewhere between 7 – 9 hours of sleep every night), you're less stressed. Less stress means your brain works at more optimal levels. Your health improves. You have a better immune system, and you heal faster when you get sick. You're not making as many mistakes, and you even remember the small details better.

In short, you're freeing yourself up for happiness simply by removing all the impediments to that emotion. Not only that, by feeling good it's easier to be optimistic and see the positive in a situation. The well-rested brain naturally gravitates toward happiness.

How to put this into practice?

You think that just creating the habit of getting enough sleep would be enough to give you all the benefits. But sometimes it's not easy to fall asleep at night, or there are things on our minds that keep us awake.

By building these small habits, you can fix your sleep patterns, thereby giving your body the ability to seek happiness in your waking hours.

1. **Decide a bedtime.** Knowing when you want to go to bed, or even having a rough idea allows you to schedule the rest of your evening. Having a bedtime schedule or routine will give yourself the optimal ability to sleep. Choose a bedtime that makes sense

with your wake-up time, so that you're giving yourself enough rest. This should be somewhere between 7-9 hours of sleep. Only you know how much sleep you need to feel your best in the morning, so schedule accordingly. Create a sleeping habit.

2. **No time for exercise.** Never exercise right before bed, as the brain chemistry that shifts in the process of exercising is going to keep you up all night for sure. Instead, exercise in the early part of the day. If morning doesn't allow for a workout, then make sure you finish your exercise at least 4 hours before bedtime.

3. **Avoid things that keep you awake.** Once again, knowing what's best for you comes into play. While most people can't tolerate caffeine before bed, there might be other things that stimulate your senses to the point where you can't sleep. It might be you can't watch TV right before bed, or even to look at a screen such as your smart phone or tablet. If that's the case, then limit your electronics before bed to give yourself an optimal night of rest.

4. **Set a routine.** Give yourself plenty of time to wind down. Set out what you need to for tomorrow, brush your teeth, take any meds far enough in advance so that your ritual is unhurried and allows you to focus on slowing down your mind. It might help to set the alarm on your phone to remind you when to start that routine so that you don't get so caught up in other things. You don't want to end rushing when you need to be slowing down.

Adequate rest is one of the most significant factors in happiness since being tired tends to lead toward not only a cranky mood but to negative thoughts.

IMPROVE YOUR HAPPINESS

In 3 Words

Rest

Raises

Resilience

3





The Goals Habit

It's tough to feel happiness when you lack a direction in life. Goals help solidify where you're going – and what you plan to do when you get there. If you don't know where you're going, you will always feel a bit lost.

Why does this make us happy?

Goals give us a lot of things. These include:

Vision & Passion: You'll know what it is you want out of life and you'll have the purpose and drive to get there.

You draw others to you: When you're excited about something, that excitement's effect on those around you. Soon you find others want to share in your experience and plans.

Self-confidence: Knowing what you want has a way of making you more sure of yourself, and your abilities.

Control: When you know what you want, it means you've grabbed the reins on your future and are directing where you want to go in life.

Meaning: You gain significance, as do your actions. Goals give you a meaning and purpose to your life.

Clarity: You have a detailed view of where you want to go.

Decisions become surer: You already know most of the answers in how and where you want to go, so the process by which you make decisions becomes much more straightforward. You even know when to say "NO".

Longevity: When you have something to live for, you find that you live longer.

What should stand out about this list is the fact that every one of these things is an overwhelmingly positive item, which means that goal setting leads very naturally to not only happiness but to real joy and peace. Goals produce comforting clarity.

Clarity creates hope that creates motivation that creates action.

Having direction with a concrete plan on how to get there guarantees that happiness is right at your fingertips.

How to put this into practice?

1. **Start with the end in mind.** What result are you looking for? What do you want? Be very specific.
2. **Ask yourself if the goal is SMART.** Goals that do not meet these criteria cannot succeed.

Specific / Measurable / Attainable / Realistic / Time-bound

3. **Record your goal.** Be as detailed as you need to be so that you can be very clear and able to identify the next step.
4. **Make a solid plan of attack.** Write out the specific steps with manageable pieces.
5. **Put it on your calendar.** Set a timeline for your goal with milestones that will allow you to measure your progress.
6. **Take determined action.** One small step at a time.
7. **Pause to evaluate and reconsider your goal.** Ask yourself how things are going. Are you making the progress that you've hoped to? Readjust as necessary to reach your goal.

By setting positive and attainable goals in your life, happiness becomes part of the process.

IMPROVE YOUR HAPPINESS

In 3 Words

Planning
Produces
Purpose





The Learning Habit

Learning should be a lifelong practice, especially when you are seeking a life of positive routines that produce habitual happiness. When you learn new things, you challenge your brain and invite yourself to explore more about the world that you're in. By making a habit of learning new things, you give happiness room to grow and new direction in which to grow it.

Why does this make us happy?

A brain that is learning something new is healthy. Learning is a

complicated process that involves the growth and stimulation of the grey matter in the brain. This means that your brain becomes better, smarter, and stronger than it was previous to the learning experience. This makes for a healthy brain!

The active brain is less likely to show signs of decline. Studies have shown that seniors who keep their brains engaged with fresh information help keep dementia and Alzheimer's at bay. With that thought in mind, it follows that that learning new things is vital in maintaining optimal brain health as you grow older.

Learning complex information improves memory. The more you learn, the better you remember things, especially as you grow older when this type of memory typically declines.

Learning creates self-confidence. When you're curious about the world and engaged in learning new things, you can't help but feel better about yourself and your abilities.

Learning new things gives a feeling of satisfaction. This satisfaction is a compilation of everything mentioned previously. Knowing that you're smart, capable, have a sharp memory, and the ability to use it leads to a certain kind of happiness that's born of deep satisfaction. This is true happiness, plain and simple.

How to put this into practice?

Be curious. When you're confronted with a question to which you don't have an answer, rather than forgetting about it, look for the answer. Ask questions and explore the world to find the answers.

Pick your project. Are you looking to learn a subject, a skill, or just an answer to a question? Whatever interests you, pursue it and explore where it takes you.

Build on the knowledge that you already have. What already interests you that you know something about? Is there some way you can build on that knowledge to explore that subject deeper? Pursuing something you love will create happiness too.

Fail gloriously. Even when things go wrong, you're still learning. In fact, your brain becomes even more elastic and flexible when you fail, so learning from your mistakes expands your horizons in great and unexpected ways. This means it's ok to take chances and try new things. If you succeed, so much the better, but should you fail, you only need to remember that you've learned something new from the experience.

Do something just for fun. You don't always have to be a serious student. Learning something just to discover knowledge about a topic that's brand new encourages your brain to move in directions it might have ever considered before. Who knows where this will take you!

The next time you are asked a deep question, don't just respond automatically with... "I don't know." Instead, adopt an attitude of... "I'll find out." Go online and search for the answer.

By giving yourself opportunities to learn, you're taking care of your mind. A brain that's healthy and active is a happy brain. A happy brain makes for a happier you.

IMPROVE YOUR HAPPINESS

In 3 Words

Learning

Lifts

Living

3



Favorite Quotes On Personal Happiness

“For every minute you are angry you lose sixty seconds of happiness.” – Ralph Waldo Emerson

“Folks are usually about as happy as they make their minds up to be.” – Abraham Lincoln

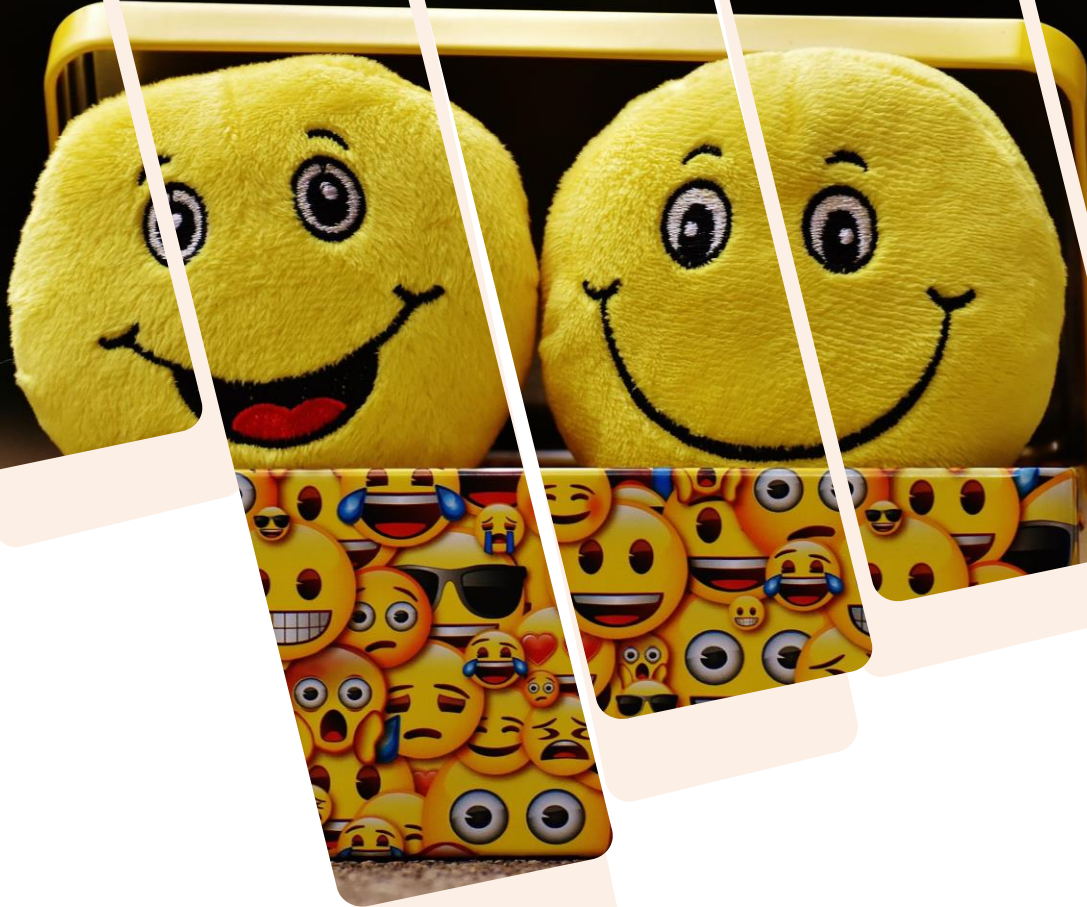
“Happiness is when what you think, what you say, and what you do are in harmony.” – Mahatma Gandhi

“They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.” – Tom Bodett

“It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it.” – Dale Carnegie

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.” – Roy T. Bennett

“The best way to cheer yourself is to try to cheer someone else up.” – Mark Twain



CLOSING THOUGHT

Habitual happiness isn't complicated. By building several habits that not only encourage happiness but create an atmosphere of happiness, you can't help but be happy.

Determine to create the action needed to put these daily routines into play. Repeat them every day until they become automatic or second-nature. Everything you've ever wanted is right around the corner on the other side of a decision. It's up to you to just grab it.

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