



**Dr. Kris Heap**

# Happiness Is A Habit

**Dr. Kris Heap**

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This book is based off of the blog post  
“22 Things That Happy People Do  
Differently” by the very talented  
**Chiara Fucarino**

“Happiness is a habit – cultivate it.”  
- **Elbert Hubbard**

Have you ever been around someone who just seems happy all the time? It seems like no matter what is happening to them, they remain positive and smiling. They can find the bright side of every problem or trial that comes to them. They are the people who walk around with a smile so big they could eat a banana sideways.

Have you ever wondered: **were they just born that way?**

The answer is yes! And so were you. Really. How many depressed 3-year olds do you know? None.

Toddlers are looking for any excuse they can to laugh and giggle.

Everybody is born happy and easy going. We are all born to laugh.

So what happens to us? Being happy is fun so why don't we just stay happy? An interesting question.

As we get older we start to settle into a place on the happiness spectrum somewhere between extremely happy and miserable. Oddly enough, our location on the "happiness spectrum" is completely our choice.

In general, most people in the world migrate into one of two categories: those who choose to be happy, and those who choose to be unhappy. That may sound oversimplified and it probably is. But if you look around at your friends, family, co-workers, and acquaintances you may see that it holds pretty true.

Contrary to popular belief, happiness doesn't come from fame, fortune, other people, or material possessions. Rather, it comes from within. We have seen time and time again cases of extremely wealthy



people living in misery. Conversely, some of the happiest people I have ever spoken with were living in circumstances that I thought no human could survive in.

How can that be possible?

Happy people are happy because they *make* themselves happy. They maintain a positive outlook on life and remain at peace with themselves.

The million-dollar question is:

**How do they do that?**

It all comes down to their habits. Happy people have good habits that enhance their lives. They do things differently than others. Even when they don't want to, they consistently work on the "happiness habits".

I wrote this book to describe these habits so you can begin to practice them in your life. I hope you will find it useful as you develop the habit of happiness.

**I have two disclaimers:**

#1 – Happiness means something different for everyone so there is no

one, universal meaning for the word “happiness.” The best way I have heard it described is that happiness is a journey without a final destination. I really believe that. I don’t think it is something we ever fully arrive at. But the journey sure is awesome!

#2 – This list is not meant to be comprehensive. It would be impossible to write about every single action that leads to happiness. This list is merely a collection of suggestions that you can explore in order to add more happiness to your personal journey through life.

With that being said, we are ready to explore the habits of those chronically happy people.

**Ask any happy person, and they  
will tell you that they ...**

# #1

## Serve Others



## **Serve Others**

I listed “serving others” first because I think it is the most effective way to insure long-lasting happiness. I spend time as a volunteer counselor at my church and when people come to me with feelings of depression or negativity, I always recommend that they find someone to serve on a daily basis.

By service, I don't necessarily mean scrubbing their floors or serving them dinner, although I'm sure both of

those would be greatly appreciated. It can be simple service.

Some ideas may include: writing a thank you note, telling someone they look nice today, complimenting someone's work, taking a plate of cookies to a neighbor, paying for a stranger's gas, etc.

When we give service to other people it is very hard to remain in a bad mood. Often times our sad feelings come from a place of self-pity, self-doubt, or selfishness. All of them are focused around "self."



If we look for ways to brighten the day of others, we start to be less concerned with “self”. The more we are less concerned with “self”, the happier we become.

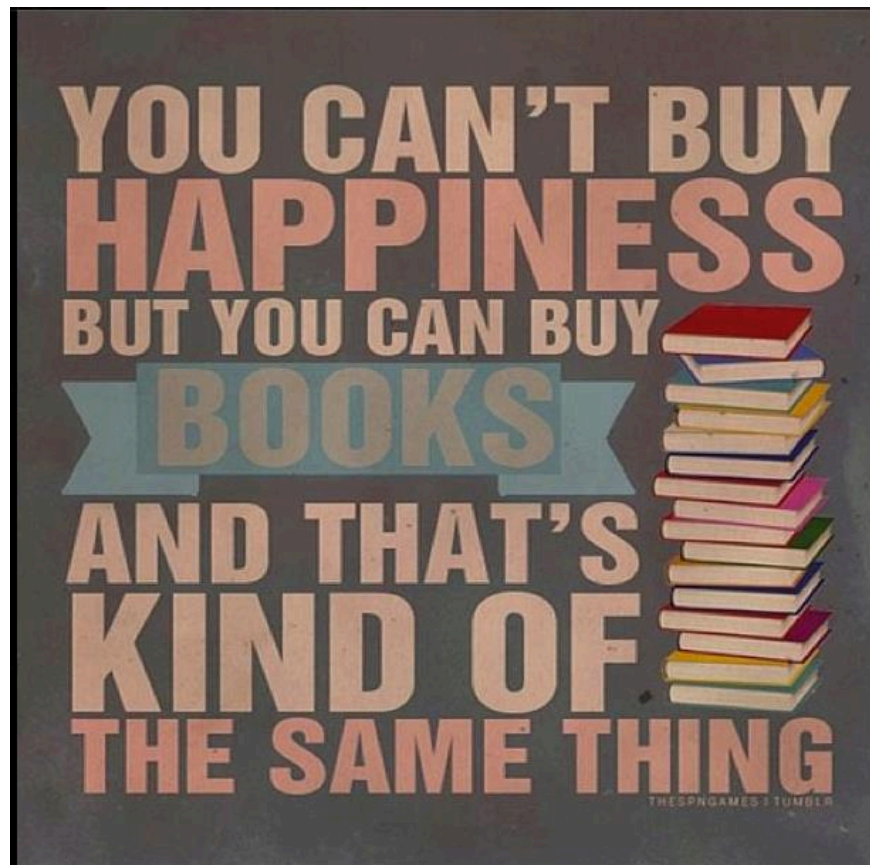
Look for ways to give service to those around you every day and I promise you that all of your days will be happier.

*“The best way to find yourself is to lose yourself in the service of others.”*

*- Mahatma Gandhi*

# #2

## Seek Learning



## **Seek Learning**

Oscar Wilde once wrote, “You can never be overdressed or overeducated.” I completely agree as long as we are educating ourselves with the purpose of self-improvement. I’ve met people who just stay in college forever getting degrees in one area after another. Being educated is great but unless it is applied, I think it can be wasted.

Happy people seek learning and education in many areas of life and then look for ways to put it to use.

Whether it is for self-improvement or for teaching others, there is a purpose for their learning.

An increase of knowledge can also give us an increase in confidence. The more we know, the more we feel comfortable in different conversations and settings.

In the hallway by my kids bedroom is a sign that says, “Leaders are Readers.” If you study the leaders in almost every area of life, you’ll see that they are continually learning more about their field.

Most of all, learning brings happiness because we are progressing. I believe the purpose of life is constant forward progress. So when we learn new skills or ideas and improve ourselves, we feel that happiness that accompanies progress and purpose.

*" Education is the most powerful weapon which you can use to change the world."*

*- Nelson Mandela*

# #3

## See Problems as Opportunities



## **See Problems as Opportunities**

Happy people don't seem to have the word, "problem" in their vocabulary. Sure, they know what it means but they quickly translate it into the word "challenge" or "opportunity".

When something is called a "problem", it is viewed as a drawback, a struggle, or a stumbling block. It has only a negative connotation.

But a "challenge" is viewed differently. It is seen as something

positive like an opportunity, a task, or a dare.

Can you imagine how different your life would be if every time someone called you with a “problem” they said,

“Hey Kris, we have an opportunity at the office.”

Your attitude about solving the situation would be totally different. Nobody wants to deal with a problem, but nobody wants to miss an opportunity.

An opportunity for what? To grow, learn and improve. Every “problem”



carries with it the seeds of growth and innovation. Try to remove the “problems” from your vocabulary and you will find opportunities all around.

*“ If you aren't in over your head,  
how do you know how tall you  
are?”*

*- T.S. Elliot*

# #4

## Express Gratitude



## **Express Gratitude for What They** **Already Have**

There's a popular saying that goes something like this: "The happiest people don't have the best of everything; they just make the best of everything they have." You will have a deeper sense of contentment if you count your blessings instead of yearning for what you don't have.

I have found this to be true countless times as I have visited, or lived in, countries where the standard of living was extremely low. I've found

some of the happiest people in my life in homes that consisted of nothing more than a bunch of plywood and scraps of sheet metal nailed together. The whole family slept, ate, and played in one small square room that barely kept out the elements. But for what the home lacked in physical size and beauty, it overflowed with joy and love.

Happiness has nothing to do with our external circumstances. It has everything to do with our internal attitude.

We have more abundance than 99% of the world's population and yet have the highest suicide rate. Why is that? Because we have forgotten to be grateful for the blessings that we have. The race to get more "stuff" has led us to link our happiness to how much we accumulate. And since there will always be someone with more "stuff" than us, we start to feel inadequate and depressed.

The cure for this is to develop an attitude of gratitude. The next time you are feeling like you wish you had more money, a bigger house, a newer

car, or more “stuff”, take out a piece of paper and start listing everything around you that you are grateful for. As you do this, you will start to realize how truly blessed you are and you will feel yourself becoming happier.

*“ We can only be said to be alive in those moments when our hearts are conscious of our treasures.”*

*- Thornton Wilder*

# #5



## **Dream Big**

Most people have dreams and aspirations. Or, at least, they did once. Think about when you were a small child and you wanted to be an astronaut, or a professional athlete, or a race car driver (or all three at once!) You were really excited about those dreams.

Then “real life” caught up with you and you were forced to settle for a “stable career.” Society told you that it wasn’t okay or even possible to be an astronaut. So you decided to choose



something more acceptable and you let go of those dreams.

But that does not have to be the end of the story. You can still set lofty goals and dream of doing those things you always wanted to accomplish.

People who get into the habit of dreaming big are more likely to accomplish their goals than those who don't.

When you dare to dream big, your mind will put itself in a focused and positive state. You will start to feel inspired and excited about life. You

will start to feel those same feelings  
you felt as a daydreaming child.

Nobody ever got excited about  
settling. No one has ever been  
inspired by staying right where they  
were. Happiness comes from  
dreaming big.

*" Ah, but a man's reach should  
exceed his grasp, or what's a heaven  
for?"*

*- Robert Browning*

**#6**



## **Don't Sweat the Small Stuff**

Happy people ask themselves, “Will this problem matter a year from now?” They understand that life’s too short to get worked up over trivial situations.

Many of us have a habit of stressing over the small stuff. It even seems like we enjoy it. Constant stress is almost like an addiction. I know that sounds ridiculous but take a look around and observe people. Many of them will find at least 5-10 small things to get worked up about every

single day. Most of these are situations are easily resolved, out of the person's control, or will never come to pass.

Letting things roll off your back will put you at ease to enjoy the more important things in life.

Always ask yourself, "Will this matter one year from now?"

*"If the problem can be solved, why worry? If the problem cannot be solved, worrying will do you no good."*

*- Santideva*

# #7

## Speak Well of Others

No, no...  
This isn't gossip.  
It's the truth.



## **Speak Well of Others**

We sure love to gossip. Some people say that baseball is our national pastime but I'd say gossip is competing for that top spot. We just love to hear all about other people's faults. Why?

It is actually all about our own insecurity. We love hearing about other people's problems because on some level it makes us feel better about our own shortcomings.

We all know those people who love to spread gossip. Every time you

talk to them they want to tell you something negative about a “friend” or neighbor. Whether you realize it or not, these are the most insecure people you know. They are so excited to tell you about other people because they hope it will divert your attention from their own faults. They are truly unhappy people on the inside and they would love nothing more than to get you into the same boat.

They are superficial friends at best and you better believe they are gossiping about you when you aren't around.



The truth is, being nice feels a lot better than being mean. As fun as gossiping is, it usually leaves you feeling guilty and resentful.

Saying nice things about other people encourages you to think positive, non-judgmental thoughts.

You will find that as you say nice things about people behind their back, they will do the same to you and you will have a lot more true friends.

*"Kind words can be short and easy to speak, but their echoes are truly endless."*

*- Mother Theresa*

# #8

## Never Make Excuses



## **Never Make Excuses**

Benjamin Franklin once said, “He that is good for making excuses is seldom good for anything else.” Happy people don’t make excuses or blame others for their own failures in life. Instead, they own up to their mistakes and, by doing so, they proactively try to change for the better.

Excuses are easy to come up with. We can invent hundreds of reasons why things didn’t work out for us and some of them might even seem pretty legitimate. The trouble is that making

excuses can become a very destructive habit. Everyone knows that person who thinks nothing is ever their fault. They are frustrating to be around.

In life, the people who constantly improve and succeed are those who are accountable for all of their failures and all of their successes. Making excuses tells the world that you are not in control of your destiny. Instead of deciding what they want to do and going after it, they are leaving their happiness to chance. They are the “could have beens”, and the “if only’s”.

I do not know of a single person in this category who feels both happy and successful in their life. But that's okay, it's somebody else's fault, right?

*"Ninety-nine percent of the failures come from people who have the habit of making excuses."*

*- George Washington Carver*

# #9

## Get Absorbed In the Present



## **Get Absorbed In the Present**

Happy people don't dwell on the past or worry excessively about the future. They savor the present. Not only that, they let themselves get immersed in whatever they're doing at that moment.

Our world is full of distractions. It is becoming increasingly difficult to avoid interruptions. The prevalence of smart phones means that we can be interrupted at any moment, day or night. We are so tied to our phones that we are willing to give up the most

important moments of life in order to answer them. Just think about the last time you were playing with your kids and stopped to check a text or voicemail. Or maybe the time you were out to lunch with a friend and as they were talking you looked down to see who was calling.

When we do this, we show all those around us that they are one step below our phone on the importance scale. How sad! We sell the important moments for the trivial ones.

On top of that, a recent study shows that the average person loses



28% of their day to distractions and attempts at multi-tasking.

Happy people with meaningful relationships have learned to be present in the moment. Don't try to talk to your spouse while thinking about work. You'll come across as uncaring.

Don't fall into the trap of trying to "multi-task." Those people who claim to be good multi-taskers have really just mastered the art of doing a bunch of things poorly at the same time.

If you find yourself jumping between tasks or start to feel your

mind wandering from a conversation,  
stop yourself and refocus on the  
current situation.

In no time at all you will notice  
that you are more productive, your  
relationships with your friends,  
spouse, and children will become  
deeper, and you will feel happier.

*"Do not dwell in the past, do not  
dream of the future, concentrate  
the mind on the present moment."*

*- Buddha*

# #10

## Wake Up at the Same Time Every Morning



# **Wake Up at the Same Time Every** **Morning**

Your day starts in the morning and the actions you take in the first hour of your day will determine how the rest of it goes. It is hard to form good morning habits when you constantly change your wake up time.

I'm not saying that the only way to be happy is to wake up at 5:00 am. But there are a number of clinical studies showing that waking up at the same time every morning stabilizes your circadian rhythm and increases

productivity and energy throughout the day.

In truth, most leaders in any aspect of life choose to arise early in the morning. It's just a fact and I know many people will be upset that I say it. Any time I mention it on the blog I get dozens of hate-filled messages.

Benjamin Franklin had the wonderful quote that says, "Early to bed and early to rise makes a man healthy, wealthy, and wise"

Decide on a time that allows you to wake up and prepare for the day well before you need to leave for school or

work. Your days will become more  
upbeat and productive.

*" Morning is when the wick is lit.  
A flame ignited,  
The day delighted  
With heat and light,  
We start the fight  
For something more than before."  
- Jeb Dickerson*

# #11

## **Avoid Social Comparison**



## **Avoid Social Comparison**

Comparing ourselves to others is a very easy habit to fall into. It is the easiest, and worst, way for us to determine how we're doing in life.

Earlier in the book we talked about how humans are competitive by nature. Many of us also tend to be very insecure. We need constant reminders of how "good" we are. Social comparison is the way that we feed our approval addiction.

This is how the thought process goes: "I have a bigger house than he



does therefore we must be doing better than them. Which makes sense because I'm smarter and work harder than he does." Or another one, "My son started reading when he was 4 but her kid is still sounding out words when he's 6. My kids are so much smarter because I am such a good mother."

If you want to see social comparison at its finest, go to a playground where a lot of mothers are standing around talking while their children play. If you listen for at least 5 minutes you will hear them brag

back and forth about their children as they try to “one-up” each other.

How silly it is that we tie our own self worth to the status of people who don't really matter.

Everyone works at their own pace, so why compare yourself to others? If you think you're better than someone else, you gain an unhealthy sense of superiority. If you think someone else is better than you, you end up feeling bad about yourself.

Happy people measure their self worth against their own goals for themselves, not against others. They

are happy when other people succeed, instead of succumbing to feelings of jealousy.

You'll be happier if you focus on your own progress and praise others on theirs. There is plenty of room at the top for everyone.

*"When you are content to be simply yourself and don't compare or compete, everybody will respect you."*

*- Lao Tzu*

# #12

## Choose Friends Wisely



## **Choose Friends Wisely**

Misery loves company. That's why it's important to surround yourself with optimistic people who will encourage you to achieve your goals.

It has been said that you are the average of your 5 closest friends. So if a majority of your friends are negative gossipers, chances are that you are too (or soon will become that way).

Conversely, if you make friends with people who are positive and push you to be better, you will start to feel more optimistic and accomplished.

Take a second to think of your 5 closest friends. What are they like?

Remember that the more positive energy you have around you, the better you will feel about yourself. Your friends will decide who you are, choose wisely.

*"You meet people who forget you. You forget people you meet. But sometimes you meet those people you can't forget. Those are your friends."*

*- Martin Luther King Jr.*

# #13

**Never Seek  
Approval from  
Others**



## **Never Seek Approval From Others**

Happy people don't care what others think of them. They follow their own hearts without letting naysayers discourage them. They know that it is impossible to please everyone.

Nobody knows you better than you. It is impossible for others to fully understand why you are chasing certain dreams or why you choose to follow your personal set of beliefs. And that's okay. You will never understand their motivations either.



Most people will give you advice based on their beliefs, not yours. They will give you answers that worked for them but might end up being completely wrong for you.

It is important to listen to what people have to say, but never seek anyone's approval but your own.

*"A truly strong person does not need the approval of others any more than a lion needs the approval of sheep."*

*- Vernon Howard*

# #14

## Take Time to Listen



## **Take Time to Listen**

Talk less; listen more. Listening keeps your mind open to others' wisdom and outlook on the world.

It is amazing how much collective wisdom is out there among the people you associate with. There will always be someone who has faced similar problems to your own. Their insights may help you resolve a concern that has been troubling you for a long time. But if you fail to listen, you will never benefit from what they might share.

The greatest obstacle to effective listening is excessive talking. We get so anxious to tell our side of things that we sometimes forget to listen to what others are saying.

The more intensely you listen, the deeper your relationships will be, and the more content you will feel.

*"Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk."*

*- Doug Larson*

# #15

## Nurture Social Relationships

I CAN'T TAKE THIS  
LONG DISTANCE RELATIONSHIP  
ANYMORE.

FRIDGE,  
YOU'RE COMING TO MY ROOM.

## **Nurture Social Relationships**

A lonely person is a miserable person. Happy people understand how important it is to have strong, healthy relationships.

So, how do we develop strong relationships? The answer lies in the truth that “love” is spelled t-i-m-e.

If you want to increase the number and depth of your relationships, you need to find ways to devote quality time to the people close to you.

Quality time is more than just going to a movie together or watching

television in the same room as one another. You must connect with them on a deeper level if you want to have true friends.

To strengthen your relationships try to participate in more meaningful conversations. Serve those you love. Perform unexpected acts of kindness to help brighten their day. Always be willing to listen intently to their challenges. Be there for them when they need someone to lean on.

There is a great quote that says, "When I went looking for a friend, there were none to be found. But

when I went out to be a friend, I found them all around.”

Your relationships will determine much of your personal happiness. The more you nurture them, the greater joy you will have.

*“Good friendships are fragile and precious things and require as much care as any other fragile and precious thing.”*

*- Randolph Bourne*



# #16

## Meditate or Pray



## **Meditate or Pray**

Meditating helps you to silence your mind and find inner peace. I'm not necessarily talking about the meditation where you cross your legs and make the funny shape with your hands while humming. I am talking about a time where you just sit still with no distractions and think to yourself.

When you first start meditating you will find it difficult to sit for more than 30 seconds in silence. Your brain

will bounce all over the place to try and fill the void.

Here's a trick that can help you be more present in the moment: as you close your eyes, try to focus on the information coming from all of your other senses. What do you hear, feel, smell, etc.? This will help you focus on the moment and keep you from worrying about your day. It is amazing how much you can experience in your surroundings without opening your eyes or your mouth.

Try to find 5-10 minutes a day to sit quietly and clear your mind of your

normal stresses. After a few days it will become easier and easier to focus on the moment. As you learn to still your mind you will notice a number of positive results including: less stress, more enjoyment in your day, greater productivity, better problem-solving skills, and more happiness.

*"Meditation is the life of the soul:  
Action, the soul of meditation. and  
honor the reward of action."*

*- Francis Quarles*

# #17

## Eat Well



## Eat Well

Food can have an immediate and lasting effect on your mental health and behavior because of the way it affects the structure and function of your brain. Everything you eat directly affects the hormones your body produces, which will dictate your moods, energy, and mental focus.

So it's no wonder that stimulants, such as sugar or caffeine, can kick you into high gear and then send you crashing and feeling worse than before. Apart from that, junk food

makes you sluggish, and it's difficult to be happy when you're in that kind of state.

A better way to achieve a long-lasting sunny outlook is by eating nutrition-packed foods, reinforcing the old adage, "You are what you eat".

Some good examples are: honey, almonds, walnuts, tomatoes, avocado, eggs, bananas, whole-grain bread, cheese, spinach, and dark chocolate.

*"One should eat to live, not live to eat"*

*-Benjamin Franklin*

# #18

## Exercise

After exercising I always  
eat a pizza... just kidding.

I don't exercise.



your  cards  
someecards.com



## Exercise

A recent study has shown that regular exercise can raise happiness levels just as much as Zoloft does. In fact, 83% of people taking antidepressants report that they do not engage in any form of exercise on a regular basis. Coincidence? Maybe.

Exercising also boosts your self-esteem and gives you a higher sense of self-accomplishment.

Exercise boosts your immune system, reduces the hormone cortisol (linked with stress), and releases

endorphins (linked with happiness and well-being).

You don't have to spend hours and hours at the gym each day to reap these benefits. It only takes 20 minutes of walking to start producing some of these effects.

*"Leave time each day for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning."*

*- Thomas Jefferson*

# #19

## Live Minimally



## **Live Minimally**

Happy people rarely keep clutter around the house because they know that extra belongings weigh them down and make them feel overwhelmed and stressed out.

I think that a person's home, closet, or office desk is a pretty good reflection of their mental state. If their mind is cluttered and disorganized, so are the physical spaces around them. How many happy hoarders do you know?

For many people, the accumulation of “stuff” is an attempt to fill a happiness void they feel internally. Earlier in this book we discussed the falsehood that greater happiness was linked to more possessions.

Minimizing the amount of stuff you have laying around and crammed into corners will help you live more simply. And if you simplify your life you will find more mental freedom.

*“Life is really simple, but we insist on making it complicated.”*

*- Confucious*

# #20

## Tell the Truth



## **Tell the Truth**

The truth will set you free. Being honest improves your mental health and builds others' trust in you.

When we lie or blur the truth, our brain raises an alarm because what we are saying isn't matching up with what we know to be true. This causes a release of hormones that, in turn, raise our level of stress. This is the reason people have a hard time sleeping when they have been dishonest about something. This effect

occurs both with major lies and the “little white lies.”

Dishonesty causes disharmony. Imagine playing a chord on the piano. It sounds wonderful when all of the notes are played correctly. Now imagine you move one finger up onto the wrong note. The whole chord sounds dysfunctional and hard to listen to. When we are not honest, our character becomes dysfunctional like the misplayed chord. Whether we realize it or not, everyone can hear it.

Lying also has an effect on our self-esteem. On the inside, nobody likes



telling lies. So when we get into dishonest habits, we start to view ourselves as bad people. Strangely, this also leads us to lie more often in order to compensate for how low we feel about ourselves.

In a time when dishonesty is the societal norm, telling the truth will set you apart as exceptional and boost your confidence.

*"Truly, honesty is the cornerstone of all success, without which confidence and ability to perform shall cease to exist."*

*- Mary Kay Ash*

# #21

## Accept What Can't Be Changed

If you don't like something,

**CHANGE IT.**

If you can't change it,

**CHANGE YOUR ATTITUDE**

~ *Maya Angelou*

## **Accept What Cannot Be Changed**

Once you accept the fact that life is not fair, you'll be more at peace with yourself. Instead of obsessing over how unfair life is, just focus on what you can control and change it for the better.

The great Roman Emperor and philosopher Marcus Aurelius said, "You have power over your mind - not outside events. Realize this, and you will find strength."

Almost everything that we can control is inside us. We cannot control

world events, catastrophes, or the actions of others, but we can control how we react to them.

Hugh Downs said, “A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.”

History is full of great men and women who were placed in extreme and horrible circumstances yet made a decision not to become mentally defeated. They realized that they could not change their situation, but they were in total control of how they

thought, felt, and acted in that situation.

Happy people decide to be happy; they do not wait for the world to produce happy circumstances for them.

*"God grant me the strength to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."*

*- St. Francis*

# #22

## Don't Hold Grudges



## **Don't Hold Grudges**

Happy people understand that it's better to forgive and forget than to let their negative feelings crowd out their positive feelings. Holding a grudge has a lot of detrimental effects on your well-being, including increased depression, anxiety, and stress.

The truth about a grudge is that the person who you hold the grudge against isn't losing a bit of sleep over it. It is eating you up inside but they go along their merry way without a second thought.

Why let someone who has  
wronged you have power over you?  
Let go of all your grudges and you'll  
gain a clear conscience and enough  
energy to enjoy the good things in life.

*"Grudges do no harm to the person  
against whom you hold such  
feelings, but every day and every  
night of your life, they are eating at  
you."*

*- Norman Vincent Peale*



# #23

## Treat Everyone with Kindness



Kill them  
with kindness.  
If that fails,  
use a frying pan.

## **Treat Everyone with Kindness**

Did you know that it has been scientifically proven that being kind makes you happier? Every time you perform a selfless act, your brain produces serotonin, a hormone that eases tension and lifts your spirits. Not only that, but treating people with love, dignity, and respect also allows you to build stronger relationships.

When you are in a bad mood or feeling down, look for someone to share a kind word with. As soon as

you compliment them you will  
immediately start to feel better.

Happy people do not wait for  
people to be nice to them. They look  
for opportunities to be kind to others  
first, and in the end they find that  
many people are nice to them.

*" Kindness in words creates  
confidence. Kindness in thinking  
creates profoundness.*

*Kindness in giving creates love"*

*- Lao Tzu*

# **Conclusion**

Abraham Lincoln said, "People are just as happy as they make up their minds to be." I have found that quote to be true over and over again as I have met and talked with people from around the world. Regardless of their circumstances people choose their level of happiness.

It seems silly that some people would choose depression or bitterness or anger. Most of them really don't think they are making a choice. As I have counseled and coached people who were depressed, angry, or overly self-critical, I talk

with them about incorporating some of the habits I have shared in this book. Sadly, 9 out of 10 people will choose not to even give them an honest try.

Although we are all born happy, remaining happy takes some work and effort. Any new skill takes some time and effort to develop, but over time it becomes natural to us and we do it without even thinking.

Happiness is a skill to be learned, repeated and mastered. As you work at incorporating the information in this book into your life, you will find

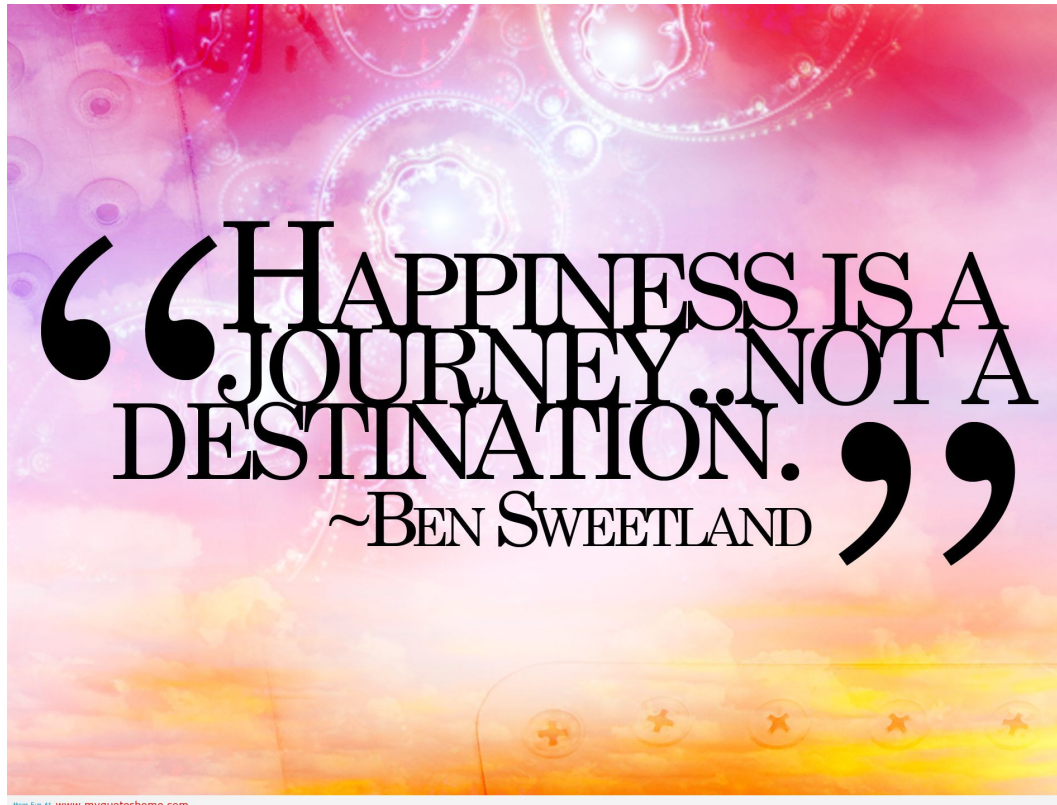
that you will develop the habit of happiness.

A great way to start turning these principles into habits is to focus on just 1 or 2 a week. You can write down the one you are working on and post it in a place you will see it a couple times a day. It is amazing how much happiness and success you can feel by improving in just one area.

After all is said and done, the best way to be happy is to just decide to be happy. If you wake up in the morning and decide to be happy, you will find that your days will be brighter and

people will be more open and friendly.  
You will walk with more confidence  
and be less affected by the little  
bumps in the road.

Make happiness a habit that works  
for you.





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