

HAPPINESS

This exercise is designed to get you to see what is required for you to be happy in every area of your life. The goal of this exercise is to get you to choose to accept that happiness is a choice you can make every day, regardless of your present life situation. You will see that everything you think will make you happy is external (lives outside you) and can never really create happiness. You will see that happiness is internal (lives inside you) and can be experienced at any given moment, regardless of your present life situation. There is only one thing you can train your mind to do to experience happiness regardless of your present life situation:

“ASK A QUALITY QUESTION”

Ask Questions Like...

- What can I learn from this?
- How can I use this experience to improve my life?
- How can I use this experience to change my life?
- What is funny about this situation?
- Will this situation really matter in 1 year, 5 years or 10 years?
- How can I use this situation as a tool that will challenge me to grow?
- What haven't I tried that could possibly change my present situation?
- What would I tell my best friend to do in this situation if they asked me for advice?

These are sample questions I challenge you to ask yourself the next time you are experiencing negative emotions as a result of your present life situation. Whoever told you life would be easy forgot to tell you that an easy life (a life filled with love and happiness) is always the result of a constant commitment to self excellence. Any project requires time and energy. This is an exercise for the project of your life. Do it and continue powerfully down the road to your personal success. Do not do it and you will, as I have, come back to a fork on the road to your personal success that asks the same question in this form or another “What has to happen for me to be happy?” I challenge you to just do it, complete the exercise. Instead of reaching for a drink, a smoke, some food, ice cream, the TV guide, joystick – DO THIS EXERCISE! It will take less than one hour and you will feel empowered and ready to continue creating the life of your dreams!

EXERCISE

1. Write at the top of separate pieces of paper: ABOUT MYSELF, ABOUT MY HEALTH, ABOUT MY RELATIONSHIPS, ABOUT MY FAMILY, ABOUT MY CAREER. Next, answer the following question: What are all of the things that have to happen for me to be happy? (E.G. get married, lose 10 pounds, get a promotion, etc.)
2. On the same pieces of paper write down the reasons why you said what would make you happy are false. (I'll give you a hint, most of the things you probably said are external, happiness is internal: something you choose to create from your mind)
3. On a separate piece of paper write a paragraph or a few pages about why you are committed to being happy everyday of your life and every moment of your life.
4. On a separate piece of paper write down all of the things you are choosing to be happy about today.
5. On a separate piece of paper write down what is really important in your life that you are already achieving.
6. Finally, print **Happiness Part Two**. After you print it, laminate it! (Very important). Finally, tape the piece of paper in your shower and do the exercise mentally or aloud every time you shower, everyday!

Strategies For Successful Living

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