

GETTING TO HAPPINESS

Decide On Happiness

This means taming the voices in your head that tell you why you shouldn't be happy. Instead, talk positively to yourself. You can be in an unhappy situation, while still deciding on inner happiness by holding a clear vision of the end game or cherishing precious moments. Go with your internal cheering system and ignore the self hate by focusing on what you want, rather than what you don't. Flip the script. And yes, this can be a moment to moment task!

Be Present in Life

Few people actually live in the present moment. Most of us are functioning off old belief patterns based on past trauma, while expecting more of the same in the future. We also are more focused on other people's reality than our personal reality. When we pay attention to our own life, we can't help but make it better. Now take that internal focus one step further by meditating. Meditation leads to clarity and peace of mind.



Gateways to Happiness

If you are depending on the above formula for happiness, then be prepared for a lot of unhappiness in your life. The fairy tale that we have been taught that things can make us happy is revealed once the job, love or financial status of our dreams appear to be elusive. Yet these four practices are tried and true conduits to happiness:

Four Simple Gateways to Happiness

1. *Develop happy habits.*
2. *Happiness is a decision. Decide on happiness.*
3. *What we eat fuels (or depletes) happiness.*
4. *Be fully present in your life.*

We will never always be happy, yet like the scale of justice we can always seek and move towards this balanced state. Fortunately, happiness is a skill that you can develop – an it's an inalienable right!

Develop Happy Habits



You may have never thought of states of mind and the resulting behavior as habitual. Yet they are! Here are some healthy habits to develop for mental health:

- Exercise. Get those endorphins moving. These natural stress busters boost us on our way to happiness.
- Lighten your load. Don't procrastinate or multi-task to the extreme. This causes undue distress that leads to unhappiness.
- Invest in yourself: read or listen to positive material daily. We get enough negative information from the news and dealing with other people. Reading or listening to positive messages is a means of counterbalance. Also develop stimulating self affirmations, such as "I am powerful" (*insert your own adverb*), help as well.
- Help another. No matter how minimal you think the amount of support you can provide is, it can be life enhancing to the recipient.
- Be kind. Everyone goes through tough times in life. You never know what someone may be going through right now.

Fuel Your Happiness

The foods you eat are fuel, fuel for your body and your mind. They are ultimately the key to your happiness. A true happy meal or snack will include nourishing foods such as: spinach, bananas, walnuts, salmon, whole grains, turkey and cheese. Low energy and illness come from long term eating of fast and highly processed foods deplete of nutrients.

Now take a look in your pantry and refrigerator. Do you see foods that increase or decrease energy? When you need a happiness boost, reach for fruit, vegetables, and good fat. You can also try our Think and Be Well, Wellness Formula. This formula uses the power of extra-strength glutathione to support clarity and a general sense of well being.

