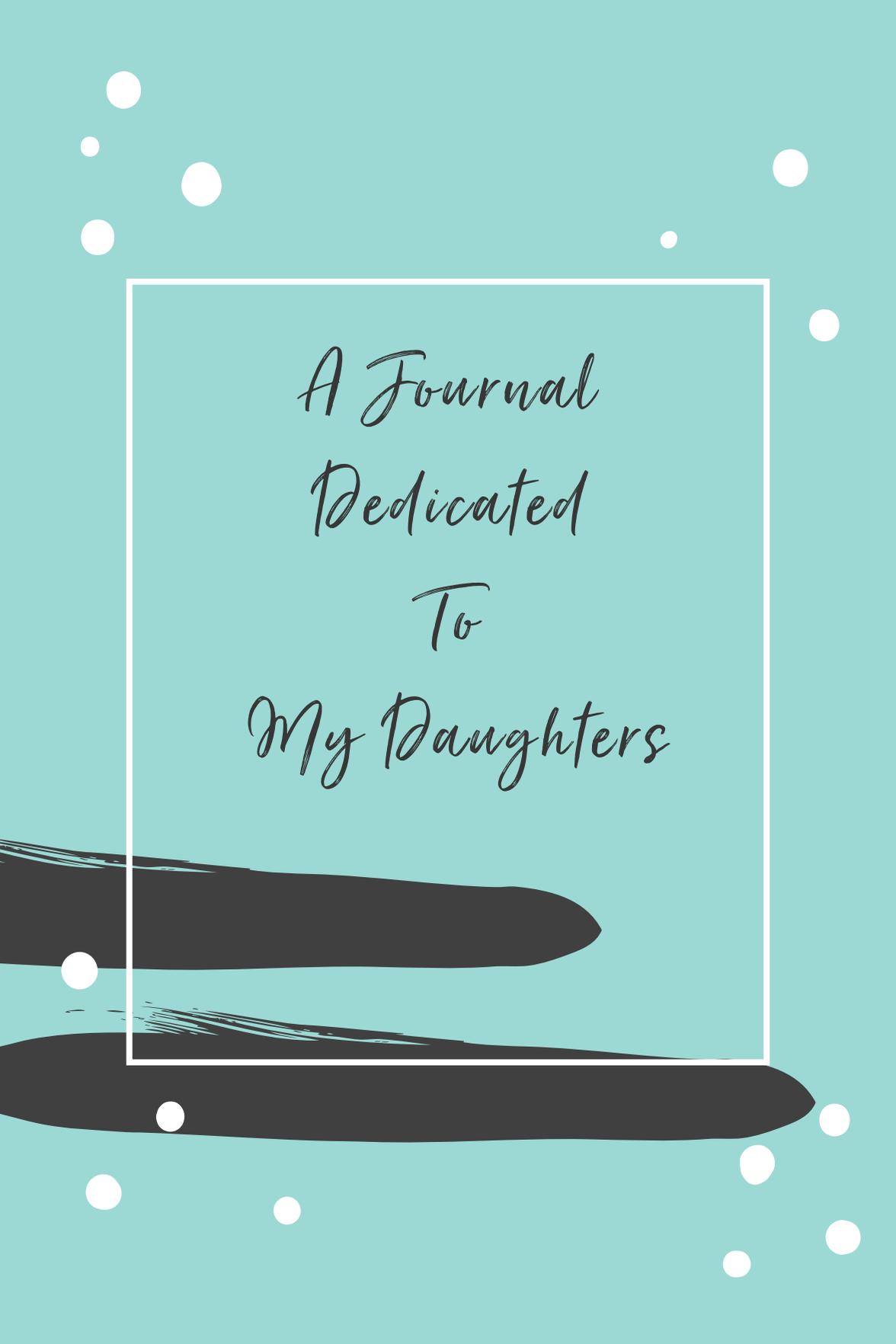


FINDING HAPPINESS

**THE TRUTH
ABOUT
LIFE**

Kerry Girling



The background is a solid teal color. It is decorated with several white circles of varying sizes scattered across the surface. Two thick, black, horizontal brushstrokes are positioned at the bottom of the page, one above the other. A white rectangular border is centered on the page, enclosing the text.

*A Journal
Dedicated
To
My Daughters*

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Let's Get Started

I spent some time gathering my thoughts about life recently. I'm not usually a person to journal but I wanted to write my wisdom down on paper so my daughters can one day read and be inspired. My journaling was inspired by my interest in finding the reason behind our lives. Since I started my profession as a youth motivator when I was eighteen, till the height of speaking to one million inspired individuals, my mind was wired to find the reason behind our lives and what separated the unhappy between the truly happy people.

I've connected with hundreds of youths and adults of all ages, numerous parents, grandparents, single people, principals, teachers, and various individuals of every kind across North America over the past eighteen years. I gathered hard facts about what made them tick in life. Through deep connectational conversations I was able to pull pertinent details to understand what brings the average person to finding true happiness. My conversations with them led me to understand that happiness can be generated by anyone despite race, religious beliefs, or anyone who's experienced a serious setback in life.

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The truth is; happiness is a very tough nut to crack. It comes filled with every characteristic you can think of. It's extremely complex. And, each of us are different when it comes to finding true lasting happiness. But, the wisdom I'll share in the next hundred pages harnesses everything you need to ensure your own happiness. My journal entries contain pertinent life lessons that you too can apply in your own life to gain optimal happiness. Rather than a typical journal, each entry is more so a discussion based on theory and opinion. They're not specific to any religion, nor are they bias towards any specific culture or sex. All you need to do is apply these lessons into your daily regimen. I suggest you implement one lesson every two weeks for a full year. You can start right now, with lesson one – a lesson on materialism.

My experience doesn't come from the typical educational background of degrees and study books. It comes from over a decade and a half of hard efforts in the field of motivation. My experience has led me to motivate

over one million youth in the Nation; focusing on encouragement and leading youth to make healthy choices in life. In doing so, I understood that life isn't a physical game. It's all psychological.

Over 90% of the entire world population aren't living an optimum lifestyle congruent to their values. The most important lesson I learned in my own pursuit to finding ideal happiness is that when your thoughts are congruent with your values and beliefs amazing things happen and your life becomes more enjoyable. But, with all the hustle and bustle, the busyness of our lives, and the complexity of it all, our thoughts become weaker because we don't always choose the best most thought-out decisions for our lives. When we make improper decisions, we surround ourselves around negative influences, or we decline to promote ourselves to living happier. The truth is; if you choose to find the positive in every given situation you'll start to see life through a much healthier perspective. There's always positive within any given situation, including the negative. When you accept this your perspective of reality will become clear and positive and you'll grasp onto what you once thought was impossible.

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Often times, this kind of motivation isn't always absorbed properly and efficiently because it all sounds like hogwash. Honestly, some of it sounds imaginative and hokey. But, I assure you if you even give it a second thought to moving forward and applying the lessons I've written; if you allow it to absorb into your conscience and actually make a simple effort to apply each lesson into your own life you'll be a more confident and happier individual overall.

My story: After graduating from high school and losing a dear friend of mine in my adolescence, I started speaking to high school students gearing towards making healthy choices. In my years as a motivator, my message has broadened to helping teenagers find their passion and how to find abundant happiness. During my career, I've spoken in nearly six hundred high school gymnasiums, auditoriums and classrooms. In the midst of all this I've learned some incredible life lessons that I believe are essential to living abundantly. All of which I wish to share with you today, in hopes that it'll help you be more in tune with your own ideal happiness.

Imagine what life would be like if you knew everything you needed to know to become happier. I know that sounds great and all, but this wisdom is surely something very few actually commit to and try to find because they've either heard it before but tried and failed, or because someone they trust stood in their way of accomplishing happiness, or they don't give it a chance because it sounds ridiculous - that we control our own reality. The truth is; you are in charge of your life. You can choose to commit yourself to finding true abundant happiness. I will prove the path to get there, you just need to take the first step.

You'd be impressed with how many lives this very information has helped move forward towards a happier more fulfilling lifestyle. People of all ages and different walks of life actually. I've written a series of life lessons that I believe everyone should learn and apply in their own lifetime. All of which are included in the pages to follow. Each lesson is a stepping stone of the path I will lay out for you. Honestly, when you incorporate this life knowledge into your daily regimen you'll endorse a new positive perspective of reality which will entice you to make positive change towards a new lifestyle; the one you've been waiting to live for many years.

I started journaling to gain a clearer perspective of my own reality. In fact, much of the motivation I teach to teenagers refers to gaining a meditative and clear state of mind. I believe that in order to achieve what you want in life you need to gain a very clear perspective of what you actually want. That's really the first step. When you have a clear perspective the next step is to gain a belief that it can happen. Without either it simply will not happen. With a dedicated mindset towards your vision, you're destined to live out your fantasies. The problem I've found, even in my own life, is that it's extremely difficult to continue the belief process because of our daily negative choices, peer-pressure from loved ones, our weaker traits seem to get in our way, or our negative influences steer us on a different path. My goal is to help you achieve a more interesting and positive perspective of your own reality so you can actually live out your dreams, rather than letting them eat away at your conscience.

I personally handpicked forty-two life lessons from the heap of writing I've journaled over the past six years. Everything you'll read in the next

one hundred pages is designed for you to absorb and reflect within your own life experiences. I believe that we all learn the same life lessons, just in different form, but not everyone learns what they need to move forward in a positive direction. Consider this life knowledge as a new modern way of viewing reality. You'll be glad you incorporated these lessons because your life will change in the most positively profound ways. I assure you you'll notice small positive changes daily almost immediately when these lessons become habitual.

I believe each of these life lessons are pertinent to living an optimal life. Sometimes our lives aren't congruent to our ambitions because one or more characteristics (such as the ones written in these pages) aren't properly balanced. Each lesson in this journal is packed with a clear perspective to help you achieve your goals and become truly happy in life. I learned these life lessons in the first 35 years of my life, and now I wish to share them with you so you don't wait too late in life to experience them for yourself.

Some of these lessons may seem like common knowledge whereas others will surprise you because they contradict what you were taught from your influences as you grew older. The best way to read this journal is to clear your mind of anything you've learned in the past. Read with an open mind. In fact, it's been proven that many of the things we've learned in the regular school curriculum aren't fully truthful, nor do they offer the best most favorable approach to any specific life experience. The lessons within these pages are guaranteed to make you happier. Over seventeen years of hard direct research specializing specifically on what triggers happiness proves they will catapult your life much like the thousands of mindsets I've already influenced in a positive manner. All you need is your own inspiration and willpower to incorporate them into your life for a more profound life experience.

These life lessons will amuse you to look further into yourself to make a positive difference. Doing so will not only increase your own happiness but it will increase the happiness of your loved ones as well. There's truth in the statement; when you excel in your own life your loved ones will too. This statement ring true because you're only able to help others when your mindset is nourished. When your mindset is malnourished it doesn't allow for any growth. You're unable to help others believe in

themselves when you don't believe in yourself. I promise you an exponential life revelation will happen if you apply one of these life lessons every two weeks for a next year. If you open your mind to absorb each lesson, and stay dedicated to applying them into your own life, your life will change further than anything you're living now.

I've worked 28 different jobs in my life to date since the age of thirteen. Some of these opportunities were merely to pay the bills, while others were grueling odd jobs or short-lived careers. Only one of these opportunities transpired through passion – my role as a motivational speaker. In the realm of all this, each opportunity served a different type of pay structure, taught me different things and gave me a different level of satisfaction. Some opportunities provided more extravagant lifestyles, whereas others were more of setbacks. Each one however provided life lessons which is really what life is all about. In the aftermath of it all, I realized I wasn't happier with more money or more of anything other than love from my family and myself. I can't wait to share with you all the other life lessons I learned in the process.

I've surely lived enough experiences to realize that everything happens for a reason. Through living and chasing my ambitions I've also understood how to properly utilize the law of attraction; the single most important characteristic in the realm. The Law of Attraction is the belief that your thoughts equal reality; meaning when you think negative thoughts you experience negative realities. Vice versa for the positive. I've personally used it to create a healthier perspective of my own reality. This is yet another characteristic in the happiness realm.

Another realization I came to was that we are all the same in this game of Life. We all harness the same amount of potential, we experience the same amount of negativity and we all generate the same amount of opportunity. Even though we look different, have different beliefs and are brought up in different families, we all harness the exact same components. We all have the same amount of capability. It's just shown to us differently, experienced through different mediums. Although we may seem different in so many ways, we are all the same breed of species.

Those who choose to utilize their talents and believe in their ambitions; those who have a desire for more happiness in their lives; and, those who have an interest in seeking their own true potential; these are truly the happiest people on the planet. These people create a positive environment where happiness runs through their veins because they've chosen to eliminate the negativity that surrounds them by focusing on the positive. The truth is; we all experience the negative. We all make poor choices from time to time. We all wither in our own self-pity on occasion. We all get ashamed of things, and become resentful of our experiences, and, we've all hurt someone in the making of it all. These are merely just a part of our similarities. All of this gets intertwined in our perspective of how we see the environment around us. It really is all about perspective. The truth is; we live the thoughts we perceive in our mind. Your fate, your reality, your life experiences are all a reflection of the choices you made last week.

My realizations have enlisted a whole realm of self-help practices that I've personally used in my own life. In fact, everything you're about to test (within these pages) has already been thoroughly tested myself and have also been shared and helped an incredible amount of people of all ages across North America already. Teenagers, adults, teachers, parents and the like. This message is geared to anyone that truly wants to live a more fulfilling life. It's really at the tip of your fingertips. You simply need to make one choice; to choose something more than you're currently experiencing. And, to stay committed in doing so by applying these values into your current regimen.

These life lessons aren't in any specific order. You may choose to sporadically flip from page to page at your own leisure, or read it like a regular book, flipping the pages in order. I assure you there are valuable tidbits of information in each paragraph I've written. The final lesson ties in everything I've written in this entire multi-lesson. I've even enlisted some of my motivational poetry to keep you entertained. I hope this knowledge inspires you to be the best you possibly can be, like I believe you can be.

Word of advice: It's beneficial to write your own journal. Hard truth has been uncovered that's proven incredible mental growth for those who write consistently in a journal. Writing increases mental capacity, it acts as incredible encouragement and breeds inspiration. There are plenty of benefits that you can experience just by picking up a pen.

Read on!



There's absolutely
no way to be content
with a mindset that's
soiled by
negativity.



I think everyone has to experience an understanding of materialism in their own way because we don't all want the same physical things or see life with the same terms.

Some people get addicted to materialism and always need to have the latest and the new. Some compete with their friends and neighbours for it. It's really weird how far someone will go to reap it. The damages of materialism cannot always be taught immediately because the commercials on television make us seem like we're naked without them.

Society has led us to believe that materialistic things, higher paying jobs, and a number of physical possessions define us as individuals. This couldn't be further from the truth.

Exercise: Part 1 - Make a point to go to a nearby shopping mall in the few days. As you roam the hallways and stores be sure to pay attention to how attached people are to their purchases. Note how long they take making a decision. Pay attention to how quickly they shop, or how routine they are with their roaming. Be sure to reflect on their facial expressions as the cash register rounds their total or when they hand over their credit card to be swiped.

Part 2 - In the meantime, do your absolute best to refrain from making any purchases. Go ahead and window shop as much as you like, but refrain from buying anything, no matter how bad you think you need/want it.

As you conclude your mall outing be sure to write your thoughts down about the experience in your journal.

Humans have the best
quality - observation
of their own happiness,
yet they fail to use
their second best trait -
willpower to make it
happen.



Oct 3, 2016

← Eliminating Habits →

I spent over a thousand hours in my thirties questioning habits and addictions. In doing so, I came to some incredible realizations. First of all, it's quite difficult to eliminate any given habit because we are addicted to the short-term satisfaction it serves us. The problem is; the severity of the negative effects that are attached to them worsen over time, but we fail to see the negatives because our addiction to it serves us satisfaction each time we adhere to it. When you succumb to even the simplest habit it makes it extremely difficult to even consider getting rid of it because your mind has been hardwired to seek pleasure in life. The short-term satisfaction you experience acts as an illusion of happiness.

Regardless of your addictions and habits they're weighing you down and blindfolding you to the actual happiness that you fail to seek; the type of happiness that's long lasting and measurable, like quality time spent with loved ones, and the pleasures that don't come with heavy temptations. The most fascinating tidbit I learned in the process was that no habit/addiction is any more powerful than another. They're all just as damaging as each other.

We judge our habits based on the severity of our own opinions about them, but our opinions aren't accurate because they're merely based on short-term satisfaction and defined by the opinions of other people.

The reality is; an addiction to food is just as bad as an addiction to heroin or any other street drug. Both do damage to your esteem, lifestyle and livelihood. You cannot place any specific addiction higher on the ladder of naughtiness. Period. They're all just as damaging to your psyche.

Eliminating your addictions and habits can be made fun. You can play a game against them.

Here's a suggestion that I've personally found has worked wonders in eliminating habits.

Leverage against them

Our habits and addictions can be extremely difficult to get rid of, especially because they're usually replaced with another negative habit when we try and get rid of them. I believe if you put enough on the line when you're in the elimination process you'll be able to fade away any given habit. Your mindset and willpower is all you need. You need your mind to really believe it's toxic. **That's the first step.**

Next. When kicking any habit you need to weigh just as much leverage against it in the opposite direction. The truth is; you're not trying to eliminate the habit, you're trying to change your mentality about it. This will encourage habitual psychological patterns.

Write down your daily routine.

It's been proven that recording your daily activities can act as inspiration to make positive change. We all fall into such instances where we've developed a habit without even realizing it because it was just a part of our everyday exercises. We overlooked the habit, or we failed to recognize it as something habitual because it fell into the ordinary. When you record (write down) activities such as meals you've eaten, workout regimen, or really anything you do habitually on a daily basis, this will help you recognize and understand your habit(s) a lot clearer. The truth is; most of us are oblivious to 90 percent of our habits because they're so normal to us. Often times it takes someone else mentioning it for us to perceive a developed habit. When you write something down on paper it help paint a picture in your mind. It lays out the foundation to the change you need to succumb to in order to live with abundant happiness.

Our habits generate twice as much power each time we succumb to them. But, they decrease three times as much every time we fail to succumb to their temptations. Every time you fight against their will your willpower to achieving happiness will be magnified.

The "cheat day" approach

This is a great exercise to help assist you with writing your daily activities. It will help you pay clearer attention to your habits and unwanted activities. Food is a great incentive. It's something we can all relate to, and it's the easiest way to encourage you to stay on track to a healthier regimen. I wanted to keep financial cheat days out of the realm because the whole premises in this journal to help you understand that the physical characteristics aren't important in the realm of finding happiness.

A cheat day happens once a week (usually on Sundays). It's where you're able to delve into any of your cravings. It usually includes ice cream, chocolate and other tasty fetishes. It's not meant to delve heavily into your addictions like smoking cigarettes, alcohol or drug abuse.

A cheat day is meant to be earned as a privilege, not a right. You need to set your mindset to move forward with healthy daily habits rather than succumbing to your temptations of your addictions and habits. In doing so, you're setting yourself up for a more rewarding and enjoyable cheat day. And, it leads to a happier lifestyle too.

Here's how it goes

Example: Starting Monday morning through the rest of the week. If (for example) your addiction is coffee - for every time you skip a cup of coffee you get to add an item to your cheat day list. Once you get to five items you get to start adding points to the list. But, if you succumb to drinking a cup of coffee through the week you'll need to erase an item from the list, or delete a point of your progression. You'll need to keep track of your activity using the points system. At the end of the week you'll either be in the positive or the negative. Being in the positive allows you to indulge in a much more satisfying cheat day. A negative number means you'll have to wait till next week to earn another cheat day.

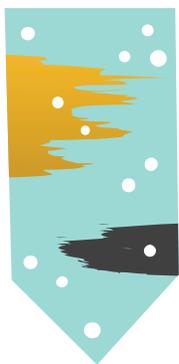
It starts to get really interesting when you add all your habits in the mix. Over fifty percent of our daily activities are actually habits. We just don't realize it until we take the initiative to write our daily activities down on paper. You'll notice when you pay more active attention towards your daily activities

you'll start to unfold many habits you didn't even realize existed. For example, you may see that your spending habits are out of control with simple pleasures like buying junk food through the workdays, or data over usage from scrolling your news feed too often. Each of these habits are draining to your psyche. They persuade you in the opposite direction of happiness. Remember, every habit, no matter how severe you place it on the ladder of naughtiness, it is damaging to you and your lifelong approach to finding happiness.

This activity allows you to weigh the differences between a life lived with habits and without, and it actually allows you to apply your mindset against your habits throughout the week. It's also a great way for you to keep track of when your habits arise and how often you succumb to them, so you can witness first-hand how negatively they're affecting your life. You have no idea how positive your lifestyle will change by doing so.

Some cheat day items you might consider adding to your list:

Chocolate bar, ice cream cone, pizza, pop, a trip to your favorite restaurant, a glass of wine, a bag of chips, a small bag of candy, extra bacon, French fries, cinnamon bun, brownies, cookies... I think you get the idea.



**HAPPINESS MAKES A
POINT TO BLOCK ALL
THE NEGATIVITY IN
YOUR LIFE. THE
BIGGER YOUR
SMILE THE
BETTER
YOUR
LIFESTYLE.**

← A Quick Explanation Of Karma →

Karma acts in the same way as your bank account. When you're in the positive you're happy but if you're in the overdraft you'll instantly be dissatisfied.

I've been studying Karma and it's affects for years, and based on what I've learned from my own decisions is this. It's like clockwork - always on time and nearly perfect. What goes around comes around is the best way to explain its effect in your life. If you do good for others/society good things will come back to you. If however you do negative against someone or society the opposite will happen – you'll reap nothing but negativity.

This I believe is also applied to the quality of time we spend with others. If you don't actively participate and spend quality time with other people your karma account will be deducted. Thus, taking initiative to spend quality time with others will increase your karma account as well.

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The positive side of Karma is magnified because positivity is more powerful than its counterpart. This should act as encouragement to be the best you can be all the time. When you do good for society you'll attract better people and bigger opportunities into your life. If however your actions are constantly filled with negative choices your life will be a reciprocating ball of negativity.

Everything comes back to you in equal effect

Karma is similar to your bank account. If you do good for society the universe will make a deposit into your Karma account. But if you do something negative (depending on the severity) the universe will withdraw from your Karma account. It's worth doing your best to ensure your Karma account is in the positive. You never know when you'll need the funds.

The best way to increase your Karma account is to do random acts of kindness for someone, anyone. It doesn't even matter if the person knows your intention; if you follow through on doing right for them it will be accounted for in the bank of Karma.

Examples of Simple Random Acts of Kindness

- Shovel someone's driveway without them knowing
- Pay for someone's expiring parking meter while they're in the store
- Say something nice to a complete stranger
- Help someone that's in need of assistance without asking
- Take some time out of your day to listen to someone's troubles. Actually listen and be a guiding support
- Hold the door open for everyone behind you
- Write a heartfelt card and give it to someone; anyone.
- Go out of your way to attend a sports game of a friend you haven't seen in a while, or a nephew, or anyone.

You'll be amazed how one simple act of random kindness can go. It makes the person who receives it change their perspective to a more positive one right away. Plus, it adds funds to your Karma account. The more Karma funds the happier you'll be.

The quicker you're able to eliminate ill feelings from the past, the quicker you'll be able to move on as a happier soul.



Sep 12, 2016

What Will You Say When You're Seventy?

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When I was younger I quite frequently imagined myself as a seventy year-old man sitting in a rocking chair. As I rocked back and forth I pondered my accomplishments; wondering if I worked hard enough at achieving an optimal lifestyle. I have always questioned if I took advantage of living. I'm not sure if these thoughts made me work harder at achieving everything on my bucket list, or if it inspired me to enjoy my life more. Either way, it made me contemplate what true happiness really is.

It seemed like every two weeks I was changing my mind; fulfilling whatever my mind told me to work on. I was frustrated because I couldn't make up my mind. Happiness seemed so distant and difficult to accomplish at times. Now, as a thirty-five year old man, I ponder the same questions. But this time I feel less frustrated because I've already accomplished a better life than I once imagined. Although I once thought an ideal lifestyle once consisted of money, fame and materialistic things, my experiences have led me to understand that the true meaning of happiness doesn't include any of this.

I'm truly content with my life today because I chose to fulfill my passions early in life. I didn't procrastinate regardless of the obstacles that stood in my way, and I didn't allow fear to run my decisions. I just went for it. In fact, I was always passionately working on some type of project; whatever my mind told me to work on. Although the constant change frustrated me, my progression helped me become the best I could be because I didn't procrastinate. It encouraged me to enjoy life more than the rest. And it erased any possibility of feeling resentment.

Going for it all when I was younger has allowed me to appreciate all the other opportunities in my life outside of work/passion like my children and wife. And now, as a father of two wonderful children I've enlisted my focus on being the best possible parent I can be with less focus on work and without the strain of a the less accomplished life I used to worry about.

My life has been filled with all different kinds of achievements over the years. But, as I look back, I realize these aren't important to anybody else but myself. This fact led me to believe that the type of happiness we all long for only exists within our relationships with other people, including our friends, family and those we choose to spend our days with. Definitely not something you can buy in a store.

I'm blessed to experience life through my own eyes without the materialistic values I grew up believing was important. I am happier today than ever before. I have excellent friends, a refreshed perspective of reality and my days are spent with great people. And, although I'm only half the age of 70 I am blessed to be able to say that I'm content with the life that was served to me. I will continue to see the positive in my experiences as I move forward because I've learned that life is a beautiful thing.

Moral of the story: Don't wait too long to fulfill your passions. Take the opportunity right now to complete a few tasks you've been meaning to get at for years. Kickstart your imagination. When you're sitting in your rocking chair at 70 you're going to be asking yourself these exact same questions. What will your answers be?

What will your answers be?

Sometimes it's important to
take an inventory of your life
and your current lifestyle to
see if you're in
line with your ambitions.
Have you done that lately?

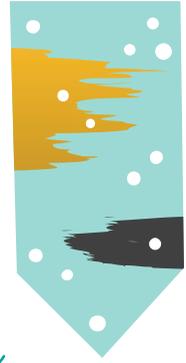
Jul 14, 2011

 *There's Always Someone Going
Through A Lot Worse Than You* 

Take some time to think about some of the negative things your friends, family and colleagues are going through currently. I'm sure you'll realize there are people in your direct circle that are going through something a lot worse than your currently experiencing. I know life gets difficult at times but just knowing there's someone going through a far worse situation makes all the difference sometimes. Life isn't always positive. There's ups and downs, trials and triumphs and everything in between. These are pertinent to understanding life and its importance. Each struggle we experience is also an opportunity to make positive change for ourselves. It's really all about perspective.

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Nothing worthwhile comes without some kind of fight, so strap on your boxing gloves and fight the obstacles standing in your way. Sometimes your biggest obstacle is your own mindset. The quicker you can accept the situation, the easier you can move on with a smile. There always someone going through a more difficult situation than you, no matter what situation you're going through.



Challenge yourself today to eliminate the negativity that clouds your mind.

When a negative thought pops into your mind replace it with a thought that puts a smile on your face.

Apr 16, 2011

← To Be A Child Again →

Often times I watch movies or hear songs that refer to being a child again. At which point I imagine what it would be like to be a toddler, a 10-year-old, or an adolescent again. At first, I ponder all the wonderful things they get to experience, like less responsibilities, more imagination, and they seem to be happier people. Sometimes my thoughts make me sad that my childhood is over, but then my recollection of the troubles I went through back then, the extreme lows and all the learning experiences I had to go through to understand life as clearly as I do today. If I were a child once again this would mean I'd have to go through all of this all over again which isn't very appealing to me. This would also mean that I'd have to re-accomplish all of the things that made me who I am today which I have zero interest in doing either. As I ponder the statement – to be a child once again, I can surely say that I am content with being the 35-year-old self that I am today.

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Life is all about perspective. My perspective is filled with wonderful children, a beautiful wife, wonderful accomplishments, amazing talents and a lot of love and fun. I don't need to be a child again to experience any of this.

What perspectives of adulthood trump your childhood?



*Happiness is only one small decision away.
What small decision am I talking about?
Deciding to tap into your spirituality;
finding yourself*

Jan 11, 2014

*HAPPINESS is congruent to
your values and beliefs and the
decisions you make on a daily
basis*

Happiness comes and goes based on the quality of people you bring into it, and by the choices you make each day. You'll notice that your happiness changes from day to day. Healthier choices and surrounding yourself with more positive people will make you a happier person. Period.

Nobody is 100% happy all the time. Regardless if you have all the money in the world, if you have healthy children and you're healthy yourself, or you have the best career possible, there's still plenty of mishaps and miss-fortune to experience regardless of where you are in life. During our difficult stages is when happiness is lost because the difficult times harness stress and discomfort. It is during the difficult times when your life clarity starts to unfold. There is actually a lot of positive learning experiences within each of our negative experiences. You just need to search for them. But, who actually searches for the good when bad things happen? Happier people do.

Most think happiness is only accessible to the elite; the ones with the most power and the most money, or the most materialistic things; when, in actuality, it doesn't take any of this to become truly happy. Often times, it's the exact opposite actually. The people with the least become the happiest because they don't have any materialistic things to break down on them. They're not in competition with anyone else for more of anything either. As long as you're healthy and have a positive mindset you have the criteria to fulfil your own happiness.

Happiness is a state of mind. It's not an external force or something you can buy. It's something that only comes from within. You have the ability to harness exponential happiness all the time. You just need to decide to open your heart, let go of your frustrations and appreciate what you already have. You will soon start to see what I'm talking about when you realize that even the elite are unhappy people.

Exercise: Take some time to reflect on your habitual daily choices. Pay attention to how your choices reflect the quality of your life. Write down any activities you do regularly that act as road blocks to achieving happiness. Are you spending too much time pursuing activities incongruent with your happiness? How do these activities reflect your values and beliefs? Are they getting you closer to ideal happiness, or are they standing in your way from achieving the lifestyle you wish for?

Often times we don't realize we harness an issue until we actually unfold it for ourselves. This exercise takes some deep thinking and brainstorming, but even a slight focus on it will enable you to free yourself from limiting beliefs and habits. Sometimes it only takes a couple of tweaks to pursue a happier life. There's a good chance you only need to remove a couple incongruent habits or even a slight perspective change to waiver a happier life.

Imagine your daily routine in your mind. Which activities bring happiness? Which ones are straining you from achieving an ideal lifestyle? Write them down. Create a list of the unfavorable activities, and decide to eliminate them one at a time simply by being aware of them.



Chose to let go of what's been holding you back in life. Most likely it's an experience that really has no validity in your life anymore. You are an entirely new and different person since that very experience. It's time to let go of your emotional attachment to it.

