



Secrets To Being Happier

by: Andrea Heiden, M.S.



Make This Your Happiest New Year!

What if you really could make this your happiest year ever? Instead of making the same old list of things you think you should do, are you ready to try something different? You will be surprised by the results! Discover how a simple secret can change your life!

What would have to happen to make this your happiest year ever? Many people pursue success, wealth, power, fame, and many other goals hoping to find happiness. How often have you said, "I will be happy when...I have my dream house, a skinnier body, a career that I love, more time to relax, or financial freedom?" Ultimately, if and when the goal is achieved, the anticipated happiness can be either short-lived or not quite as fabulous as we had hoped.

What if you didn't need to accomplish some huge goal to find happiness? What if you could be happy right now? One of the most essential keys to achieving happiness sounds almost too simple to be true, but I guarantee it will have a profound impact on your life!

The secret to a happier life is to do more of what you enjoy and less of what you don't enjoy. Sounds just too simple, doesn't it? But you will be amazed how this little secret can really change your life!

Spend a few minutes reading through these questions and pondering your answers. Then do the quick exercises and see what happens.

1. What do you want more of in your life? What are the activities that you really, really love to do? What have you always wanted to do? What are the things that give your life meaning and purpose? Make a list of 10 to 20 things that you truly enjoy and would look forward to doing.
2. What do you want less of in your life? What are the activities that you are doing because you think you "have to" or "should." What are the things that you are tolerating or putting up with on a daily basis? Make a list of 10 to 20 things that you are doing that you really don't want to be doing.
3. How are you spending your time? How much of your day is spent doing things you love to do? How much of your day is spent doing things that you truly don't enjoy? What is the balance between the "want to" and the "have to" activities? Keep track of the actual time you are spending on those activities for a few days.
4. Now, for the most important question. How can you structure your days to include more of what you really, really want to do and less of what you don't? Look at your "don't want to do" list and decide how to eliminate, delegate, pay or bribe someone else to do as many of those activities as possible. Start scheduling items from your "love to do" list into your daily plans. Make sure that each day is filled with at least several activities that you will look forward to.

The pursuit of your own happiness is an extremely important quest. And there is much research that suggests that happiness also leads to success in all areas of life. Happy people tend to have overall better health, more successful relationships, higher incomes, greater productivity, and they usually live longer.

So what are you waiting for? Get started right now making this your happiest year ever!

“Most people are about as happy as they make up their minds to be.”
Abraham Lincoln