



Learn The Art of Happiness

Happiness never comes to you, It's earned by consciously taking steps towards it. It's a lifestyle and a daily habit.

Here is an overall view on steps to take to acquire happiness

Find out what makes you happy and do it
Find out what makes you unhappy and do not do it
Happiness lies in present NOT future
First you need to become happy only then success can follow, seeking success so you can become happy is the wrong approach.
Wish for more problems because happiness is simply a <i>Result From Solving Problems</i> .
Understand bigger picture so you see things from a different perspective
Build strong and meaningful relationships & invest time and energy to nurture them
Eliminate ALL fears
Always try to establish difference between Facts and Opinions
Keep a strict routine of exercising and eating clean diet
Think positive and pleasant thoughts by 'pure effort and intention' instead of letting your brain wander around

Coaching Tip:

Occasionally get your client into visualizing the best moments in their life, a childhood memory or a moment of accomplishment. This can get your client into the habit of thinking positive thoughts.