

The TOP 10 Things You Can Do to be Happier Right NOW



By Happiness Coach Linda Reid



ONE - Cultivate an Attitude of Gratitude.

By spending a few minutes every morning and evening focusing on all the great things in your life, you can raise your vibrational energy to a level at which more great things will come to you.

There are so very many things you can be grateful for – that you can breathe easily, that the air is clean, that the sun is shining, that the rain is cleansing and watering the earth, that you have all your limbs – or, if you don't have all your limbs, that you have what you need – that you are loved, or, if you don't feel loved, that you can love yourself.

The more things you can find to feel grateful for, the better you will feel about life and the happier you will be! And the happier you are the higher your vibration is and the more good stuff will be attracted to you.

It's called a virtuous circle.

A vicious circle is one where you focus on all the bad stuff, and you get more of that, and that causes you to focus on the bad stuff and so you get more bad stuff.

So focus on the good stuff and you will get more of it.

Really.



TWO –

Cultivate an Attitude of Gratitude.

This really makes a big impact on how well your day goes. Even 5 minutes is better than nothing - but I recommend 30 minutes.

There are lots of free guided meditations you can source online – targeted at whatever you want to work on.

But I recommend that you download some natural sounds like the sea breaking on the beach, rain falling, birds singing or something like that.

Chop it up into 5 min, 10, min, 15 and 30 minute segments, then you can relax knowing that the meditation will last as long as your mp3 does. No worrying about checking the time.

While listening, just focus on your breathing – relax and allow your thoughts to just pass by... like boats on a river. Just be present and focus on relaxing your body from top to bottom.

With practice you will find it easier to allow your body to relax and your mind to release all worry.

Over time you find immense benefits in terms of health, reduced blood pressure, happiness, reduced stress and worry and better relationships with your loved ones. Best first thing in the morning.



THREE - Exercise

A walk first thing in the morning get the oxygen flowing into your brain, wakes up your muscles and gives you time to focus on gratitude and then plan your day. After meditation and a couple of glasses of water, put on your shoes and head outside.

It's a great time to practice your gratitude by listing in your mind at least 3 things you are grateful for. Follow this up with thinking about your day – what you plan to achieve and how you are going to get it done. I don't listen to music, but if you do just wait until your gratitude and planning session is over.

You should walk fast enough to make you breathe hard, but not so fast you puff. 10 minutes to start with, then build it up to 30 minutes after a couple of weeks. Try breathing out for one beat longer than you normally do – this little trick can help you get more oxygen into your system and give you more energy.

You will be inspired to eat better all day as well! A healthful breakfast includes eggs as these are great for keeping your full for longer.

Tony Robbins calls it the Hour of Power – 20-30 minutes meditation followed by 20-30 minutes of exercise.



FOUR - Acceptance

“Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation -- some fact of my life -- unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake.”

If you can reach a place of acceptance - give up resisting what is - then you can stand in a powerful place to make change for the better.

All the time you are resisting what 'is', you are making yourself into a victim. That's no place to be if you want to be happy.



FIVE - Play

Especially with your children or your partner. Make time to have some fun - be silly, sing, dance, run, jump, watch your favourite movie, take the dog for a run in the park, paint a picture, play an instrument... Take the time to just have some unstructured time out.

Toss a ball up against a wall for an hour.



SIX - Live in the Present

If you spend all your time in the future (worry and anxiety) or the past (pain, regret or guilt) then you cannot be happy!

Get present to what's going on right now!

I think of staying in the present being a bit like being attached to a bungy cord.

If you are anchored in the NOW, then you can stretch into the future to plan something, or stretch into the past to learn something, but you should bounce right back to the now as much as possible.

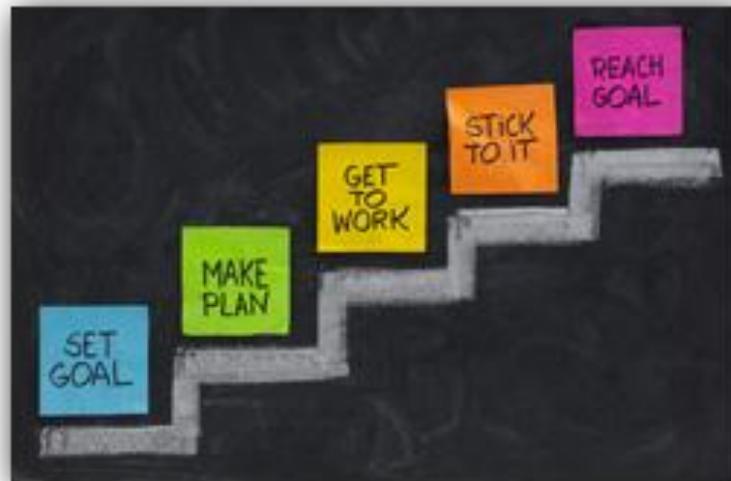
Mindfulness meditation is a great way to set your anchor in the present.



SEVEN - Connect

Connect with the 'Boss' - whatever your definition of a greater power is, studies show that people who have a connection with their perceived 'Boss' are much happier and live longer than people who don't.

If you do not have a spiritual belief, then connect with people who inspire you.



EIGHT - Set Goals

Set goals for yourself in different areas of your life - and then make a plan to achieve them. Studies show that people working towards a goal are happier than people who just drift through life.

Look at setting goals in these areas:

1. Career
2. Health
3. Relationships
4. Finances
5. Environment



NINE - Help Others

Doing good things for and with other people will raise your self esteem and the gratitude you experience will raise your vibration - making you happier! Volunteer at anything that interests you, or just do something privately... like paying for a stranger's coffee.



TEN - Forgive

Sometimes people do bad things; they hurt us and they offend us. We get angry.

If we hold on to this hurt, anger or offense, it's like drinking poison and expecting the other person to get sick.

For your own sake, forgive and forget the past hurts. You do not have to stay in a relationship with someone who continues to hurt you, but if you can find it in your heart to accept and forgive, you will be free from them.

If you would like an appointment to see Linda Reid, Happiness Coach and Hypnotherapist, either in person or via skype,

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