

How To Live A Happy Life

101 Ways To Be Happier

By Michele Moore www.MicheleMoore.com

- 1. Define What Happiness Means To You, Decide To Be A Happy Person** - Make happiness and spiritual success your goals. Know how happiness works.
- 2. Touch Each Person You Meet With A Positive Spirit** - If you summon up a genuine sense of fun and sparkle and then honestly project it, you can't help but take on a more positive mood yourself. You may also brighten someone else's day.
- 3. Practice Being Your Best Self All The Time** - Continually try to do YOUR best, feel YOUR best and be at YOUR best all of the time. Your best will get better.
- 4. Fuel Your Life And Work With Fun - Try To Have A Good Time All The Time** - We're at our best when we're having fun. Decide what you are going to do and find ways to enjoy it. Make projects fun and rewarding for everyone involved.
- 5. Make Goodness A Guiding Goal** - Truly happy people are never evil, they are genuinely kind, caring, compassionate, honest and generous. Live with integrity.
- 6. Avoid The Fault Finding Feel Goods** - Criticism, blame, ridicule, complaints and bigotry falsely elevate our sense of self by focusing on negatives.
- 7. Avoid All Unnecessary, Non-Productive Negativity.**
- 8. Don't Beat Yourself Up, Criticize Or Condemn Yourself** - Beating yourself up reinforces mistakes you want to avoid. Strengthen skills that build success.
- 9. Decide How You Want To Feel - Choose Moods And Attitudes That Will Help You To Succeed And Be Happy.** See yourself smiling, strong, successful.
- 10. Rebel Against Unhappiness** - Don't hand control of your thoughts, actions, feelings and well-being over to people who try to anger, hurt or depress your spirit. Cultivate a strong, positive, independent spirit. Be emotionally independent.
- 11. Move From Problems To Solutions Quickly.**
- 12. Have High Integrity, Live By Only The Best Values** - Live a life you can be proud of, inspire others to do the same. It's the only way to be truly happy.

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