

The Daily Motivator says “Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy. No person will make you happy unless you decide to be happy. Your happiness will not come to you. It can only come from you.”

Happiness is a choice you make. If you want to be happy, choose to be happy.

Do not wait until something happens to you, decide you want to be happy. Tell yourself right now I will be happy rather than if this certain thing happens to me then I will be happy. We often wait for things to happen to us and then think those things will make us happy. Take control of your happiness and you will find you have more of it. Your happiness does not come to you, it comes from your decisions. Choose your choice to be happy.

We want you to take the happiness advantage challenge. Do the following things for 21 days and you will reprogram your brain to be happier. Of course you can do them for longer than 21 days but we suggest you at least reach 21 days to begin to create positive habits.

Say 3 things daily you are grateful for. You will be looking for the positive rather than the negative which is happening all around you. You will begin to look for the good in all things. Your focus will change to one of becoming happy.

Write in a Journal. By writing down things you are experiencing, this allows your brain to relive it. When you take time to reread your journal, you will remember how you felt and will see the happy times you have had.

Exercise. This teaches your brain that behavior matters. Not only are you teaching your brain that behavior matters, you will also feel better about yourself and in turn become more happy.

Meditate. This allows your brain to overcome the things it has been programmed and focus on the task at hand. Taking a few moments out of your busy day to sit and relax goes a long way in centering your body and mind into a happy state.

Treat yourself like a friend. When a friend is down or sad, what would you do to help them improve and do those same things for yourself. Focus on being more kind to yourself.

Perform Random acts of kindness. Reaching outside yourself to help others is one of the best ways you can create your happiness. And you will be helping others discover their happiness. These can be simple, small acts like smiling at someone, wishing each person you see a happy day, or listening to a friend. Each of these daily acts you perform will allow you to choose to be happy.

There are a lot of things in your life, whether those are physical or mental, that are creating unnecessary noise around you. The physical things often get in your way and/or prevent you from deciding to be happy. They make it appear your life is full of clutter. Likewise, the things in your mind which are preventing you from focusing create the same illusion as the physical things but can sometimes be more damaging to your happiness. It is necessary to declutter and remove both the physical and mental noise from your life, so it is easier for you to choose to be happy.

Remember, each of these things you are going to work on are to create your own happiness and by removing the things which may be interfering with that happiness, you will be choosing more happiness. Gretchen Rubin came up with the one minute rule which is to do a task you can finish in one minute. Sounds pretty easy but it will go a long way in decluttering or removing the noise around you. Some examples of the one minute rule are hanging up clothes, filing a paper, or putting away a book or magazine. You see, they are not difficult to do or take a lot of time. Over time you will find you can do a few of these each day and maintain a clean and inviting space for your happiness to grow.

All too often we get caught in a cycle of looking for the next best or biggest thing; more money, a different job, a bigger house. Those things may appear to give you happiness but remember happiness is a choice and not a result of getting anything. Generating more money by choosing to do what you love will bring you happiness. It is not the money that is bringing it to you, it is your choice of doing what you love.

You may find inspiration from the participants in the Harvard Study of Adult Development — one of the longest-running studies on happiness. The project followed 724 men since they were teenagers in 1938. Approximately 60 men, now in their 90s, are still alive. The group consisted of men from various economic and social backgrounds, from Boston's poorest neighborhoods to Harvard undergrads.

Over the years, the researchers collected all kinds of health information, and every two years they asked members questions about their lives and their mental and emotional wellness. They even interviewed family members. They found that specific traits and behaviors were linked with increased levels of happiness across the entire group. The study reaffirms that happiness is a choice.

As the people get older, they tend to focus more on what's important to them, and don't sweat the small stuff to the degree they did when they were younger. According to the Harvard study project's director, Dr. Robert Waldinger says "Other research supports this mindset, and has found that older adults are better about letting go of past failures. They tend to realize how life is short and they are more likely to pay more attention to what makes them happy now,".

You could do the same. What choices make you happy and what's stopping you from doing them? Think back to your childhood. What did you enjoy when you were younger? Singing? Playing games? Doing certain hobbies? When you are older you have more opportunity to return to the activities you associate with happiness. So begin that coin collection, join a choir, or play poker or bridge.

The Harvard Study has also found a strong association between happiness and close relationships like spouses, family, friends, and social circles. "Personal connection

creates mental and emotional stimulation, which are automatic mood boosters, while isolation is a mood buster,” says Dr. Waldinger. This is an opportunity to focus on positive relationships and let go of negative people in your life, or at least minimize your interactions with them.

If you need to broaden your social life, volunteer for a favorite cause. Odds are you will meet more like-minded people. Volunteering is another way to boost happiness by providing a sense of purpose. Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how precious the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored.

Happiness is an inside job. It is up to you to create and decide your happiness level in any situation. The more you focus on choosing to be happy, the happier you'll be. And those things in the past which may have appeared to take away your happiness you will no longer see because you are not focused on them. Take a step each day to focus on your happiness and you will find more of it.

Now it is up to you to decide how much of this course you are going to put into practice. As with anything, we are confident the more action you take, the more results you will see. The more you turn your focus to happiness, the happier you will be. Thank you for taking this course and we look forward to hearing your success story.