WORDS OF HAPPIERNESS

"Strive to make the most of every moment"

As you embark on your journey of "29 Days to Happierness," let's affirm your destination.

def. Happierness
(Noun) [hap-ee-er-nes]

1. *The premier mindset of Z-isms to be intentionally present and have a reflex of positivity by choosing to make the best of every situation and live a happier life.*
2. *Symbol: "Z-man"*
3. Usage (def): *Z-isms are insightful, inspirational and impactful life lessons to amplify, accelerate and achieve Happierness in ones' personal devotion to life enrichment, true joy and desired fulfillment.*

Happierness, the premier mindset of Z-isms, is to have a reflex of persistent positivity about real-time circumstances. By striving to experience life from the best possible vantage point at all times, we can apply that resilience and hopefulness to maintain a spirit of fulfillment, joy and enrichment.

By comparison, Happiness is defined as, "*The quality or state of being happy."* Given inevitable life challenges, happiness is not a sustainable experience. In contrast, regardless of incidental "life strife" at any time, Happierness exists in the silver linings along a spectrum of optimism.

Though not [yet] a recognized word, Happierness is also *not* meant to be a modifier to the existing derivatives, such as happy, happier or happiness. It embodies an independent mentality and state of being in the perpetual present.

However, it does demonstrate the fact that happiness is boundless and that the human condition is fluid. For example, someone who "has never been happier" can still be happier. If someone were to claim they "couldn't be happier," how would they ever learn and grow, among all else?

FOOD FOR THOUGHT (OPTIONAL)

- What is your initial perspective about striving to maintain a Happierness mindset?
  NOTE: consider revisiting this perspective on Day 29 of your Life Upgrade LEAP.

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