WORDS OF HAPPIERNESS

"Everything begins with mindset"

Congratulations on completing Module I – Nice Going!

Hopefully, now that you've gained more insights through your self-discovery in relation to Perception, Earned Confidence and Winning the Battle Within, you're beginning to reinforce your mindset to experience greater Happierness.

While we're at it, let's explore this a bit more. Happierness applies to the boundlessness of the human spirit - be that about achieving goals and dreams, positively affecting others and/or impacting the world at-large. Happierness spans personal development, life skills, well-being, relationships, career pursuits, greater wealth, and achieving your legacy.

Here are some instances of Happierness in action so far:

PERCEPTION: Optimism and pessimism apply to the very same set of circumstances. For example, your [External] Perception Snapshot is about stepping outside yourself to view current circumstances with total objectivity. Are things all that bad? Are they temporary or permanent? What's it going to take to get past it? What's the silver lining? Live there.

EARNED CONFIDENCE: You're still standing. Even in the face of our greatest hardships, there are opportunities in the aftermath to convert adversity into advantages. At the very least, your Earned Confidence increases as you overcome and move beyond challenges.

WINNING THE BATTLE WITHIN: As you strive to *always* be nothing less than kind to yourself, you're strengthening your Happierness mindset because, at the very least, you're still being kind to yourself.

FOOD FOR THOUGHT (OPTIONAL)

● What other aspect(s) of Module I can you apply to reinforce your Happierness mindset?

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