WORDS OF HAPPIERNESS

"There's everything right with having more fun"

Take a moment. You've made it through Module IV! Now take a deep, cleansing breath.

Life enrichment and legacy achievement feed on Happierness:

HARNESSING GRATITUDE: Emphasized about harnessing gratitude, specific to the Law of Attraction, is that, "What we expect, tends to happen." That is among the Top 3 Z-isms. Even so, circumstances don't dictate ones' ability to maintain Happierness. Does money buy happiness? It helps, but then how is it possible that some of the poorest people on the planet live much happier lives than some of the wealthiest people? Life is relative.

INEVITABILITY: Person A and Person B have identical circumstances. Person A wakes up and thinks, "This is going to be a cruddy day." Person B wakes up and thinks, "This is going to be a great day." Which person is more likely to have the happier day? Beyond any given day is knowing your "why" and being able to follow through to experience fulfillment from your purpose. Infusing your Happierness with self-belief is a powerful asset.

ALIGN YOUR LIVELIHOOD: One of the greatest achievements in one's life is to make their livelihood and purpose one in the same. That alignment can make Happierness all-the-more effortless. And while that's not always possible, many of us spend at least half of our waking hours earning a living. Make a moment to consider that phrase again, "earn a living." If you reframe it in the context of Happierness, can it have greater meaning?

FOOD FOR THOUGHT (OPTIONAL)

Happierness is experiential in the moment, along with: gratitude, joy, passion, love, positivity, self-kindness, outward kindness, pleasure, mindfulness, consciousness, enrichment, perception, awareness, Earned Confidence, humor, fun, adventure, originality, inspiration, imagination, creativity, discovery, openness, pleasant surprises, progress, courage, playfulness, aspiration, respect, romance, spontaneity, truth, wisdom, knowledge, The Arts (aestheticism), Mood Health (biochemical reality) and relentless optimism overall.

● While in this moment, how else can your Happierness mindset enrich your life?

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