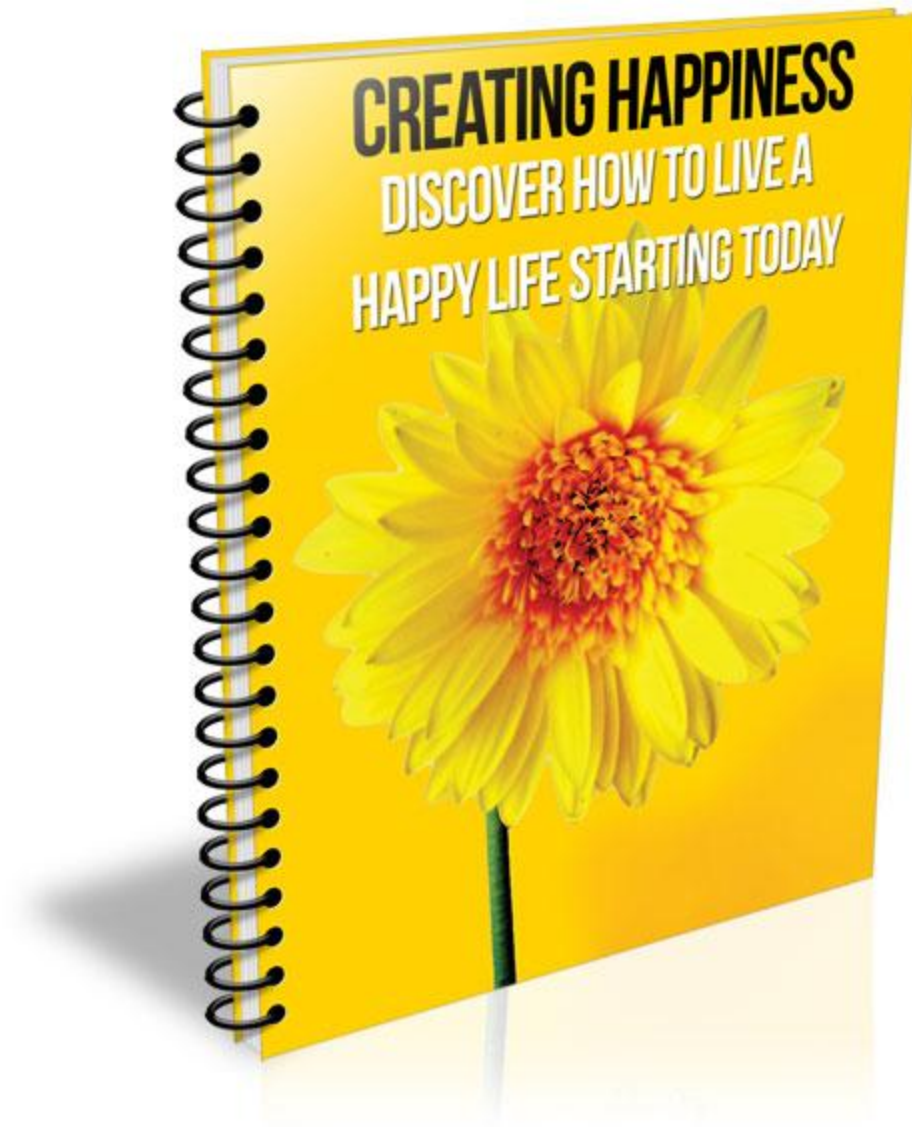


Creating Happiness in Your Life Today



You name or website address here

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What is Happiness?

Happiness seems to be a fleeting thing to some people; others seem to have a good grasp on it and seem to be able to hang on for dear life!

Happiness means different things to different people, but there are similarities that have led scientists to believe that there is much people can do to assist themselves in their personal pursuit of happiness.

Most people who are truly happy have a true sense of purpose in their life. What is your passion and are you living it? For many people, faith in God brings them happiness, hope for the future and a sense of purpose.

Happy people generally are giving people; giving truly does bring the giver joy, if it's done with a real attitude of giving for the sake of giving. Happy people are also thankful for the things in their life, and for the people and relationships in their life. Nurture your special relationships with family and friends and think about dumping negative relationships that do nothing except bring you down.

Optimism doesn't come naturally to some people, but the happiest people are optimists, always looking on the lighter and brighter side of life. Take it easy on yourself-lighten up!

If you are online often, have a joke-of-the-day sent to you. Don't be afraid to laugh; laughing releases endorphins in your brain that make you truly happy-as does exercise.

Consciously look for the bright side in every situation throughout the day; instead of instantly thinking something won't work, think about how it could.

Be mindful of how blessed you are; got a job? Be thankful. In a good relationship? Be thankful. Thankfulness will lead to happiness every time.

It's not Your Fault

Being happy is easy when life is going well; but what about when circumstances spin out of control and bad things happen one right after another.

We all have times when we feel that we just can't get out from under the storm clouds. How do people stay happy during the tough times?

It's been said time and time again that when the going gets tough the tough get going, but some people don't find that at all easy to do.

Positive attitudes can help, but knowing that there is a higher power that controls the chess pieces of our lives lets us know that this hard time is only a bump in the road and will soon pass.

This deep acceptance of faith is called joy; and hard times simply can't compete with pure joy.

We may not understand why bad things happen to good people, but we know that they do and always will. Bad things happen to bad people too, just as good things happen to good people.

It's just the way it is. If we can simply understand that we can't know certain things on this side of life, which will help us get through life here.

Try to look at everything as part of God's plan and as a positive experience; find joy in the simple pleasures in life and don't let the circumstances of the day (or week) get you down!

The Happy Hormone

Endorphins are natural hormones that your brain releases when it senses happiness. These endorphins give you a sense of happiness, satisfaction and well-being; they tell you all is well with your body.

It's that relaxed sense after a good meal, a good workout, a good laugh or great sex.

Endorphins are produced in the pituitary gland and the hypothalamus gland and release an opioid-like secretion that masks pain with a natural analgesic and tells the body that all is fine with the world.

Acupuncture has been found to have the ability to release these compounds and relieve pain, at least for the short term, and to leave you with a wonderful sense of wellbeing.

Exercise, extreme happiness, good food and orgasm releases natural endorphins, and endorphins make you feel happy and satisfied with life.

The more often you can stimulate your brain to release these natural hormones, the better you will feel, and the easier it will be to put yourself into this happy state of being.

Endorphins cannot be bought; only through your own effort can you bring them into being.

There is no downside to putting yourself into the position of happiness, either through laughter, sex, food or exercise.

Happy creates happy; it is a cycle that you should never break and you should take every chance to spur these hormones on. Let them do what they do naturally; light their fire and reap the benefits!

Facing your Fears

To many people, fear is a part of life. Not the typical, well-known and talked about fears like claustrophobia and hypochondria, but the fears that keep you from going after the job you know would make you ecstatically happy.

Our own self-esteem issues can keep us from taking steps that could help us make the big step from being a paralegal to a lawyer, or an online writer from penning a book.

We are often our own worst enemy. Negative self talk keeps us in our comfort zone. The fence that surrounds our comfort zone is our fears. Some fences are bigger than others, but fences nonetheless.

Take the time to think about what would make you happy. Clue: it is not something you can buy!

Is it a promotion in the field you are presently in, or something totally different?

Will it require you to go back to school?

Is it marriage?

Start with a written list of exactly what you are looking for; looking for a mate who is a Christian?

Visit different churches or Church dinners. Life can be just what happens to you; living is those purposeful steps you make to make your passion happen.

Think about what you are afraid of. Do this when you are alone and can think without interruption. Be honest about your feelings.

Why are you afraid of that? Where do those feelings come from? What is the worst that could happen to me if I face this fear head on?

Will you die, or will you come out knowing that you faced a fear that will forever change your life?

Giving and Taking

Is there anything that gives us more joy than giving of ourselves? I'm not talking about giving gifts; I'm talking about giving time and effort to make a difference in another person's life. Putting some effort into giving is so much more rewarding than taking.

Time is the most wonderful gift you can give anyone. Anyone who has or had a great parent will tell you that the greatest gift their parent gave them was time. Time to read, time to play, time to talk and time to listen is fantastic gifts to children and is never forgotten.

Do you give enough time to your loved ones now that you're an adult? Knowing that it is a precious gift that costs nothing at all makes it so easy to give!

Now, make an actual effort to give someone your time. For example, call a friend, or a Church member you know, or your sister-in-law and invite them to coffee; not someone you've invited before, but someone new.

Or go visit someone who is cooped up at home or in the nursing home. Bake someone cookies, or take a plant or a bouquet of flowers from your garden. Make a connection and make an effort to keep that connection.

Giving, in lieu of taking, is so much more rewarding and will be a huge source of inner happiness for you, not to mention those lives you will touch. Giving is a true win-win gift!

Is your glass half full or half empty?

You miss so much if you look at life through the half-empty glass. Taking the negative slant on life leads to a life of negative thinking that never sees the good things that life has to offer.

Take a moment and write down all the things that are wrong with your life. Then, on a different piece of paper, write down all of the blessings you have. For a negative person, this can be hard. Did you wake up in a warm bed this morning? Was your bed warm? Was there someone on the other side of the bed? Did you have breakfast? Did you go to a job? In a car? Did you have clean, decent clothes to put on?

Each and every one of these things are blessings and are a positive part of your life. It can be so easy to think about the negative things: I don't get paid enough, my car is old, and the cereal wasn't fresh - come on! Half the world would love to have the things you took for granted just this morning!

What do you ever get out of life by looking at the negative aspects of your life? Are you a complainer? Are you a complainer because of your circumstances or do your circumstances make you complain? How much worse could things be? When you really think about your life, aren't you truly blessed compared to others around the planet?

Try thinking positively as a way of finding happiness and satisfaction in your life. Complaining does nothing except make others around you feel bad, and if that's your intention, you need to re-think your relationship.

Joy through good health!

There is nothing more important to your happiness factor than taking proper care of your body.

There is nothing better than a good night's sleep to make you feel better. Well, maybe a perfect diet, proportioned in fat, carbohydrates, proteins and calories.

Oh, I almost forgot the benefit of a good exercise program will do wonders for your health and well-being.

Taking care of your health is an integral part of taking care of your mental well-being. It's hard to feel happy if you don't get proper nutrition, sleep or exercise, no matter how hard you try to keep a positive attitude. If you don't feel rested or fueled, happiness is going to be just beyond your reach.

Take time to get the rest you need. Go to bed earlier than usual, but don't disturb your natural rhythm too much. Eat smaller meals, but more frequently, to keep your blood sugar levels regular. Eat fresh foods; lots of fresh fruit and vegetables will help keep your energy levels up, and make sure to include some proteins for long-term energy.

Exercise tells your brain to release "happy hormones", called endorphins. Regular exercise that makes you breathe just a little bit hard helps you to burn fat and to get the added benefit of the endorphins that give you a burst of energy and a sense of well-being.

Take control of your own body as a way of making yourself happier. By making better food choices, getting plenty of quality rest and getting more exercise is a sure-fire way of increasing your "happy factor".

Living Your Passion

We all begin thinking about what we're going to be when we grow up at a very early age. As we grow and learn more about ourselves and life, those career ideas change and grow.

As we experience new relationships, hobbies and events in our lives, we develop interests and ultimately we become passionate about some of them. It's these passions that make the stressors of life dissipate.

What may have been a passion in our twenties may very well change in our forties or fifties or beyond. We may find that the career we chose in college no longer satisfies our needs, once our basic needs have been met.

While once our passion was making enough money to pay the bills, our passion in our fifties may become a desire to help others. As we've developed personal skills, we may find that we are gifted in public speaking; what could be better than talking about your passion and making money at the same time?

Unfortunately, many people fail to live a life filled with passion. Fearful of rejection or of success keeps many people from pursuing their dreams; many people simply don't have enough faith in themselves to reach for the stars.

What makes you happy? Do you have a hobby that you just can't get enough of? Take the step of writing down any way that you could make money at doing your favorite thing and try it in your spare time. You might find a new career doing exactly what you are passionate about!

The Only Way to True Happiness

The road to happiness is written in the Bible: THE way, THE truth and THE Light is Jesus Christ.

It is held by Christians worldwide that there is an innate emptiness in each of our hearts; we try to fill it up with "stuff", with experiences, purchases, with drugs and alcohol or sex; this vacuum, this empty place in our heart can only be filled by Jesus Christ.

Anything and everything else is only temporary. You can keep on trying to fill this void, but the only puzzle piece that fits is Christ.

Surrendering your life to God leads to amazing things. It takes away all of your fears-you've given those old fears and problems to God; how he handles them is meant to be.

You simply don't have to worry anymore. You do, however, have to be open to what God may have in mind for your life.

God does not give you more than you can handle, but He may push you in directions that you've never thought about. In prayer, ask for your needs, not your wants, and your life will be forever changed.

You will find the purpose of your life in your ministry, be it music, teaching, preaching, giving or reaching the lost.

Your life, as you knew it, empty and void, will be replaced by a lifestyle that compares to no other. The happiness-the joy-that you could never find will be a part of your life in abundance.

The Relationship Factor

You may have heard of someone saying that they are completely happy on their own and all by themselves.

Although this isn't what appeals to me, I can understand why some people would think this; the only relationship they have is with themselves and it's hard to mess up a relationship with yourself. It's hard to have much satisfaction from that kind of relationship too.

Relationships with others are what make the world go around, because it is a thermometer of how we "relate" to others. Friends can be just like us, or just the opposite of us, but it is how we relate to them that feeds our souls.

We can choose to put effort into a relationship or choose to walk away; but each of us needs other people around us to make us feel a part of a bigger thing.

The world is full of other people. We can decide to make friends of some of them and enhance our lives, or we can choose to remain silent in the elevator or to not speak to the person at the next table at Starbucks.

We can stay in our own little world, or we can expand it to include others, who might enrich us with their knowledge and personalities. I can open the door, or I can keep it closed.

I can choose to take what my marriage is giving me or I can put more into it and reap the rewards. I can be lazy and think only about what this relationship means to me, or I can think about how much better it could be if I put more effort into making sure my spouse gets as much as s/he gives.

You do get back more than you give to relationships and relationships will reward you for years in many, many ways. Nurture those relationships that you need to keep you happy!

Happiness Resources

Add your website address, related links or affiliate links here