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## Monthly Newsletter – April 2008

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Dear Friends:

# Daily Happiness and Success

Having daily happiness and success is all about developing a habit. You'll need to start making a few changes in your life if you want to experience positive thinking and laughter on a regular basis, and you'll want to create an environment that encourages both those qualities, too. This may sound like work, but don't worry; it can actually be a lot of fun! One of the first things you'll want to do in developing your "happy habit" is to change the way you look at things in your life. Keep the focus on the bright side and think of the good side all the time. You may find that your mind will try to drag you down and look at the negative things in life more often than you'd like, but you have the power to change that focus and keep it on positive aspects. If you try to make your first thoughts about the bright side of the situation, you'll find yourself well on your way to developing your "happy habit". A few other tips:

- Don't think of problems, but think of solutions. Focusing on the seemingly impossible problems you have in your life will not help you solve them any quicker.
- Watch some comedies or read a funny story. Always try to make time in your day to find a way to laugh.
- Listen to music that relaxes you or uplifts you. Giving yourself energy through listening to music you like is an important part of developing your "happy habit".
- Read inspirational books, like "Chicken Soup for the Soul" or anything else that inspires you. This will keep your thoughts positive and will help you stray from negativity.
- Try to make other people happy. Doing at least one task each day for the express purpose of making someone else happy will help create and spread your "happy habit".
- Be happy for others in their happiness and don't envy their happiness. It's hard, sometimes to see other people feeling happy if you are not. Instead of feeling envious of them, just feel happy for them. It is great to surround yourself with lucky, fortunate people.
- Keep positive company around you. If you surround yourself with genuine people with positive attitudes and laughter, you will find that you will catch some of that energy. Joy is contagious, as is laughter.
- Focus on your accomplishments and not the things you didn't accomplish, within reason. Focusing on goals you have met will help you develop plans to meet new goals.

'Nuf Said.

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