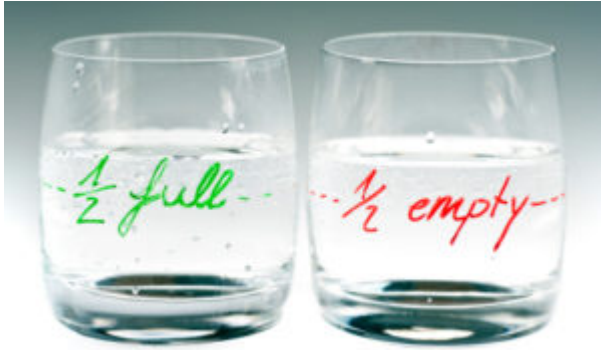


How to Live Happier in the Midst of a Storm



How can you live happier in the midst of a storm? What do I know about storms, happiness and success? More than most. I can honestly say that my expertise in all three areas may be unchallenged. [Read More](#) and [More](#). This year I faced a

tragedy of enormous proportion, today I face myself and I reach out to you with one message. Choose life, choose happiness, find a way to ignite and inspire your best self because doing so is the only way forward. Find a way to give and contribute, because doing so will ignite your heart, soul and help you engage your strength. Be kind to yourself and pay kindness forward to others.

Let's face it, negativity abounds, change, challenges, and upheavels are the norm. Yes, we are living in a storm that is going to get worse before it gets better. Learning to extract happiness every day is a learned habit that starts with making a conscious decision to fight the negativity that surrounds us as we open our newspaper, turn on our radio or TV and interact throughout the day. When negativity overtakes our consciousness we feel helpless and powerless. Unable to see all that we have to be grateful for negativity blinds us to options, opportunities. Psychological research indicates that a pessimistic cognitive bias makes you vulnerable to feelings of helplessness and depression. Negativity also appears to compromise the immune system – optimists have been shown to have better-functioning immune systems and better health overall. Optimists generally live 8-9 years longer than do pessimists. It is clearly time to get happy, to get joyful.

[Read more](#)

Do you want to reduce the risk of depression, physical illness, and early death? [Start by reclaiming your personal power](#) to be joyful. Can we train ourselves to be happy? You bet. How can we start? Start by preparing your consciousness to accept joy and to reject negativity. Decide that you are going to spend one whole day, 24 hours refusing to be negative. Stretch out of the comfort zone and decide to make today a positive day, no matter what! [Read more](#)

Go ahead, just spend 24 hrs. being positive, drinking in life with your glass half full. Choose life, choose happiness, find a way to ignite and inspire your best self because doing so is the only way forward. Find a way to give and contribute, because doing so will ignite your heart, soul and help you engage your strength. Be kind to yourself and pay kindness forward to others. Reclaim your personal power to be joyful by taking making this day a purely positive one. Reject all negativity for 24 hrs and decide to be happy. Try it, you'll like it! [Read more](#)

© Irene Becker, Just Coach It

More on Getting and Staying Inspired? YOU Betcha

[The Secret to Peace and Prosperity](#)

[Refocus, Repurpose, Repower](#)

[I Choose the Road Less Traveled](#)

[The Happiness Course](#)

[Picking the Golden Apple](#)

[Recharge, Repower in 3 Minutes or Less](#)

[100 Stressbusters](#)

[True Happiness](#)

[Rediscover Your Genius](#)

Not Enough? Visit the drop down menu for more inspiring articles

[Click here for 3,617 inspiring quotations](#)

Do you want to get motivated and inspired? Transform a people-centric leadership, business development, communication or career challenge into an advantage? Transform an area of personal challenge into an asset? Build sticky coaching, training and mentoring initiatives? **Find out how we can help-call Irene (416)-671-4726 Skype: beckerirene**



Just Coach It. Empower-Engage-Transform | Build a Better Tomorrow

Irene Becker, Founder and Chief Success Officer, Just Coach It

Coaching•Consulting•Workshops•Keynotes with a 3Q Edge™

irene@justcoachit.com [Twitter @justcoachit](https://twitter.com/justcoachit)

[Tel: \(1\) 416-671-4726](tel:(1)416-671-4726) [Skype: beckerirene](https://www.skype.com/user/beckerirene)

irene@justcoachit.com

Tel: Irene's Assistant Drew Jones: 416-737-5075

drew@justcoachit.com