

# The Happiness Course-7 Simple, Practical, Powerful Tips And More!

## The Build Your Own Happiness Course: 7 Simple, Practical, Powerful Tips! Including 16 Bonus Links

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Reach-Resonance-Results

*Building 3Q Skills That GROW At The Speed Of Change Is My  
Commitment To A Better Future*

3Q Leadership™ Blog- 27,000+ Social Media Followers &  
Growing!



*I appreciated by this video of Irene Becker, first female CEO of a steel company in Canada, where she shared her personal story of great achievements and losses. Her experience uniquely positions her as an expert on the topic of the relationship between happiness and success."*

*Jesse Lyn Stoner*

**Brain science tells us that being positive is critical to success, health, optimization of talent/potential and longevity.** Common sense tells us that at a time when the World Health Organization forecasts stress will be the MAJOR cause of physically disability in the world by 2030, the imperative to find ways to get happy, ways to re-focus on the positive is critical.

**Perspective is everything, it is essential the world we see and experience.** Did you know that the human brain is automatically set to negative? Yes, no matter how optimistic you are the automatic default is negative. While being drawn to and focusing on the negative was essential when we lived in caves, surrounded by predators it is often our greatest impediment in a whole new eco-system where thriving and surviving means being relentlessly solution focused!

## **Here Are Seven Simple, Practical, Powerful Tips And An Excellent Happiness Reading List To Help You Build Your Own Self Directed Happiness Course**

### **1. Live With Gratitude And Love-Believe In Miracles And Watch Them Grow In Your Life.**

Know that every day is a miracle. Make that miracle an expression of gratitude and love. Small miracles happen all the time; noticing them is critical to living your best life.

**2. Begin Again Now By Choosing Happiness.** A strong tree bends to a strong wind, but it never breaks. Choose happiness, find even the smallest spark of positivity in a difficult day and let it shine!

**3. Learn To Love Your Mistakes And Use Them To Fail Forward.** Find ways to see your glass as always at least half full. Recognize that the greatest lessons we can learn or those we find in our mistakes. It is all good. Sometimes it can even be great, because our greatest insights and ideas are often born of our greatest challenges or mistakes. Each time you fail forward, you strengthen your resiliency, enhance optimism, build a stronger solution focus and optimize your ability to find innovative solutions!

**4. Know What Really Makes You Happy.** Determine what really makes you feel happy and share this with someone you love. Let go of the “GOO” (“good opinion of others”) and focus on your inner voice, inner wisdom and joy.

**5. Dream Loudly.** Do not let your dreams gather dust. Keep them alive. Journal them, think about them; allow them to breath and grow

**6. Create Your Own Personal Happiness Mantra.** Use your mantra, use words that resonate with you to ignite your personal passion and joy. They can be simple, silly or sentimental. Choose words which make your heart, mind and

soul sing with joy. Repeat these words to yourself on a daily basis, or post them on a post-it note on your bathroom mirror.

**7. Give And Share Something Every Day.** Relationships are the seedbed of our energy; they are the flowers of our personal and professional growth and success. Fertilize and water your flowers daily.

**8. Put On A Happy Face.** Yes, smiling (even forcing yourself to smile) will automatically make you feel better.

**9. Get Moving!** Yes, physical action/exercise is critical to a positive attitude. Integrate physical activity throughout your day.

**10. Set Your Daily Intention.** Setting your daily intention is as important as setting goals. YOU are the master of your ship. Start you day be leading forward, start you day by setting your intention and deciding what kind of cay you are going to have.

**There are no ordinary moments. Life is a gift we chose to live or spend.** We can see each day as an opportunity to learn, share and contribute, or as a block of time, a marker in life that we use and cast away. Living our lives, making our greatest contribution starts with finding our happy spot; finding ways to get positive when the chips are down, falling or cannot be seen at all! It means using daily rituals that work for us to build our own personal happiness course.

**More on Happiness? YOU Betcha!**

The Happiness Compendium

What Brain Science Tells Us, Guest Post for Jesse Lyn Stoner, Seapoint Center

Too Busy to Get Happy? Think Again. 4 Ways to Kickstart Happiness

True Happiness-Transformational Joy

Ten Steps to a Happier YOU

Get Energized, Empowered & Solution Focused-Three Steps

The Empowerment Compendium

A Collection of 75 Inspiring Posts, Podcasts and Videos

A Collection of 2000+ Inspiring Quotes and Posters

### **Great Reads On Happiness**

What Happy People Know: How the New Science of Happiness by Dan Baker

Authentic Happiness by Martin E. P. Seligman

The Ultimate Happiness Prescription: by Deepak Chopra

The Happiness Advantage by Shawn Achor

Positivity: by Barbara Fredrickson

Happier: Learn the Secrets by Tal Ben-Shahar



### **Author Bio: Irene Becker**

Executive Coach, Consultant, Trainer, Speaker and Writer, Irene is a trailblazer whose unique 3Q Edge™ model has helped forward-thinking people and organizations in Canada, USA and Europe develop communication, leadership and career skills that GROW at the speed of change and challenges. First female CEO of a steel company in Canada, Irene Becker has a track record of accomplishments in business and in the community at large.

Passionate about the integrity of her work, Irene goes the distance for her clients face to face, by telephone, Skype or video conferencing

**Are you ready to go from Now to HOW? Time to get re-inspired?**

**Build 3Q Skills That GROW At The Speed Of Change/Challenges?**

**Irene Becker | Just Coach It -The 3Q Edge™ (IQ-EQ-SQ)**

**Building 3Q Skills That GROW At The Speed Of Change Is My  
Commitment To A Better Future**

**I welcome the opportunity to discuss how I can be of service  
to you/your team!**

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beckerirene**