

# Feel Happier in 10 minutes or less



Reset your GPS, adopt new ways of thinking, communicating or doing that can change your life.

First do something to distract your mind, then try using a “cool tool” (3Q exercise that is free, takes 10 minutes or less and has been proven to work!).

Learning to cultivate happiness in good times and bad is critical and doable.

**7 Cool Tools (3Q exercises that are free, and that you can do in 10 minutes or less a day!) and excellent happiness quotes!**

*Quote: “If you want happiness for a lifetime-help someone else.” Chinese Proverb*

*Tip One →Find the light and share it with someone else. Step out of sadness by helping another person feel better, or be there to listen when they want to share their thoughts. Try it, because it is scientifically proven to work!*

*Quote: "Happiness never decreases by being shared." Buddha*

**Tip Two: Share a joke or funny story with someone who will appreciate it because laughter is contagious and very good for mood, cognition, and health!**

*Quote: "Don't rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can't love and respect yourself – no one else will be able to make that happen. Stacey Charter*

**Tip Three → Apply love. Spend five minutes a day thinking about how you love yourself or learning to appreciate and love yourself.** Yes, think of all the qualities that make you special, because each human being is gifted with attributes that are truly lovable. If you had a dysfunctional childhood, learning to re-parent yourself, learning to comfort the child within, to love him/her can be pivotal. If you are going through a difficult experience or challenge the need to love, nurture and appreciate yourself is critical.

*Quote: "Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering." Winnie the Pooh*

**Tip Four → Take time out each day for blank time; time when you DO not worry, time when you are just at peace and at one with the universe. Ten minutes a day of blank time can be a life changer.**

*Quote: "We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." Frederick Keonig*

**Tip Five** → *Adopt an attitude of gratitude. Think about 3 things you are grateful for because it is impossible to feel grateful and sad at the same time. Keep a gratitude journal or simply make a mental note before you go to bed and when you wake up of what you are grateful for.*

**Quote:** *“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” Thich Nhat Hanh*

**Tip Six:** → *Smile because science tells us that the simple act of smiling will elevate your mood.*

**Quote:** *“When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.” Helen Keller*

**Tip Seven** → *Beware of the abyss and search for the light.* The longer you stare at the darkness, the more it will overwhelm you. Look for the good, no matter how hard it is to see it because if you force yourself to look for the good will help you reset your negative GPS.

*“Very little is needed to make a happy life; it is all within yourself, in your way of thinking.” Marcus Aurelius*

**More on Happiness in Disruptive, Uncertain or Turbulent Times? YOU Betcha! Stay tuned for next week’s Wednesday Wisdom,** and the site because there is a great deal of information and cool tools to help you feel happier!



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Coach