

HARVESTING HAPPINESS

for **SKEPTICS & SEEKERS**
THIS IS HOW WE DO IT...

Show Up for Life with Wonder & Delight: Standing **FULLY AWAKE AND PRESENT** for the journey – remaining **CURIOS** and asking questions, lots of them – **EXPRESSING OURSELVES INTENTIONALLY** and passionately with **MIND, HEART AND SOUL** *Commit to Lifelong Learning:* Stretching out-of-the box of our comfort zone – **GROWING** through exposure to new ideas, **ADVENTURES**, and horizons – seizing every opportunity for **CREATIVE EXPLORATION** that enhances our human experience *Operate with Reason, Logic & Accountability:* Staying **OPEN-MINDED** and taking full ownership of our thoughts, feelings, words and actions – **REFRAINING FROM JUDGMENT** – critically think through ideas and question assumptions – **EVALUATE** facts, circumstances and perceptions before speaking and then **SPEAKING ONLY AFTER CONTEMPLATION** *Creativity is the Kindling for Transformation:* Being **UNIQUELY ORIGINAL** – allowing our creative juices to flow, to **BE THE INSPIRATION** and jet-fuel that generates change – expressing our **MAGNIFICENT PASSIONATE GENIUS** and singing our soul's song to make **JOYFUL MAGIC** in the world *Read the Room & Trust the Gut:* Listening to the **INNER WISDOM OF INTUITION** – having **FAITH** in the invisible sixth sense – possessing **PATIENCE** and strength of heart to **SEE THE FOREST FOR THE TREES** and not impulsively react to situations – **LISTEN** deeply and **WATCH** carefully to **LEARN** the answers *Rationally Problem-Solve:* **ANALYZING FACTS**, maintaining **NEUTRAL PERSPECTIVE** and **EMBRACING WISDOM** to overcome life's challenges – using **INTELLECT AND COLLABORATION** to overcome the most difficult problems – remembering that whining and finger pointing are never solutions and that people really hate pity parties *Fear & Valor Go Hand in Hand:* Being **WILDLY COURAGEOUS** and **LIVING LIFE OUT LOUD** regardless of what others may think – using fear as a powerful catalyst to **MAKE SHIFT HAPPEN** – understanding that without risk there is no reward *Face Forward & Keep Eyes on the Prize:* Remaining firmly focused with our **ATTENTION** upon the gift of the **PRESENT MOMENT** and toward the direction of our **DREAMS** – steady and **PERSEVERANT** through challenges – remembering to **EXPERIENCE LIFE** as a marathon instead of a sprint – life is in session right now *Be the Real Deal:* Truth-telling with ourselves, expressing **HONESTY** with others – acting congruently with our words and actions – remaining **MINDFUL AND AUTHENTIC** throughout the journey no matter where it takes us *Be a Power Station:* Using our **ENERGETIC** resources and enthusiasm to **ILLUMINATE** and celebrate others – showing up alert and **ATTENTIVE** to all aspects of life – shining as a **BEACON OF LIGHT** and a ray of hope *Play Nice:* Practicing loving **KINDNESS** and **GENEROSITY** – sharing our gifts and spreading the art of **COMPASSIONATE** wholehearted, **SOUL-CENTERED** and **GRACEFUL LIVING** and giving *Love is Strong Medicine:* **LOVING DEEPLY, FULLY AND OPENLY** – expressing love not only with words but also through actions – being courageously **VULNERABLE** – risking disappointment and **LOVING FEARLESSLY** because when we apply love to the places that hurt, we **HEAL** and we become happier *Be a Solid Citizen:* Contributing to the **GREATER GOOD** – volunteering something of ourselves – **SHARING** the load of the world – **LEAVING THIS PLANET A BETTER PLACE THAN WE FOUND IT** – consistently considering the consequences of our actions, **DOING NO HARM AND PRACTICING PEACE** [FOR ADDITIONAL MENTAL MUSCLE-TONE READ THE **EMOTIONAL FITNESS TIPS SHEET**]

more EMOTIONAL FITNESS TIPS

for SKEPTICS & SEEKERS
IMPROVING MENTAL MUSCLE-TONE...

Practice the Golden Rule of Reciprocity: Treating others as we wish to be treated – creating **EQUITABLE SOLUTIONS** and **COLLABORATIVE OUTCOMES** that align with our internal GPS in support of our **MORAL COMPASS** *Steer the Ship Responsibly:* Leading by example and **SHARING OUR STRENGTHS** – through **SERVICE** and **INSPIRATION** – being a **FACILITATOR OF DREAMS** – holding ourselves accountable and **HONORING OUR WORD** – leading with **INTEGRITY AND LOVE** – demonstrating ourselves as the dignified CEO of our own lives *Leave the Ego at the Door:* Being **HUMBLE BUT NOT MEEK** – speaking from a place of **RIGHT ACTION AND RIGHT THOUGHT** rather than fear and insecurity – knowing and **EXPERIENCING OURSELVES AS A PART OF THE WORLD** instead of the center of it *Aim Thyself Like an Arrow:* Recognizing that **WE ARE IN FULL CONTROL** of our decisions and actions – **REGULATING OUR DESIRES** and aiming our attention in the direction of **POSITIVELY CONSTRUCTIVE GOALS** – thinking before acting with **PATIENCE**, focus and discernment *Choose Wisely:* Knowing that we have **FREE WILL** and all actions have consequences – thinking through the pros and cons of decisions – making conscious choices that support our **NOBLE PURPOSE** and wellbeing of the **GREATER COLLECTIVE GOOD** – thinking with the head and **LEADING WITH THE HEART** *Radically Accept & Let it Go:* Accepting what's done as done and **LETTING GO OF THE BEHAVIOR THAT NO LONGER SERVES OUR HIGHEST GOOD** – forgiving judgments, grudges and the desire for revenge – **RELEASING SHAME, GUILT, AND ENVY** in order to **MAKE SPACE FOR SOMETHING BETTER** – accepting more love and more truth that generates more **POSITIVE EMOTION** and wellbeing *Celebrate Beauty & Excellence:* Appreciating the aesthetic pleasure, **MAJESTY** and greatness of life itself – **WITNESSING THE MAGNIFICENCE** of our daily experience – to **BE INSPIRED** by art, music, literature, nature, friendship, and the **INTERCONNECTEDNESS** of it all with awe *Gratitude Generates Global Goodness:* Consistently being **POSITIVELY THANKFUL** for every experience and **MAKING MEANING** of all situations and people we encounter – seeing every experience as a valuable **OPPORTUNITY** – and celebrating **RITUAL GRATITUDE** as a meaningful practice *Attitude is Everything:* Believing that the glass is half full – **MAINTAINING OPTIMISM IN THE FACE OF DOUBT** – ignoring our loud and destructive inner critic, judge, jury and executioner – knowing that wherever we **FOCUS OUR ATTENTION** is where we find ourselves *You Got to Have Faith:* **EXPERIENCING OURSELVES AS PART OF SOMETHING GREATER** than the self and the ego – finding **STRENGTH** and comfort in **CONNECTION TO THE SOURCE** – knowing we are part of a mysterious and invisible interconnected whole – **DREAMING, BELIEVING AND HOPING** for a better tomorrow *Laugh Often & Play Generously:* Knowing **HUMOR IS POWERFUL MEDICINE** – happiness resides in the ability to **LAUGH AT ONE'S SELF** and not take others or the world so seriously – **PLAYING LIKE A CHILD** with wacky silliness and innocent abandon *Practice Makes Permanent:* Accepting that **IMPERMANENCE IS THE ONLY CONSTANT IN LIFE** – change is a habit that begins with me ❤️ [“Find a place (inside) where there’s joy, and the joy will burn out the pain.” -JOSEPH CAMPBELL]

READ PRACTICE EXPERIENCE REPEAT [HAPPINESS IS AN INSIDE JOB™]