

# Happiness

Possibilities

## Manifesto



### *Live in the moment – don't defer happiness*

Too many people believe that their happiness is conditional upon some future event, the next pay rise, retirement or the day they win the lottery. Don't wait. Find happiness now by living in the moment.

### *Make others feel happy*

A great way to make yourself happy is to focus on making others happy. A smile, a thoughtful word, a kind gesture. Simple things. Happy people make us happy.

### *Make your happiness visual*

A picture paints a thousand words. Surround yourself with things that make you feel happy just by looking at them. Change them regularly because even the most beautiful images become lost in the background when we see them every day.

### *Jettison your negative feelings*

We all have negative, anxious and even angry feelings sometimes. Repressing these and holding them in is not good. Find a good listener; write them down; self-reflect; whatever suits you; just give yourself permission to let these thoughts go.

### *If it's going to be it's up to me*

Don't put the onus on other people to make you happy. Take responsibility. Fix what is making you unhappy. Oh, and by the way, fix it now.

### *Everything has an upside*

Bad things happen. That's just the way life is. Though if we really want to we can find an upside in any situation, yes even in death. Try to find three positives whenever something bad happens – they are there if you want to find them.

### *Be yourself*

We are happier when we are true to ourselves. Somewhere deep inside, we know the things we believe in and care about. Build your happiness on this foundation – be you. Don't spend your life pretending to be someone else.

### *Quieten your mind*

We are the first hyper-connected generation. We are bombarded by information; prompts; notifications; social media; it is never ending. Yet it is not compulsory. Switch off, zone out, deliberately make some quiet time for your mind every day. It may be hard to do at first, but persevere. A quiet mind is a happy mind.

### *Get out of your comfort zone*

Paradoxically, people are happier when they are right on the edge of their comfort zone. Complacency dulls the mind. Push yourself to get out of your rut, however comfortable it may seem. Try new things; drive a different way to work; embrace new ways of doing things.

### *Be more curious*

Research shows that curious people live longer and are happier. Look outwards; see what's out there in the world; read widely; speak to unusual people; embrace the oddballs. Curious people start to see the connections between seemingly unrelated things. That's how new ideas happen.

### *Make a purposeful life*

Why are you here? What is your life about? Surely more than merely survival. Find yourself a purpose and set yourself some goals. Moving towards those goals, even in tiny steps, will make you feel happy and more fulfilled.

### *Learn from success, learn from failure*

"If you can meet with triumph and disaster and treat those two imposters just the same..." Rudyard Kipling reminds us not to get carried away with our successes and not to be pulled down by our failures. In fact, we often learn more from failure than success...as long as we take the time to look it in the face.