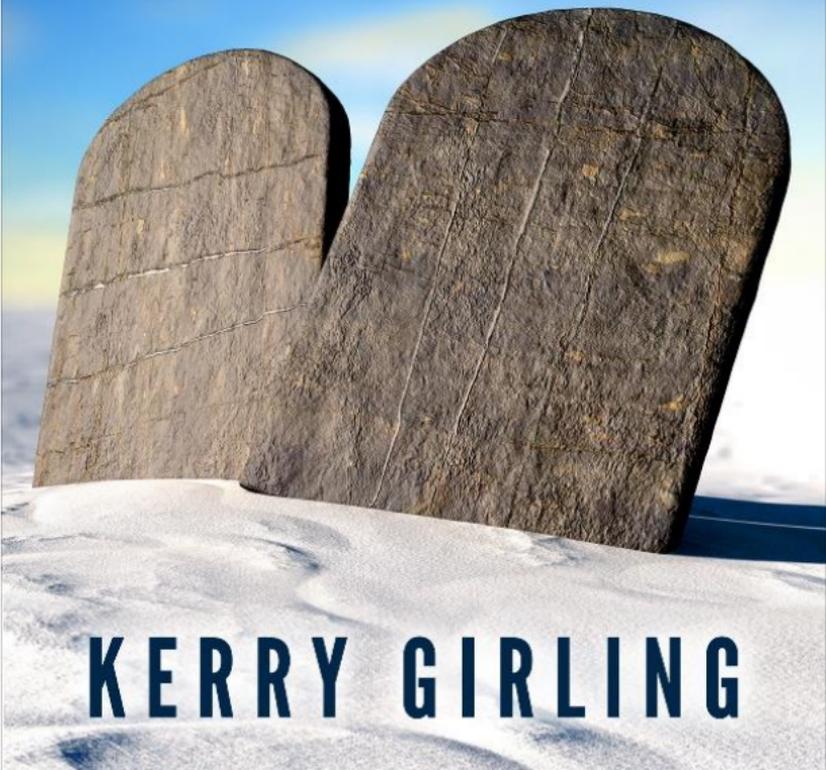


COMMANDMENTS TO HAPPINESS



KERRY GIRLING

The Commandments to Happiness

This book is dedicated to my wonderful children.
May they find happiness in abundance.

Table of contents

- Chapter 1 – What is happiness?
- Chapter 2 – A new life; a new perspective
- Chapter 3 – Eliminate the negativity
- Chapter 4 – Increased confidence
- Chapter 5 – Materialism vs happiness
- Chapter 6 – End the resentment
- Chapter 7 – Values and beliefs
- Chapter 8 – Meditation
- Chapter 9 – Spending your time wisely
- Chapter 10 – The Law of attraction
- Chapter 11 – Enjoy the ride
- Chapter 12 – Giving to others
- Chapter 13 – The hidden gem
- Chapter 14 – Being Grateful
- Chapter 15 – Accepting the happiness
- Chapter 16 – Accepting the opportunities
- Chapter 17 – Priorities vs responsibilities
- Chapter 18 – Moderation

Chapter 19 – Making it count

Chapter 20 – What do you want?

A note from the author about happiness

The Commandments to Happiness

Welcome to the Commandments to happiness. In the next 20 chapters my aim is to teach you everything you need to bring an abundance of happiness into your life. You are about to learn from the master. Although I don't have extensive post-secondary education, or vast certifications of excellence, my talents and experience are what makes me credible to attest to such a thing. I'm not talking about any superhuman talents. I'm just talking about the regular human talents we all harness. Those of which I chose to take to their fullest extent. The wisdom within these pages will surely help you find happiness in any realm, no matter who you are or what hand you were dealt in life. Everything I've learned about happiness and how to get it has been

downloaded into this book to help you live an ideal lifestyle full of abundant pleasures.

Let's get right to it.

I barely paid attention in grade school. I was one of those over-active kids that were more of a hindrance to teach. Although I sat through all of my History, Math and English classes the majority of the time I was in my own head. Come to think of it, I couldn't recite a single line from Shakespeare, or tell you about the World War, or even let you in on a simple problem solving equation, but understanding happiness – that's my forte. While my friends were learning about the periodical table I was writing and passing notes to the girl next to me. I remember my mother telling me early in life to never let go of my imagination, and to take it to unbelievable

heights. Maybe her words registered a little more powerfully than I realized. I took my imagination to the extreme, every day, and I still do.

Your imagination is an important piece of the puzzle to happiness. Probably the single most important actually. Neglecting your imagination is like eating take-out food three times a day, seven days a week. It congests your perspective of reality and eliminates any possibilities of becoming happy. Nobody wants to live in a congested society, but so many out there suffer from this very situation. Their minds are distracted by their own dissatisfaction. Learning to control your imagination is the key to living a fulfilling lifestyle. The best part is; nobody else is in charge of it but you. When you get good at using it you can leverage your thoughts to create a happier reality for yourself. With your

imagination there's absolutely no height restrictions or limitations. The only thing stopping you from tapping into it is your own judgement.

Happiness looks different for everyone because we all see reality differently. Amongst all the characteristics of happiness the only two that are identical between us are; we all wish for happiness and neither of us wants to suffer. Everything else is just mumbo jumbo lifestyle filler; things to keep our minds busy. Those whose believe in happiness are those who will achieve it. Either way, each of us moves forward facing daily obstacles. These obstacles create both opportunities and limitations. Some become defeated and lose their confidence when facing them, whereas, others embrace each obstacle as a learning experience and use it

as leverage to make further advancement in their lives, thus being able to lead the game of life. Some hold onto their past experiences and dwell in the negativity. These people seem to have very little happiness, while others gravitate towards their future while living in the moment. No matter how aggressive we approach the game of life, it's important to accept it for what it is; an opportunity to be happy.

Life is a board game

Life for many can be bleak, boring and full of limitations. Some feel worthless, while others wake up each day with a satisfying feeling they were given life in the first place. Being grateful is no common ground for these two people. One gravitates towards positivity because they expel it, while the other attracts only negative influences and experiences because they radiate negativity. In fact, for those that attract only the negative; they're filled with an abundance of limitations and inner obstacles which makes it even more difficult to become enlightened. They reek of inner sadness, remorse and anger, and nobody can force them out of their dull cave of emptiness. Whereas, those that wake up eagerly for the day to begin, excited to approach their new experiences, they are the happy ones. These people create daily goals that make the game of

life more interesting. They plan their lives for success – financially, spiritually and for their families. The difference between the two is quite drastic. One is constantly embraced with an outer security shell, while the other isn't even protected by its own master. Their inner confidence is like night and day in comparison, and their perspective of how they see the world is completely opposite. The main difference between the two is this; one will achieve a heightened level of gratification through their experiences, while the other is missing so many fundamentals, it's likely their souls will die inside well before they pass away in real life. It's actually quite sad.

By looking at life in terms of a board game, one can see the differences between the two types of players. One looks at life as an opportunity, while

the other looks at it as an ongoing battle filled with harshness. It's evident the negative thinkers will only continue to bring upon negative results because their minds are trained to look for only the negatives, while the positive goal seeking people, they're destined for happiness because their minds are programmed for success. Each of us approaches life a little differently.

Even though we're all playing the same game, we make different choices and learn different lessons. All in all, we're trying to reach the same place – enlightenment. Fortunately, for the people that see the world as a positive environment filled with opportunity, they'll be placed amongst the higher realm of happiness, while the people that constantly dwell upon the negativity in their lives, they will continue the

same bleak trek in life but with many more struggles.

Life can be very complex at times, especially when one is overwhelmed with demands and responsibilities. Amongst the complexity of life is fulfillment. In fact, even the negative experiences in life include some positive aspects. As often as we're sent obstacles, we're sent opportunities. These opportunities come a lot easier for those that are enlightened, however, they're offered to everyone with the same magnitude. Opportunities help us reach inner fulfillment. Without them, we cannot foresee future success and happiness. Opportunities surround our every movement in life; however, many fail to see them because they're wrapped up in their own defeated mindset.

Each experience we go through in life offers potential to open opportunities. These come in the form of relationships, business transactions and spiritual growth. No two experiences are the same which means that no two opportunities are the same either. In fact, our experiences affect us in the most profound ways. Many times, it's easy to differentiate between positive and negative, however each experience, whether positive or negative will provide some form of opportunity.

Sometimes our negative experiences provide us with the biggest and best opportunities. In fact, we learn the best life lessons when we face defeat. When you're ready for an opportunity it will present itself to you, however, if you're not ready for it your mind won't even notice the slightest opportunity. The truth is; when you express your needs to the environment it will do

what it takes to position the right opportunity in front of you. Any religious or spiritual believer knows this. It works the exact same in any situation – a job, wealth, health, happiness or spiritual growth.

Experiences are neither positive nor negative, they just are. All experiences can be looked at as both positive and negative. It all depends on the perspective you see them through. One person may see an experience as negative, whereas, another person may find only positive qualities within the same experience. In fact, some make a subliminal point to seek only the positive qualities, or only the negative traits within an experience. It all depends on how their minds were trained in their upbringing. Thinking either fully negatively or fully in positive terms can be

detrimental to your psyche. There needs to be a balanced way of thinking.

For example: If one is to look only for the positives in each experience they will miss out on the many great lessons they would've learned from the negative qualities. Every experience harnesses both positive and negative qualities. Even the opportunities that seem one hundred percent positive in nature; they too harness negative qualities, and vice versa for negative experiences. From this perspective, one begins to realize that life is one hundred percent a game of mindset.

The Power of Thought

The first time I remember using the power of my mind towards manifesting something physical was when I was in high school. I was in an arm wrestling contest in grade eleven. Prior to that day I hadn't been an avid arm wrestler. Mainly, I would arm wrestle against my friends and brothers. It was a good way to relieve a friendly argument. This reminds me of the tips my Father told me. He always seemed to use arm wrestling as an analogy in our discussions – as being a way to overcome defeat by using the power of thought. Quite often he would say that arm wrestling was a mindset game. I took his statements to heart when challenging my opponents, much like I did with my mom's encouragement to imagine. Before preparing for an arm wrestle I would envision success like my Father said. I would use his statements as

leverage to overcome defeat, no matter how big the guy I was up against.

Anyway. This specific arm wrestling contest was much different than what I was used to. It was titled “The Super Bowl Arm Wrestling Challenge” or something like that. It was a challenge between eighteen people in grades 10-12; the best of the best. I wasn’t used to an ongoing arm wrestling challenge. I was used to just arm wrestling here and there whenever there was an opportunity. This contest was during the lunch hour, so the matches went quite quickly. The winner kept arm wrestling one opponent after another. That person happened to be me.

I was the winner eight consecutive times. It wasn’t until the last opponent came up that I realized how sore my arm was. I looked at him

and realized he was double my size. Truthfully he looked double my age. Apparently, he was known to be the master of arm wrestling. I was actually quite anxious about wrestling him. Three minutes later I was fist-to-fist with him in the high school gymnasium. As our fists were locked together about a hundred spectators cheered us on. It was my most difficult arm wrestle to date. While we both struggled at times, I believe it was my thoughts that gave me the inspiration to exceed his strength and win the challenge.

In remembering this experience I've gained new clarity about the magnitude of our thoughts. They truly are the dictator of our happiness. You can gain an immense amount of clarity into your own life if you harness the ability to control your thoughts.

Finding Happiness

It takes practise, motivation, inspiration, and a great deal of inner strength to forge your way to happiness. Finding happiness takes more than just “living in the moment” to achieve. It takes the entire removal of one’s negative past history; delving deep inside their inner soul, locating the negative traits and replacing them with positive ones. This comes through aggressive meditation and spiritually tapping into your inner potential. It means believing in yourself and trusting your abilities to achieve happiness in abundance. Happiness comes to those who have a clear perspective of what they’re looking for.

Some people are still complaining about what happened to them yesterday, last year, last decade. They feel that if they hold onto their past and constantly play images from their past they’ll

live in the comfort of it. But, they miss out on so many opportunities that live in the present. Those that live in the moment embrace each day as they come. They're filled with a tremendous inner relief because they take advantage of the opportunities when they persist. Complainers have their minds set to focus on the negative aspects of each situation. This only leads to unhappiness.

Our initial perception of life and how we see reality is handed down to us by our relatives and close influences. Their outlook and suggestions are what made us think how we do today. Our initial perceptions aren't always the best possible way of looking at any given subject. Some of our beliefs harness negative qualities. This means; we need to constantly replace old limiting beliefs to form new positive perceptions of our

environment. The way we see the world around us directly reflects the way we see ourselves. It's all connected to our values and beliefs. Those who harness a negative view upon society will never be satisfied with themselves, whereas; those who've forged through the negativity and see the world as a wonderful place to live, they will reap the opportunities and positive qualities that life offers. It's all about perspective.

Psychologists have studied the human mind for centuries. Their discoveries have led to reveal many interesting facts about the way our minds are programmed. Our minds are pretty much hard wired like any electronic module ever produced. In electronic terms; the mind of the unit is called the motherboard which is connected to various motors, transformers, resistors, light bulbs and other organs of the unit.

Information is sent to each organ through wires or solder which tell them when to activate. Our brains are no different. They're literally designed in the same form; they're just made of different materials. Using this analogy, we're able to see the simplicity of our minds, even though, the mind can be quite complex when explored in depth.

As the computers life gets older parts wear out and need to be replaced. Even its memory (Brain) will need to be replaced at some point. Our bodies are no different. There are many factors that contribute to the depletion of our body parts. The worst is stress. This is generated through worry, hatred, anger and negative thinking. Stress causes our lives to flounder. It increases the chances of illness, sickness and

limitations that we hold upon ourselves. Continued stress equals disease.

Happiness is the only stress reliever known to man. Even thinking in therapeutic terms, when one goes to the spa to relieve stress, and say they receive various treatments to overcome their stressful mind; with each treatment, whether it's a massage, pedicure or body wrap, this only starts the process to relief. In the end, our minds are what relieves the stress altogether, not the therapy itself. Even medications; they too are only tools to get the healing process started. It's our minds that alleviate the inner tension. In fact, most sickness and illness is caused solely through your daily thinking. It's important to reprogram your mind to believe in the possibilities, rather than dwelling upon the past. This will allow you to move in a positive direction and embrace the

current moment – the only moment that's important.

We will explore all of these lessons and more shortly. In the end, everything is really about perspective. In business, in relationships and in life. It's all the same. Now, let's explore the characteristics of being happy.

Happiness runs through my veins

I'm swiftly driving on the freeway in my favorite city. My hair is blowing with the wind. Hotel California plays at maximum volume. Today is invigorating. My eyes are tired from lack of sleep but my mindset is filled with more than enough energy to keep me awake. A smirk is pasted to my face. With each mile I travel my mind is filled with more satisfying memories of my recent past. These images are filled with thoughts of achievement; a life filled with purpose. My excitement bonds my foot to the accelerator. This is truly the best day of my life.

For a moment my mind was I was in a daze; the kind that could be fatal while driving in heavy traffic, but there wasn't a single car on the

roadway. Not one negative thought surfaces my mind. As I drive faster down the roadway my emotions excel – like a rollercoaster that keeps going up and up and up. A heightened sense of energy matches the happiness that runs through my veins. I never knew life could feel this good.

This feeling inside was what I was searching for five years. Eliminating my regret, remorse, anger and resentment was truly worth it. It truly paid off just in my new-found perspective of reality. Back then, I was going through a devastating divorce that corrupted my mind, but today was different. My smile pasted from ear-to-ear was living proof that it was possible to find true happiness, even after catastrophe. All my adulthood I searched for the perfect life; the life that many say can only be bought. Others said it was impossible to achieve. These people couldn't

speaking further from the truth because what I feel now is perfection. I'm blissfully coasting down the freeway in a peaceful frame of mind – truly living in the moment.

As I merge into the off-ramp on Old Banff Coach road I start feeling compassionate for all the suffering souls out there. Random images of friends of mine who recently lost their jobs from the recent Alberta Oil crisis cloud my mind. This instantly interrupts my blissful state. It reminds me of all the others; those just as damaged from sadness, resentment, anger and aggression. People who truly hate their lives, or feel judged and discriminated against. I feel guilty for my own happiness, but I also feel very fortunate not to be a part of the negative cycle that so many have already experienced. My life couldn't feel more complete.

I am reminded by my thoughts in the days prior to this moment. It was as though I was a psychic reading into the future because my thoughts were filled with nothing but happiness. It reassured me the law of attraction truly does work. In fact, I've never believed so much into the law of attraction before. I am confident my tweaked mindset was why I had generated so much happiness recently; in business and in my personal life. Knowing this made me feel confident in my ability to manifest anything in my dreams.

Today I am completely satisfied with who I am as an individual; inside and out. In fact, everything present in my life brings me satisfaction. This is something I couldn't even come close to saying in years prior to today. This thought made me smile with joy.

Fresh warm air quickly passes through my vehicle. Hotel California loudly plays on repeat. Images of my business and personal successes remind me of the life that was never wasted. Since eighteen my days were filled with passionate goal-seeking accomplishments. This in itself makes me feel content with my life. Failures only remind me of my aggressive attitude towards success I engrained into my mind. Images of my public speaking days where I spent nearly three quarters of my adulthood run through my mind. This instantly makes me grateful. The passing trees, the mountains in the distance and the moon that shines brightly above me are all perfect in their own way. It all added to the perfection of the moment.

I took the long way home. As I drive down the windy roads in the countryside I am reminded of my teenage years living on the farm in Saskatchewan. Farm life was surely different than the Suburban lifestyle of my closest friends. As my car climbed to the peak of a hill in the countryside I could see the radiant mountain tops of Canmore and Banff through my rear view mirror. They were shining with perfection. Bright lights from Calgary's Southwest neighborhoods twinkled in front of me with the same type of perfection. Nothing could stop the happiness from flowing through my veins. I started singing loudly to the Eagles.

My life wasn't always like this. It wasn't long ago when I was at my wits end wishing I had a better and less complex life. My lifestyle was the furthest from perfection back then.

Approximately six years ago I was discontentedly going through a divorce, barely making ends meet working job to job. I spent more money trying to find the right opportunity than actually making money to live. The stresses drove me to lose my passion and zest for life. I felt completely helpless and didn't even know who I was. In addition, Western Canada was in the midst of the worst economical crash in history which sent my business down the toilet. I had absolutely no freaking idea which way my life was going, and I didn't have a clue what I was looking for. Perfection at that time felt further than impossible.

After withering away my passion and most of my happiness, for half a year, I forced myself to think positive. I needed to see life from an entirely new perspective. I had to if I wanted to progress in any

positive manner. I felt like I had hit rock bottom. I simply knew the negativity in my life was eating away at my confidence and everything that made me who I am. As I look back I realize that even though this part of my life was difficult to go through it was an experience that enabled me to learn incredible life lessons. It helped me become who I am today. Soon I didn't have to force positive thoughts into my mind. They came automatically. Somehow my intense desire to succeed enabled me to form the life of perfection that I'm living now. This sounds a lot like the Law of attraction.

As I drive closer to my home I imagine the days before I truly knew myself. Back then, I never found my ideal opportunity because I wasn't looking in the right place. My mind shifted focus from one opportunity to the next because I didn't

know what I wanted. I barely knew what values and beliefs meant, which meant my own values weren't clear enough to bring me the type of happiness I was looking for. My emotions were like a roller coaster on steroids. "Nobody has a perfect life" circulated my thoughts. This simple statement triggered so many of my emotions. I remembered all the times I've heard, "Nobody has a perfect life." In fact, it dragged me down and discouraged me for so many years. Over the years, I let it soak into my every day thoughts. It became a circulating self-defeating prophecy. But, today was much different. No longer do I allow any of this nonsense trigger my emotions in a negative manner.

As I drove through my community my mind slowed down quite a bit. I pulled into the garage, parked my car and sat in my seat for a few

minutes just absorbing the delight of the day. Flashbacks of my lifetime successes generated feelings of fulfilment. I couldn't image another day with such bliss. I slammed my car door and leapt inside my house with intense joy and satisfaction. I quietly chanted to myself, 'today is an entirely new day; one that allows me to choose how I spend and enjoy it.' This was the mantra I told myself every day for the past five years. I'm standing in my kitchen in silence. The household couldn't be any quieter. I take a deep breath and breathe in the fresh feeling of inner peace. I slowly walk upstairs while humming one of my favorite tunes. As I get to the top of the stairs I enter the nursery to my right. At that moment my senses heighten even further. I slowly look around the room. The walls are filled with shelves piled with stuffed animals and baby books. The aroma of brand new Ikea furniture

reminds me of the hours of prep work my wife and I spent setting all this stuff up. Prior to this day, I hadn't really thought much about the significance of this room. Family life back then was usually the last thing on my mind, but today is much different. I slowly crept up to the crib and glanced inside. Olivia, my six day old newborn baby girl soundly sleeps. That smile from ear-to-ear came back to me. A tear instantly came to my eye. I never realized how quickly love could be formed for something. Only days ago she was in her mother's stomach and only a small figment in my imagination, now she's a lifeform like you and I. A huge smile smeared across my face. This moment is unique and satisfying altogether. My life feels perfect.

Life is all about perspective

In the coming chapters I wish to teach you how to achieve optimal lasting happiness. I'm not just talking about the kind of happiness you get when you eat your favorite chocolate bar, or spend time at the cottage on the weekend. I'm talking about true wholesome lasting happiness in abundance. Each of us has the capabilities to attain it, but very few of us know where to look, or what to do to achieve it. It's my pleasure to share my knowledge of how I became happy with you. My simple strategies will help you clarify the type of happiness that brings fulfillment into your own heart. Within these pages you'll have a very clear understanding of what you need to do to achieve the life you've dreamed about. You'll see that happiness is truly all about perspective.

KG Productions – Calgary Alberta, Canada –

2016 www.kerrygirling.com

Chapter 1: What is Happiness?

Before we can configure your ideal happiness we need to first take a look at what it means. Happiness means something different to everyone. Not two people on this planet perceive ideal happiness the same.

My career as a motivational speaker has led me to experience many profound things in life. In fact, I've had conversations with tens of thousands of people all across the continent of every age. These conversations always surrounded the same subject; what makes you happy? My findings have led me to believe that happiness is different for everyone, but it all resides in the same realm. It most definitely does not come in materialistic form, and no it cannot be purchased from a store. To be honest, when it

comes to finding happiness I've heard every answer in the book; from finding the ideal soulmate to driving the nicest car on the block. These people were 100% confident they would be truly happy when they have a wholesome relationship with another human being, or when they press the accelerator of their dream car. I can assure you these people are up against a rude awakening when they find out true lasting happiness isn't derived from any single relationship, or anything materialistic. It comes after generating a healthier perspective.

What I've learned about happiness is this. Happiness is different for everyone. It's developed best when your core inner beliefs and values are fully understood and respected. This means getting to know your inner-self as much as you possibly can. It's developed through

repetitive visualization, and also is achieved through being grateful. It most definitely doesn't surround negative thinkers, nor does it come to those abusing others. Although it may look like it comes from a store and experienced with batteries, its arch nemesis lies within your transactions. It can be brought to fruition through the law of attraction. In fact, the seeker must have a true in-depth focus on what it actually is to fully experience it. Happiness comes and goes. It's a privilege not a right. If it isn't appreciated it'll dwindle too. It isn't something easily attained, but I can assure your effort will be worth your while.

All of the tools needs to forge a happier life are within these pages. Now that we've explored the aspects of ideal happiness let's delve deeper into them individually.

Chapter 2: A new life; a new perspective

The largest obstacle standing in our way to happiness is our own mindset.

I don't often give away my secrets within the first few paragraphs of the second chapter, but I've got to be honest with you, perspective is the most important fundamental in achieving any realm of happiness.

Life is an in-depth experience. It's filled with plenty of emotional and physical ups and downs and trials and triumphs. We all know not every experience is positive. The reality is; YOU are the one that defines whether an experience is positive or negative. The truth is; life is all about perspective.

Happiness depends a lot on how you see reality. You're never going to get where you want to be without securing a good positive perspective of reality. There are multiple ways to alter your perspective. Many of which are listed in the pages ahead. Below is an example of how perspective is a game-changer in reality.

It's a matter of perspective

Example 1: A twelve year-old child loses his father to a cancer related death and sees the experience as 100% negative. His mindset is severely affected to the point he can no longer focus on regular life situations. He has

nightmares every night that wake him in a panic. Graphic images of the pain and suffering his father went through while battling cancer plasters his mindset with sadness. He can't handle it. He quickly loses interest in his passions, and deep down inside he has resentment for not spending quality time with his father. In fact, his happy memories with his father are replaced by the resentment. He is a lost soul, and down the road he gets mixed up with negative influences, quits school, becomes an intense drug abuser, and by the age of fifteen attempts committing suicide trying to end his emotional pain.

Let's look at the same scenario with a different perspective. The perspective of his Mother.

Example 2: His mother – someone who's been a part of his father's life for over thirty years sees

the very same situation 100% differently. In fact, she sees more positive in his death. Although she'll miss him dearly forever, she too awakes from the very same nightmares her son gets, but her anxiety quickly vanishes when she's reminded that he is in a safe place; in heaven, or reincarnated again, or whatever she believes. This sends a warm feeling through her body which comforts her in a way that couldn't be felt before when he was alive. The death of her husband doesn't hit her nearly as harsh as it hit her son simply because she's cultivated a healthier perspective of reality.

As you can see, Death is a rather dramatic situation to discuss. I thought I would use it as an example to show you even in the darkest stages of our lives there's plenty of positives to pull. Death is a common experience in all our lives.

Whether you've faced it yet or not, it's inevitable you'll experience the loss of a loved one in your lifetime. In this instance, let's compare the positives versus the negatives.

Positives: He no longer suffers from pain from his Chemo treatments anymore, I no longer have to deal with his negative mindset anymore (he's changed so much – it's like he's a completely different person)

Negatives: He won't be there to talk to anymore/He won't be a part of my life anymore.

It all depends on how you look at any given situation. Although it isn't an easy to grasp on to positives within Death, however, as you can see (above) there are a few positives you can harness in this instance. There are positives within every

situation, you just need to open your mind to see them. Death is a great example to use because so many negative emotions are stirred by simply just discussing the matter, let alone actually experiencing it with someone close to you. Again, not every experience is going to be positive. It's your choice to look at any given experience as a positive or negative; it all depends on how willing you are to sway your imagination. You can apply this strategy to any situation in life.

Not one person amongst the nearly seven billion people on this planet see or experience the same type of reality. This knowledge should serve us incredible inspiration because it means we're all unique in our life patterns. This means YOU are the creator of your own reality. YOU are in charge of your own happiness. YOU are the one that determines whether a situation is positive or

negative. You can alter your reality through a slight change in perspective.

Be the change you're looking for in your life.

Exercise: Observing your daily choices

The first step: When you awake tomorrow morning jot down how you feel. Are you excited to tend to your planned activities, or are you dreading getting out of bed, repeatedly hitting the snooze bar? What motivates you to jump in the shower and start the day? Your answers are an integral part of this activity.

The second step: At the end of the night make note of your daily choices. Did you make the

healthiest choices today? What would you have done differently? What did you learn from your experiences today?

Do this for at least one full week. When you're focusing on the larger, more impacting situations of each day, ask yourself why you made each choice. What led you to choose it? Where did the inspiration come from? And, what was the result? Ask yourself questions like, was this a good choice or should I have chosen something different? And, what would the best decision have been? Asking these types of questions will help you clarify your motives. Having clear motivation equals a genuine perspective of what lies ahead.

Chapter 3: Eliminating the negativity

Negativity is like a plague. Cancer is the best way to describe it. It breeds from person to person and is extremely addictive. There's nothing good about it. Negativity has no purpose other than defeating your mindset. It's not only the opposite of possibility, it's detrimental to our mind, body and soul. The basis of this message is; when it persists get rid of it! Don't let negativity ruin your life. Your life is too important.

The best way to eliminate the negativity in your life is by getting rid of negative people. This means; get rid of anyone that's consistently negative. Often times, their perspectives not only clash with our values, but they get engrained in our everyday regimen. We need to stop listening

to their negative beliefs. We need to stop seeing their negative habits. We need to stop allowing their negative perspective of reality to deter us from achieving our own optimal happiness. This means; get rid of them altogether. This can be a difficult step to take, especially those who've been in your life for quite some time. If the negative influence is a family member, or close friend of the family try to minimize the time you spend with them. Although their existence may be comforting at times, their mentality will eventually widdle away your happiness. Negative people are like a cancerous plague that eats away any lasting positivity in your life. They need to be eliminated as soon as they're recognized.

Chapter 4: Increased confidence

Your imagination is the breeding ground for happiness. Confidence is the driving force behind your imagination. Being diligent in cultivating strong confidence will ensure you'll be a happy player in the game of life.

I believe confidence is the most underrated characteristic in life. Without it your life stays stagnant and under developed. But, who's to blame; they don't teach about confidence in the regular school curriculum, do they?

Often times, lack of confidence comes from continuous negative self-talk. Generally, this negative discussion stems from actions or words transferred from other people. Unfortunately, this type of interaction only serves as a roadblock

from achieving your ideal lifestyle. The good news is; once this issue is determined YOU have the opportunity to alter your perspective.

Exercise: Eliminate the negative self-talk

How often do you tell yourself you aren't good enough? How often do you let your (or other people's) words discriminate against your passion and hobbies? How do you feel when you give up on your passions? How long have you felt this way for? You need to end this negative self-talk right now. It's not helping you achieve anything but a mediocre lifestyle.

Negative self-talk is usually derived from neighboring beliefs of your ancestors and closest

influences. They engrained this negative self-talk into your mind earlier than you can probably remember. Without realizing it you held onto these self-defeating thoughts well into your adult life, and you never understood why your life is still mediocre because you keep reiterating them over and over. The good news is; there's plenty of ways to eliminate the negative self-talk that dwindles your life's mission.

Write a journal

Step one: Start writing a journal. You probably have a half-empty pad of paper lying somewhere around your house just waiting to be used. Over a series of five days I want you to spend at least fifteen minutes per day on this exercise. Each day

jot down three negative statements you believe about yourself. Write with as much detail as possible. The details help with visualization. Examples: There's no point taking my hobbies to the next level because my uncle told me it wasn't realistic, or There's no way I can become a _____, my father told me I wasn't very smart.

Often times, we have no idea we harness these negative qualities. This exercise will help you spot each of them. The truth is; nothing can be changed unless it's spotted first. Each negative statement engrained in your mentality is taking away from the ideal perspective.

Step two: After the fifth day you'll have a total of fifteen negative statements written down. You may not realize you actually harness fifteen

negative statements in your mentality, but I guess you'll see in five days. You probably have more than that. Either way, the best thing you can do is start the process of elimination. Writing them down will allow you to see them, feel them and relieve them. Writing really is a great tool to relieve stresses and anxiety. It allows you to tap into your imagination.

Pick one of the fifteen and work your way down the list one-by-one. When you see the statement written down delve deep into your inner emotions and feel the statement. Write down the emotions you feel when you say the statement aloud. Now read the statement five times simultaneously. Feel the same emotions you felt when you last said the statement. As you experience these emotions over and over your body and mind will generate an immunity to

them. Soon the immunity will make you feel comfortable to tweak the statement to one that suits your current lifestyle; a more positive one.

Your negative self-talk can easily be eliminated. You first need to find it. Now go and find that half-used journal under the couch. You'll be amazed how far you can tweak your perspective, simply by journaling your thoughts.

Chapter 5: Materialism vs happiness

Money doesn't offer lasting happiness. I can guarantee you this. No millionaire has ever said that money is the root of their happiness. If they have said this; they've forgotten about the pleasures they received when their children were born, or when their son or daughter accomplished something of value. Perhaps when their friend asks them to be the best man or maid of honor of their wedding. These are all great and simple pleasures that far exceed what money can offer. Although money is important to live a fruitful lifestyle we all have needs for friendships and non-materialistic happiness. Which brings me to the topic of materialism.

I've seen many of my own friends and family members; even myself succumbing to materialism throughout the years, however, when I finally understood the entire system behind my slavery of it, I saw the answers that I was looking for. Materialism blindly robs you of your happiness. It makes you feel broken without it when you're perfectly fine just the way you are.

Not only are we working our day jobs to maintain the rising cost of living, we're also in a silent competition between everyone else to achieve more of it. We work our asses off for bigger homes – bigger than our friends. We starve ourselves from true happiness to purchase more goods, rather than just simply seeing the delight in the moment and by appreciating what we currently have. We've even started competitions between our own siblings to own more stuff. This

form of competition only generates feelings of unease and dissatisfaction.

Some of our early influences helped us paint a solid picture about money; its affects and how important it is. Their actions showed how they almost slaved themselves for it, for a measly lifestyle. You can curve your beliefs against what you've already learned in the past and use it as leverage to free yourself from being a slave of materialism. There's literally no need for it in your life.

Exercise: Live the simpler life

I don't want the title of this exercise, "living a simpler life" reflect getting rid of all the good stuff. This isn't a dietary book telling you that you need to get rid of all the best qualities of your life, like pizza and chocolate. Living a simpler life means eliminating your excessive needs for materialistic stuff. When you are able to do this you will instantly create a simpler life, and a happier one too. Instantly, you'll be able to transfer your necessity for consumer goods into more time with your friends and loved ones.

Happiness found through materialism is an illusion you see every day; through your friends and neighbors eyes, even your own. Our society has literally brain-washed us to think that the person who consumes the most is the winner. This type of perspective leaves us feeling weak,

inadequate and believing that we aren't good enough because we don't have enough.

In your journal, document every time you succumb to materialistic stuff. Basically anything that's not needed for your survival eliminate altogether. Stop succumbing to impulse purchases. Record every time you were persuaded to make an impulse purchase. From the well packaged gadget in the check-out aisle at the grocery store to the seasonal sale of something you won't use till next year. All of it is really useless when it comes to generating happiness.

The next step is to stop going into malls and outlets stores altogether. Many of our wasteful purchases are made in these types of environments. One store entices us to shop at

the next. Even when we're walking through the mall hallways we are persuaded to buy things we don't actually need. They're filled with unneeded stuff that's not pertinent for your ideal lifestyle. If you absolutely have to go to the mall for shopping be sure to park near the store you need to shop at specifically. This will allow you to get in and out quickly with less distractions. Less stuff equals less stress.

Money is an obsession that far too many people strive for with the wrong intentions. Millions of humans run their own race for fifty plus years playing a game; a competition with others, in pursuit to greater assets, larger buildings and more luxuries. This all sounds like a game of monopoly; something I played as a child many times.

As I perceive life through the eyes of an opponent in the game of monopoly, I begin to realize that it's all about the person with most wealth. In this game there are absolutely no emotions, children, marriages or vacations which makes it a very lonely place. Taking this all into account, it's easy to say that nobody truly wants to live in that type of environment. Although it may seem like money is important to generate an enjoyable lifestyle, the only thing that it actually generates is greed.

How valuable is money to you? How far will you go to grasp onto it? How much time away from your family is acceptable for you to earn it? These are all great questions to ask yourself while you're on your pursuit to happiness. Sometimes we get caught in the illusion of money; its value and what it does for us, and we lose focus of the

important things; like relationships and raising our children. We forget the joys that come from seeing a smile on our children's faces because we're so focused on playing with our phones, or making online purchases. We forget to realize that happiness resides in the time we spend with our loved ones. It's these things that create the true wealth in our lives.

Money doesn't offer lasting happiness, nor does materialism. I can guarantee you this. Although money is important to live a fruitful lifestyle, we all have the need for friendships and non-materialistic happiness; something that a typical game of monopoly cannot offer. Viewing life beyond the eyes of a businessman is best suited for those that want lasting happiness.

Exercise 2: How much is materialism affecting your life?

Take a walk through a local mall. Walk from one end to the other while taking your time. Don't be too rushed. Walk into each store that seems appealing. Window-shop the ones that are moderately interesting. Take some time to glance at the items on the shelves. In each store try to find at least one item that you'd like to purchase. Hold onto the item while you pace around the store. Try to build the anticipation of actually purchasing and owning the product. After you've finished pacing the isles in the store place the item back on the shelf where it belongs and exit the store. As you walk away ask yourself this series of questions:

1. What emotions am I feeling knowing I could've made the purchase?
2. How bad did I want that item?

3. Is it essential I have that item?
4. Could I use my money in a more productive manner?
5. Is that item going to make me happier?

Repeat this strategy in the next store. This exercise will allow you to see that materialism really isn't important in the realm of happiness. It actually doesn't even have a place in the happiness puzzle. Soon you'll be able to roam the hallways in the local mall without the anticipation of purchasing anything at all.

Chapter 6: End the resentment

Resentment is a plague that ruins happiness. In fact, not an ounce of happiness can persist when it exists. The truth is; we all harness some form of resentment. Generally it's towards an enemy in your distant past; someone who has wronged you. Feelings of frustration and anxiety probably form when you think of this person. I'm sure you can think of at least a couple people who've wronged you in some way. Often times, the hatred you have for someone lasts well into adulthood. Even though you don't physically see the person in your adult years you still hang on to the negative feelings he or she dealt you. Prolonged resentment only generates unhappiness. The only way to eliminate it is to deal with your feelings about the situation. This isn't easy to attain, but with increased effort you

can eliminate it altogether. A mindset free from resentment and negativity will allow you to restructure your sense of happiness and regain clarity in your life.

Stage 1: This exercise is built in three stages. It requires a direct focus and journaling your past experiences, so get ready for an in-depth experience. In a quiet comfortable place open your journal to a clear page. In fact, pick a page closer to the middle of the journal. This strategy allows you to bury your resentment deep in the pages you'll probably never see again. Before you start writing anything down you need to get your mind in a relaxed state. (For breathing techniques please see Zero point meditation). With a relaxed mindset and your heart rate at a balanced state try to muster up any negative qualities from your past. Feel free to delve deep

into the beginning of your memory. Write down everything that comes to your mind. This exercise may be difficult at first, however with increased practise you'll become a professional. Try to form a list of ten negative qualities from your past. There's no specific order for this exercise. Just write it all down.

To speed up the process you might want to ask yourself the following questions: Which friends have wronged me? Who has wronged me within my family? When did I feel let down in my past? Try to think of specific instances where you remember being extremely upset with the outcome. Write down each experience in point form, nothing more. When you write in point form you're able to focus on a variety of instances rather than just one specific. This exercise may take some time. Don't rush

yourself. You may choose to move onto Stage 2 of this exercise after you've completed your list of ten, or you can choose to take a break and come back to Stage 2 another day.

Stage 2: When you've listed ten instances of resentment you can move onto this stage. This stage allows you to delve into each experience individually. In order to eliminate the negatives qualities in your life you'll need a direct focus on each specific issue.

This stage is the most in-depth part of the exercise. Please understand that you'll need to enlist a great deal of time into it. During this portion of the exercise you'll gain incredible insight about yourself. As you read through your ten issues you'll realize there's a lot of work ahead to relieve the hostility that surrounds you.

The good news is; you've already started the process to enlightenment. With a clear perspective on positive change you're destined for happiness, as long as you stay determined to complete this exercise.

Sometimes the relief from this exercise is enough for to some to make instant change. When you're able to see how long an issue has been standing in the way of your happiness your motivation rises. This is where the magic happens.

Before you start this phase you'll want to do some breathing exercises to bring your mind to a relaxed state. Once this is accomplished take a look at your list of ten resentments. Pick one from the list and then turn the page. I want to make sure you're only focusing on one specific

issue at a time. More than that will cloud your mind.

Label a page in your journal whatever you have titled your resentment. Underneath the title I want you to start writing its story. Write with as much detail as possible, and try to delve deep into your inner emotions when writing this. I want you to envision yourself reliving the experience altogether. Re imagine what it was like going through the experience. How did you feel? What emotions played in your heart? Who was there and what was said, or not said? Were you let down? If so, how were you let down? I want you to gain as clear perspective of the situation as possible so you can see exactly what triggered the resentment in the first place.

When you relive an experience over and over you start to gain immunity towards it. That's exactly what I want for you to accomplish with this exercise. I want you to relive the experience so you can build immunity towards it. By writing a graphic, in depth journal entry about your experience you're defragging your brain from any types of viruses that plagued your mindset previously. By doing this exercise you're giving yourself a mental detox. When you're finished you'll feel a weight lifted from your shoulders. It'll feel like you just came from a relaxing vacation, or the Spa because the clutter will be eliminated for good.

Stage 3: Repeat Stage 2 with each of your resentment issues. Go through the list and pick one, then pick another, and another. By the time you get through all ten you'll see a dramatic

change in your perspective. The best part about perspective is that it automatically adjusts to your current values, but only if the person is resentment free. That's the object of this exercise.

You'll enjoy a better life when you're resentment free. Positive feelings can only breed in an environment that's filled with joy and appreciation. That's why it's so important to take a step back here and there to assess the situation and cycle out the bad. This can be done at any point in anyone's life. When you do this you'll start appreciating your life more. You'll start appreciating yourself more, and you'll start looking at other people in a kinder perspective. The truth is; the only thing from stopping you from living an ideal lifestyle is your own perspective.

Chapter 7: Values and beliefs

Our personalities are built on a foundation of various personality characteristics. There are approximately thirty different characteristics. Examples of these characteristics: work ethic, self-motivation, patience and self-esteem. These characteristics are the same for everyone however they range differently in magnitude for each of us. This means that a quality like confidence will rank differently compared to your siblings, or anyone else for that matter. In fact, no two people on this Planet have the same compound of personality characteristics. This is what makes reality intriguing. Values and beliefs are the driving force behind our foundational personality characteristics.

Values are what help us differentiate what's right and what's wrong. It helps us determine the best course of action when dealing with a situation. Values help define our ethics and enable us to be genuine wholesome individuals. Beliefs, on the other hand, are the heart of our decisions. Values and beliefs enable us to overcome obstacles. They help us define ourselves from the rest. Beliefs and values are an integral part of generating a healthy perspective. In fact, they're probably one the most important part of the sequence.

Now that you've already delved into your imaginative side you should have a clear idea of where some of your beliefs and values originated, and potentially how you can alter them to be more effective. Having a clear perspective of your values and beliefs will help

you determine what's most important in your life. It will enable you to balance your priorities much easier. Our values and beliefs are constantly adjusting to our ever-changing environment. Remember, your initial values and beliefs were bred through generations of influences. They were passed down to you to help you, but they need to be reworked or eliminated altogether because they only get in your way of finding happiness. Your ill beliefs and values could be leading you astray. Be aware of this so you can make necessary adjustments.

A variety of these exercises in this book will help you gain a clear perspective of your values and beliefs which is an integral part of moving forward. It takes a tremendous effort to adhere to new beliefs, which means it's just as difficult to maintain any specific value as well. With a

focused mindset you'll be off to the races with a new found appreciation of life. However, if you aren't diligent in spending some time to erase the hurtful beliefs you'll be stuck in a never ending cycle of negativity, or you'll continue struggling with the choices you constantly make. It's all up to you.

Exercise: Who influences you?

Your closest influences are the backbone of our values and beliefs. We succumb to seeing reality through the eyes of them. Every time we interact with them we adhere more to their way of thinking. By understanding this we can be more aware that technically we're not living the reality we were meant to live. We are living a mixed

version of how our friends and family see it, mixed with some of our own beliefs.

This exercise requires some brainstorming. In your journal number a list from 1-10. Leave a line between each number. Write down the ten people you spend the most time with. Try to list them in order of time spent with you. Now, beside each name write how they contribute to your life as an influence. Although it's not always easy to distinguish, label them as either positive or negative. If they've influenced you in a negative way once or twice write them down as negative. If they've influenced you in a positive way once or twice write them as positive. If they lie in both positive and negative fields write them as a negative. The more clarity you have within the negative aspects in your relationships the easier it will be to find a solution.

As you complete this exercise take a look at what you've written. You can see how your life is really in the hands of your closest influences. If you can't already see this, then take an additional step and label every activity you've done with each of them over the past two weeks. Label them based off the last few times you hung around them. This may generate a completely different perspective. Often times, people do actually change. That's what this book is all about, positive change. Sometimes you can actually visually see and feel the change within people. That's another reason why life is so interesting. Reiterating the point; happiness is really about perspective.

This exercise, like all the others will take some time. Be diligent enough to find the answers

you're looking for. Everything you're looking for is actually coded in the choices you've already made. The more you search within yourself the better quality of answers to the equation of life you'll embrace. Happiness is really just around the corner my friend.

Chapter 8: Meditation

Each of us are responsible for our own happiness. Happiness is something that's brought on by the observer, not just given. It's something that needs your minds consistent focus and attention. Once it comes it doesn't just stay and never leave. It is something that needs ongoing cultivation. There are no manuals (other than this one) telling you how to be happy. We aren't taught in school how to be happy. No professor has a class on happiness. The good news, as you've already seen, is that there's plenty of exercises to help you gain happiness. One of which is meditation.

Our fast-paced society makes us forget about the important aspects of our lives. Our children, our friends, our passions and desires are withered

away at the hands of the things we think will make us happy; materialism and more money. In addition, technology has wasted away our connection with our families. It's ironic how cellular phones disconnect us more than they bring us together. Its primary focus is now in the games, the apps, the online tournaments, and everything else the phone can do. The secondary function is communication. Our lives are being wasted away slowly through technology. We can see it in our newsfeeds, through television ads, it even pops up on your home screen when you're searching the web. The time you spend on the technology in your pocket is what's keeping you from finding happiness. Amongst the busyness I recommend you meditate regularly to slow down life's pace.

Meditation serves some incredible health benefits, like increased patience, decreased stress and prolonged happiness. It also allows you to tap into your imagination which can enable endless possibilities too. The truth about meditation is; it only serves those who believe in the process, and those who are patient. When you are actively meditating your body automatically starts defragging (cleaning) the junk from your mindset. It's the best way to detoxify the plague that ruins your thoughts. There are a variety of methods of meditation. It all depends on which style makes you comfortable. I prefer to do most of meditation alone in my own home. I feel that public forums take away from the experience because the meditation room is usually filled with people. I feel like people are watching me while my eyes are closed. This gives me slight anxiety and

doesn't allow me to tap into my full meditative state. This is my personal opinion, and perhaps something I just need to accept and deal with, but for now I appreciate the meditation from my home. Here is a simple meditation exercise that will serve tremendous results.

Exercise – Zero point meditation

Before I can teach the meditation itself, you need to understand what Zero point actually means. Zero point is the short term for Zero point energy field. We live in a physical world; in a three dimensional reality. In this 3D world everything we understand is split into two categories; matter and anti-matter. All matter in its depth, including me and you vibrate at a certain

frequency. Each of us vibrate on a different level of frequency because our values, beliefs and thoughts are entirely different.

If you hit a piano tuning fork against a solid object, a certain vibrational frequency will be emitted, depending on how hard you hit it. You can actually hear the frequency in which it's vibrating. Humans have become evolved in a way they can be conscious of their intelligent energy. The Zero point is a measurement of the frequency your body and mind are vibrating at. Vibrating at a higher frequency is important because you can only attract that of which is vibrating at a similar frequency into your life. If you're vibrating at a low frequency there's a good possibility you won't attract the positive change you were hoping to achieve before you opened

this book. By operating at a higher frequency you will reap the rewards of happiness.

The Zero point is a balanced state of consciousness. This is an experience where you feel fully in the moment. It is a combined state between zero emotion and zero thought. During this state you feel connected only with your own personal energy. At this stage all other energy in the environment around you starts to flow with the rhythm of your energy rather than against you. Once this exercise is completed your body and mind will feel an increased state of energy and vitality. This exercise allows you to not only tap into your Zero point energy, it also allows you to leverage it to increase the possibilities in your life. With practise you'll actually be able to manipulate and enhance your current energy. Remember, when you're operating at a higher

frequency better people come into your life, more better-quality opportunities are unfolded, and you become a much happier individual. Here's how you can tap into your own Zero point energy through meditation.

So, to begin, let's start with a simple energy exercise. Take both of your palms and rub them together vigorously for about 30 seconds to one minute. Then stop abruptly. Feel the blood rushing through your fingertips. You can feel the heat. That heat is energy. Separate your palms parallel to each other, approximately an inch apart. Gently move your hands closer, then further apart, closer, then further apart. Repeat this pattern a couple of times. Observe the feeling of the space between your hands. You can literally feel the energy transfer as your hands come closer together. This is just a simple

example that gives you a glimpse of your energy field.

Now for the meditation.

Part 1 consists of a breathing exercise, Part 2 is a visualization exercise, and Part 3 is the meditation.

Part 1: Find a quiet comfortable place and sit either crossed legged or on a chair. Feet slightly apart with your palms facing upward resting on your thighs. In order to assist with concentration and getting the full benefit of this meditation you need to learn how to relax your body. Relaxing the body is an important aspect in the meditation process. It's important to relax the body before you can relax your mind. Here we will use a type of breathing called Yogic breathing.

Breathe in through your nose and let your stomach expand with each breathe. Hold your breath for six seconds. Breathe out through your mouth, and let your stomach fully deflate with each breath. The attention should be on your stomach and not your chest. Do as many reps as you need to get slightly tired.

Part 2: Grounding (visualisation) is a very important part of the process. More so than the breathing exercise. We all have built-up stress in our bodies. This stress runs through our veins until it's relieved. Imagine bottling up all your frustrations and not relieving your emotions (the tension) until you have a negative conversation with another person. You let it all out on him/her. Maybe you even start crying. Fifteen minutes later it feels like you came from the spa. You feel

rejuvenated. This is considered grounding. Grounding allows you to connect with the peace in your own energy field. It allows you to visualize without being scrutinized by yourself.

Stress impacts your life a lot more than you may realize. In fact, most of the illnesses and sickness you'll experience is due to a low immune system. Your immune system is deficient because of the bottled-up stress in your life. The stress came from the negative conversations you've had with family and co-workers. It comes from obstacles standing your way. Even the traffic on your way to work affects your stress levels. Once you get a grasp on your stress you're able to excel your way to happiness. Let's get back to the exercise.

Zero-point meditation: Imagine a beam of light passing through from the top of your head to the

soles of your feet. Also imagine roots coming out of the ground. These roots are attached to your feet. Imagine all the energy flowing through the beam of light, from your head to your soles is free-flowing energy passing through you into the rest of the environment. Now release all your emotions into the environment. Let the negativity you've bottled up over the past few weeks fade from your consciousness as you expel it. Feel these emotions leaving your body through the beam of light. Feel it like lava flowing down past the roots attached to your feet. At the same time, empty your mindset of thought altogether. Imagine your thoughts being sucked away through the beam of light flowing through you. Emotions out downwards, thoughts out upwards. Expel them simultaneously. This feeling alone is worth the effort you put into it. Initially, it may take some time to register your thoughts

and find the comfort you need to move forward. With practise this will come. Do this continuously until you hear the sounds of your heart pulsating through your chest.

Part 3: At this point you have reached a vacuum of thoughts and emotions and now ready for the next part of the process; receiving the meditation. It will happen naturally. Just observe and be still, and feel the energy around you. Just be present, live in the moment, and enjoy the process. Breathe slowly and relax. Doing this regularly will increase your lifespan and help you achieve things much easier. When your mind is free from toxins your body fights off illness and stresses much easier. Less stress equals more happiness.

Attaining the connection to the Zero point will help your body and mind to operate at an optimal vibrational frequency. If this exercise is done regularly your spiritual path will evolve quickly.

Chapter 9: Spending your time wisely – living in the moment

What I've learned from fatherhood is that time with family is precious. It wasn't until after my second daughter was born until I saw how quickly my first daughter had grown. Luckily I made a pact with myself before I had children – to live in the moment when spending time with them. This is something I believe everyone should live by.

Unfortunately, children are neglected more today than ever before. The days where the Mother stayed at home raising the children while the Father made the living are over. Nowadays, Mothers are fighting to keep their families together. They themselves are working two part time jobs to fill the gap their husbands tiny pay cheques doesn't cover. Our fast-paced

environment has driven us to want more stuff which makes matters even worse. I won't even get into the fact that materialism has taken over our values. Our perspective of reality has changed in the midst of all this.

After going through my divorce I realized that time at the office is overrated and there's no happiness without family time. Family time can be quality time spent with friends as well. Spending quality time with anyone that makes you happy is worthwhile. Nature has taught us there's no fruit without it.

During my first marriage I failed to realize that too much of my focus was spent at the office, and not enough was spent with my wife. In fact, that was the driving force behind our breakup. The second go-around in marriage reminded me how

important family time is. Thus, making a pact with myself to live in the moment every time family is present. This tactic alone has brought my happiness level up tenfold.

Exercise: How often do you live in the moment?

Living in the moment allows you to feel content with the life you're living. It enables you to see the pleasures of life that are normally overlooked. We've all heard the statement "Live in the moment," but who actually tries it? How often do you live in the moment?

This exercise is a great way for you to see the value in the things around you that are often overlooked. You don't necessarily need to journal your thoughts unless you would like to.

In a quiet comfortable place I want you to prepare yourself for meditation. This means breathing exercises need to be implemented first. As your breaths become long, and your mind and body are at a relaxed state I want you to fully live in the moment. Feel the moment; be a part of it, and appreciate it. You do not have to close your eyes for this exercise, but you can do so if you would like. With all your senses try to be in the moment as much as possible. That means to smell, taste and see the environment around you. I want you to particularly take notice of the things you wouldn't normally focus on. Things like the flowers in the garden, the warm air

blowing your hair, the perfection of the bugs crawling around the pavement, or anything that your senses are attracted to.

If you're writing your experience down on paper be sure not to spend too much time on writing. I prefer you spend more time on the actual visualization part of the exercise itself.

As you're examining the environment around you breathe in the smells of whatever is around you. Hear the sounds that around you. Feel the texture of your fingertips. Try to absorb as much as you can. Appreciate the moment in any manner possible, and be grateful for the experience of life itself. There's no better way to experience happiness than actually living in the moment. Repeat this exercise as much as you

can. Life spent in the moment is better than any other.

Chapter 10: The Law of Attraction

This topic has been explored more in the last decade than most. In fact, it's an active part of millions of people's daily regimen. It's something that has brought more happiness than anything else. In fact, it's something I personally have adhered to like cement over the past five years. It's also a huge source of my own happiness.

Happiness isn't something that will last forever unless it's properly cultivated. It's made of properties that flounder quite quickly, especially if it isn't embraced. It's like a driver's licence; a privilege, not a right. You don't actually own the happiness unless you embrace it and respect it. What do I mean by this?

Happiness doesn't come in physical form. It's a mental thing. It's something your mind creates from thin air. Well, not actually. Happiness is generated from thoughts, but that's all. If you don't take the time to visualize your goals in life, or make an effort to get to know yourself through properly understanding your passions and ambitions, values and beliefs, etc, there's very little opportunity for you to embrace any realm of happiness. Happiness comes to those who believe in themselves; those who appreciate their lives, and those who are grateful. It doesn't come to those expecting it, or those ungrateful. Happiness however is withdrawn from one who commits a crime, abuses others, or does something against their own values and beliefs. One of the best ways to visualize is to implement the Law of attraction.

It's been agreed by hundreds of scientists across the Nation that thoughts equal things. Although this may be tough to process, it's an integral part of the Law of attraction and bringing it into fruition. With practise you will develop a strong ability to bring your thoughts into reality.

Often times, I like to think of life as a video game. The mechanics are virtually the same. In fact, Google is one of the closest synthetic forms of reality (the online search engine). It may sound funny comparing our human reality with that on the computer screen, but video game technology is really a synthetic form of reality. In fact, there are endless options when producing these video games because everything is possible. That's the interesting thing when comparing the two, the same goes with our human lives; anything is possible.

Your reality is only as strong as your belief system. If you believe you can achieve it you will. If you don't you won't. Understanding this will enable you to embrace more powerful forms of thought. Think about it; your entire day is built on thoughts. Every aspect of your life is generated through thought. Every decision you make is based solely on the results of your thoughts. This in itself should entice you to start thinking more positive. Your life will not process anything you do not believe. If you believe in the Law of attraction it will work for you. If you don't it won't.

Exercise: Envisioning your ideals

This exercise requires the willingness to explore your mindset.

The Law of attraction is based on the belief that your thoughts are in direct reflection to the results you experience. This means; if you think positive you'll reap positive rewards, however the opposite is true for negative thinking. If negative thoughts enter your mind you'll flounder in negativity. I want you to take this information in and absorb it as though it were 100% tested, tried and true, because it has been. In fact, the Law of attraction has been assisting people to happiness for plenty of decades. It's only recently been brought to public light. It works. You just need to let it work for you.

Let's start with a simple exercise that will introduce you to the Law of attraction. This technique is a visual exercise that'll help you tap into your imagination which will allow you to alter the outcome of your future reality. I know it sounds a little too outrageous to believe, however those who believe in the Law of attraction are those living fulfilling lives, remember?

First of all, find a nice quiet, comfortable place where you can relax. Somewhere out of the way of noisy distractions. You don't need any props, just your mindset. Ideally, implementing breathing exercises before and after this experience is recommended, however, due to simplicity let's skip the breathing stuff. Okay, imagine your ideal lifestyle. What does it look like? I want you to delve as deep as you can with

this one. Imagine your ideal lifestyle. How old are you in your vision? Get as detailed as possible. Do you have any kids? If so, what are their names? What kind of career are you fulfilling? Take it a step further ... what kind of money do you make? Are there any materialistic items, like a fancy car, or houseboat that you've added to your ideal image? Even think of the simplistic details. The ones you already overlooked. Are there any pets in the picture? Where do you live? Don't just pick any house, imagine your most desired home. The one you saw the other day that made you gawk and awe as you drove by. Now let's get into the nitty-gritty of it all. What type of coworkers do you work with? Who are your closest influences? What types of hobbies and passions do you fulfill? I think you get the point.

The Law of attraction takes intense dedication and belief to be brought into fruition. Without the intense desire and belief in its possibilities you're destined to fail before you even start. The more you practice the more rewards you'll experience. This is a fun activity that will allow you to explore your imagination into great depths. When was the last time you tapped into your imagination this actively?

The law of attraction helps you excel at your goals and ambitions. It's the easiest way to keep track of your efforts in achieving optimal happiness. You are only one that can visualize your thoughts. This means; you're the only one that can leverage the effect of your thoughts. By taking the law of attraction seriously you're ahead of those that resist. It makes complete sense that thoughts equal things. This is why it

has already helped numerous people excel in all areas of life. Those that resist its power will unfortunately continue living in mediocrity. I encourage you to take the Law of attraction seriously for at least thirty days. I guarantee you'll be amazed with the results.

I remember one of the first times when the law of attraction worked for me. Here's the story.

My Soul-mate search

I had just ended a relationship with my first wife in September of 2010. We were separated for divorce. I felt lost and insignificant because I had lost my companion; the person I leaned on for support, and the one that had been there with me for the past seven years. Instantly I felt distant from society. It felt like I had lost everything I had worked towards. In fact, all of

my previous accomplishments felt insignificant too.

A couple of days after our break-up, some of my friends were trying to boost my spirits up because they saw how much of a negative toll the separation had taken on me. At first, they seemed like they were joking as they introduced to me an online dating site that offered the possibility of finding the perfect soul mate. I immediately thought it was a stupid idea however after talking to a few people around the table whom had already witnessed positive results from it, I decided to look at it with a little more depth.

When I got home that evening, I rushed to my computer and turned it on. I had no idea what to do from there. I asked a friend to come over to

help. In less than an hour later I had an active online dating account. It was kind of awkward at first, as I scrolled through all the various profiles. It felt like I was a customer at the grocery store looking for the best cut of beef (Okay, bad analogy), but I soon learned the algorithm of the online dating world, and I was well on my way to finding my perfect soul mate – at least that’s what they guaranteed.

After a few hours I had read over a few dozen profiles. I then put the computer aside and pondered my thoughts about the whole online dating situation. I knew there were negative aspects to the realm, like having to financially afford the multiple dates and finding the time for it all; all of which seemed to be a hindrance, but I soon dismissed those thoughts altogether, turned my computer back on and continued

searching more online profiles. It got addictive quickly.

After eliminating all negativity from my mind, I grabbed a piece of paper and pen and jotted down every feature I wanted my perfect soul mate to have; like passion, charisma, sense of humour, etc. My list soon turned into a novel. I went into the great depths and wrote down every single thing that was important to me within a relationship. I no longer wanted to see failure within my close relationships. I was tired of seeing divorce in my perspective. I wanted to alter my happiness to a healthier state. This meant healthier relationships. I desperately needed to find someone who shared similar beliefs and values. Someone that would support my beliefs and encourage me to be the best I

could be. I scribbled with my pen for hours. I wrote until I was tired of writing.

After vigorously playing the happiness picture in my mind, I finally had a clear image of happiness; at least within a relationship. As I went through the hundreds of profiles thereafter, I listened to my instincts which told me who to contact. Four days later I met my exact description – Melanie. It's been five and a half years since we met and I can say that I am happily married to my best friend. We now have two wonderful children together. They surely add to my happiness.

Experiencing Melanie as my best friend has already been an incredible experience. We share the same goals, similar beliefs and we encourage each other on a regular basis. Life with her is exciting and passionate. After she came into my

life I was sold on the law of attraction. I knew that if I found her with the power of my thoughts then I could use the same principles for my other desires.

You too can experience similar results in your life if you let the Law of attraction work for you. You are the creator of your own destiny. You are the one that calls the shots in your life. Be proactive and don't let time pass by too quickly without trying to find your ideal happiness. With a little effort you can find your passion, and with consistent effort you can take your passion to unbelievable heights. That passion, whatever it is, can be found by visualizing and allowing the Law of attraction to manifest your visions. Your deepest desires are waiting for you. The environment acts the same as it does for everyone. If you use your thoughts efficiently and

you grasp onto the opportunities that come to you, you'll bring happiness in abundance.

Chapter 11: Enjoy the ride

All too often we get caught up in the results when developing our dreams. We forget that the best part of the experience is the process itself.

The first step in achieving anything, aside from imagining it, is taking action. Many miss out on the actual “happy” part of the experience when they do take action because they’re blinded by their future expectations. They feel that accomplishment equals happiness, and anything less is sub-par. There’s actually quite a bit of happiness within our goals – not only when they’re reached, but when you’re reaching them.

Enjoy the ride when in pursuit towards happiness. There’s a ton of untapped happiness within your journey to reaching your goals. Your

inspiration will perspire when you do. Often times, we reach a goal and become disappointed, or we get afraid of the future because we haven't enlisted any new goals. Find the happiness that resides in your everyday experiences on the journey to your ideal lifestyle, rather than just focusing on the end result, otherwise, there's a good chance you'll be eighty years old in your rocking chair wishing you had have appreciated, respected and enjoyed the ride.

Enjoying the ride is like living in the moment. The more you practice it the happier you'll be.

Exercise: Eliminating the need to be perfect

Society teaches us less than perfection is weak. We see television ads every day that “guarantee” a better life upon purchasing their products. The images portrayed in these commercials show youthful, hard-bodied individuals with perfect white teeth and extremely well dressed. What they don’t show in these ads are the numerous plastic surgeries these models have had, or the amount of money they spent on facial and body products to make them look this good, or their intense workout regimen. They paint a solid picture that nothing but perfection should be accepted. This, of course, reiterates a message that reaches our youth in a negative way. It depletes their values and deflates their ambition. It makes them feel less than adequate. Our youth aren’t only the ones affected by them. In fact, all

of humanity is affected. It isn't only television commercials that are the concern. This delves deep into the marketing budgets of the top executives that spend billions of dollars on understanding the psychology of consumers. This gives them leverage over us because their marketing dollars tell them exactly where we live, what we buy, what we do, what our interests are, etc. All too often we get blinded by our need to be and look perfect. Our beliefs are set to think that happiness resides in the purchases we make. After the blindness sets in we get disappointed by our purchases because they failed to serve us the type of happiness the radio ads promised.

Don't get sucked in the realm of unhappiness by following the crowd. Nobody needs anything that's advertised on television. Nobody! Materialism is just a quick fix to our unhappiness

because the more you own means more possibilities of things breaking. Think about it; if you owned a ten thousand square foot mansion, had a collection of fifteen cars, had eleven children and managed ten companies, there's a good chance you would get extremely overwhelmed. Often times, more things just means more dissatisfaction. This is an example where abundance isn't always the best.

Commercials are a part of the plague that ruins our society. They're filled with negative messages that deplete our happiness, and they do nothing but make us feel inadequate. Don't let them plague your mind and forget about what's truly important. Perfection only distracts you from enjoying the ride. Stop believing you need to be perfect in any area of your life. I can surely tell you that nobody's perfect. I can personally

attest that even though I've been a motivational speaker for over fifteen years, I am not perfect nor will I ever be. The same goes with anything in my life. The same goes with you too. Neither of us are perfect in any way. If something seems perfect it just means you're not seeing the imperfections underneath. Imperfections are the beauty in life. You just need to see them that way.

Pay attention to how many advertisement you come across in the next few days that portray perfection. How many of their messages subliminally tell you you're going to be happier after purchasing their products or services? A simple count will suffice. This is a simple exercise to help you realize how much of our mind is influenced to think in the realm of perfection.

Chapter 12: Giving to others

All my life I've fathomed being in the limelight. Since a young age, I've been fascinated by celebrity. For some reason I've believed that celebrities live better than typical civilians. Maybe it was in the advertisements. The perfection was easy to see. It always seemed like they had something the rest don't. They had to; it showed in their smiles, through their crafts and passions, in magazines and television ads. I then realized it was all in the hands of marketing gurus that place a synthetic image of what celebrity entails. As a matter of fact, I was so enthralled with becoming a celebrity that I went to great depths trying to learn about it from every aspect. I wanted to see if they truly did live better lives than us. I wanted to see if they truly were happier people. My findings are quite interesting.

I can assure you celebrity isn't what it seems to be. It's not exactly how they paint it on your television screen. In fact, in my trek to becoming a limelight sensation I've come across numerous celebrities from all walks in the entertainment industry. Back in my twenties my main focus was studying celebrity. I read countless biographies and even moved to Toronto, Vancouver and Los Angeles to find it. My research showed only more frustration, less privacy and less time to do what you really want to do. I found the majority of celebrities are less than satisfied people. They're constantly on the watch; every time they leave their household they're watched. Heck, they're even videotaped and photographed while they're in their homes. What I did learn was this; almost every celebrity I came across stated that

the most important quality needed to reach true lasting happiness is giving to others.

Exercise: Give to others

There's a lot of happiness in giving to others. There have actually been studies done on the effects after giving to others. These tests recorded the types of feelings one has when they help another person. The results are quite shocking. In fact, they've concluded that endorphins and other feel-good receptors are released into the bloodstream at a rapid rate after doing good for society. I believe giving to others happens to be the most over looked quality in the human race.

In your journal jot down a list of seven things you can do good for society. This exercise will take some visualization. By now you should be a near expert. Think of the things you can do to help a family member in need, or the neighbor across the street, or the friend that's heartbroken. It doesn't matter who you're doing the random act of kindness for, you just need to have a clear idea what each good deed is. Think of the simple things you can do, like shoveling someone's walkway without telling them, or offering to babysit somebody's kids knowing they need a break, or simply bringing coffee and doughnuts into the office. Each small good deed will go a long way, especially if it isn't expected. Try to make them more in depth than just holding a door open for someone. The larger the deed the more you'll benefit. Once you have your list of seven, assign a weekday to accomplish each of

them. This exercise will take some time and physical effort of your end, so be ready for it. Each day for the next full week enlist yourself to accomplish one good deed off the list. This will fill your Karma bank with funds that'll propel your happiness quickly.

Exercise 2: Build your Karma bank

Karma means action, work or deed; it also refers to the spiritual principle of cause and effect where intent and actions of an individual influence the future of that individual. Good intent and good deed contribute to good karma and future happiness, while bad intent and bad deed contribute to bad karma and future suffering. Karma is closely associated with the

idea of rebirth in many schools of Asian religions. In these schools, karma in the present affects one's future in the current life, as well as the nature and quality of future lives.

I like to explain Karma the following way. Each of us has a Karma bank (account). It works the exact same way as your typical bank account however the transactions are in the irony of the decisions you make in your life. For example: if you make a negative decision in life you'll instantly withdraw from your Karma account. The opposite is true when you do something good for society in a positive way. When this happens you actually make a deposit into your Karma account. The more you have banked in your Karma account the more benefits you'll reap in life. If you're in need for positive reinforcement due to a catastrophic life event however don't have

sufficient funds in your Karma account there's very little the environment around you can help you with. If however your Karma statement shows a surplus in Karma when you're facing a difficult life situation there's plenty of possibilities the environment will help you with. Just like your life savings, it's important to always be in the positive with your Karma account. Life starts to get pretty risky when your Karma account is in the overdraft. There are plenty of ways you can increase your Karma account. Doing anything good for society or giving to others is the easiest way to increase it.

Chapter 14: Being Grateful

Being grateful is the simplest way to raise your happiness meter. When you feel grateful for something your body emits hormones that make you feel good. When you feel good your body operates at a higher vibrational frequency. When you practise being grateful you become more wholesome and your values match the rhythm of your life's tune. When this happens your happiness meter sky rockets. Everyone, no matter who you are, has many things to be grateful for. I use the term 'things' lightly because 'things' are generally perceived as materialistic objects. This is not what I'm referring to. In fact, the less material grateful you are the more wholesome you'll be. Let's focus on the more heartfelt approach to being grateful.

It's easy to be grateful for something physical, like your car, or the home you live in. It's easy because you can physically see the object which makes it easy to feel the happy emotions they bring. Unfortunately, materialism only causes more dissatisfaction. Obviously the car and home are staples to managing a lifestyle in today's society. Well, maybe the house is a staple, the car could technically be done without. The point that I'm trying to make is that the materialistic items like the jewelry on your body, the toys your children play with, the products companies across the globe market to us, the faster car or bigger home, or even the greener grass. None of this is needed to live an optimal life. In fact, many of us get sucked into the tunnel of disappointment upon purchasing these products. They simply will not make you happy, period. Well, maybe for a short period, however, if

you're looking for lasting happiness you'll need to focus less on the materialistic and more on the wholesome qualities of your life; like your siblings, your career or passions. There are plenty of non-materialistic things to be grateful for. You just need to tap into your creativity.

The best thing you can do to maintain being grateful is to create a mantra with the things you're grateful for in life and repeat it daily. I can assure you you'll start to appreciate life more every time you say it.

I say my grateful mantra at least three times per day every day. I often start my days off by saying it in the shower. I'll say it again (in my head) on the way to work, and once again usually before I go to sleep at night, or after supper. Nowadays, I know my mantra like the back of my hand. I've

said it to myself hundreds of times. It's already been engrained into my mindset. In fact, often times, as soon as I get into the shower in the morning my head instantly starts reciting my mantra because my mind has been trained to recite it every I'm in that environment. Here's how my mantra goes:

I'm grateful for my mother and father. I'm grateful for my brothers and sisters, friends and distant family. I'm grateful for my two daughters; Sophia and Olivia. I'm grateful for my wife Melanie, and all the opportunities that surround me every day. Lastly, I'm grateful for the materialistic things that make my life easier.

It's simple to remember, and it makes me feel happier after reciting it every time. I'll either say my mantra aloud or inside my head. It all

depends where I am. When I'm frustrated with something in my life I'll restate it. It allows me to stay level headed and balanced when I'm struck with a catastrophe. Note that I left the materialistic stuff to the end of the mantra. Hint: The fruit is in your relationships.

I recommend you write your own mantra. It's super simple, and it comes with much reward. Here's what you can do to start the process.

When you're meditating ask yourself this question, "What am I grateful for in my life?" Test your mind to delve deep into the reserves to find at least four qualities of your life (non-materialistic) that you're grateful for. When you find four write them into a mantra similar to mine. Then practise saying the mantra to yourself at least three times every day. Soon, the magic of

your own happiness will unfold right in front of you, just by being grateful.

Exercise: Positive focus

Another great way to raise your grateful meter is to complete a positive focus. This exercise requires only that; your positive focus. It's a quick way to generate a healthy perspective of your past. Here's what you're going to do.

In a quiet comfortable environment sit as though you were getting ready to meditate. Take a few deep breaths to get ready. Try to clear your mind as much as possible. If any negative thoughts arise try to eliminate them altogether. You need a positive state for this exercise. When you're

ready, relax, and think back six months. In fast playback form, think of as many experiences as you can that happened in that period of time. Sift through all those images and find the accomplishments. This can be anything from starting a relationship to launching a business idea, being in the newspaper and everything in between. Focus on your accomplishments and you'll be delighted to see how many happy memories exist within your mind, even just in the previous months. Be creative, and try to find at least six qualities; one for each month.

When you reminisce about something that makes you happy it builds confidence which is important for generating happiness. Remembering some of your happy times gives you that solid feeling that you're on this Planet for a reason. This exercise is to help you

understand that everyone has something to be grateful for in life, no matter who you are, or what hand you were dealt. Being grateful is one of the easiest ways to generate happiness in your heart. You can do this through a positive focus.

Chapter 15: Accepting the happiness around you

I remember the first time life served me happiness in abundance. The vibrational frequency of my mindset was optimal. I had recently changed careers which proved to be a good choice. I really liked my coworkers, and my personal relationships were better than ever. My wife had recently given birth to our first child, Sophia. It felt like I had the perfect life. It seemed like nothing could stand in my way of my happiness.

Not long after, I started realizing how jealous my colleagues were of my positive fortune. I started feeling uncomfortable discussing my happiness with them because I knew it bothered them. I shortly learned to stop discussing the positive

things in my life. Not too long after I started avoiding them altogether. It just felt too uncomfortable. This experience made me realize that not everyone is going to be on the same page as me. Not everyone is going to appreciate the fact that I'm doing well. Amongst all the naysayers and disbelievers there are plenty of people that respect my happiness and want to see me grow. These are people I want to surround myself around; people I can share my happiness with.

No too long after, I started feeling resentment towards my colleagues. I felt they were damaging my mindset; almost trying to kybosh my happiness. I started feeling like I wasn't worth the happiness I was feeling. I then started resenting myself and started forging new thoughts in my mind; thoughts of discouragement. This instantly

eliminated my ambitions of furthering my happiness. My happiness was reverted at the hands of other people.

You can protect your happiness by never stopping believing in yourself. You are worthy of happiness in abundance. You just need to see it. Don't let others allow you to give up on your dreams of becoming happy. When others are jealous of your happiness, or if you're being weighed down by their negativity, be sure to find a healthier environment altogether. Their negativity doesn't deserve to be present in your life. If you're passionate about accomplishing something specific, don't run out and tell everyone about your mission. You need to be selective with the people you discuss your ambitions with. Your goals can be shut down in an instant. One small nasty comment about how

you're going to fail is all that's needed to persuade you to give up. Be selective with who you share your vision with. Those that want to see you achieve your goals are the ones you want to befriend. Don't let the negativity of others decide your happiness.

Chapter 16: Accepting the opportunities around you

The law of attraction is one very effective way to bring quality results into your life. We explored this in previous chapters. When practiced properly the Law of attraction generates life-changing opportunities. When this happens you need to be sure to take advantage of these opportunities they persist.

You see it in movies all the time. Mostly in comedies. Everyone's seen the scene in Dumb and Dumber, at the end of the movie when they're hitchhiking down the highway wishing they had an opportunity. Moments later a tour bus loaded with beautiful women stops beside them. The bus door opens and a woman says, "We are looking for a couple of guys to rub lotion

on our bodies for our photoshoots. Do you know where can find them?” Jim Carrey’s response, “You’re in luck. There’s a town a few miles back where you’re bound to find them.” As the bus leaves they continue to walk down the highway wishing for an ideal opportunity. This is a clear example of a missed opportunity.

Opportunities are missed each and every day. In fact, each of our decisions hold missed opportunities because each decision has multiple outcomes. Who would’ve known if you had of made the other choice? I think about this question quite often actually. While I meditate I usually ask myself this question. It allows me to look at the situation in multiple perspectives. In fact, when I’m deciding to make a large choice in my life I always look at it from as many angles as possible. This allows me to generate the most

appropriate choice based on my beliefs and values. Doing this also helps so I don't miss life's opportunities.

Opportunities come in a variety of forms. They're filled with various experiences and provide endless possibilities. The best part about them is; there's a good chance you can rekindle happiness through them. Opportunities allow us to transform our mindset and strengthen our beliefs and values. They generate new experiences and drive us to meet new people. They give us better financial possibilities and allow us to excel at our passions. Each and every opportunity provides a new way of looking at life.

All too often we miss opportunities that are staring us right in the face because we're distracted in our current reality. Life gets

comfortable quickly, and often times, we aren't looking for opportunities because we are so caught up in our everyday fiasco of living. There's no point in working towards positive change unless you're willing to look for the opportunities when they present themselves. Opportunities exist when one is ready to make positive change. My favorite quote explains this perfectly, "When the student is ready to learn the teacher will be there." Happiness resides in your missed opportunities. Don't be naïve. Be ready for the opportunities when they unfold themselves.

Exercise: Look for the opportunities

There are many missed opportunities within our everyday movements. Often times we fail to see these opportunities because we are so focused on what's normal. The abnormalities, which are opportunities disguised as discomfort are often overlooked because they're exactly that; uncomfortable. If you haven't already realized; this books message is all about perspective. It all depends on how you look at any given situation. As mentioned, a tweaked perspective can lead you to happiness quite quickly.

Over the next three weeks I want you to focus on missed opportunities. This is a visualization exercise that'll help you see the missing pieces to happiness that's staring directly at you.

When you wake up tomorrow, and for the next three weeks I want you to focus on your daily activities. Primarily on the abnormal things; things that aren't a part of your everyday regimen. Find abnormal changes in your plans that guide you on a different path. I'm not talking about a change in traffic that forces you a different direction to work. I'm talking about an experience that changes your perspective about something. Perhaps a random email from a company offering you a new line of work, or an overseas vacation that's offered from a close friend, or even as simple as a television program that inspires you to fulfill your passion. These come to us to entice positive change in our lives. They're there to help us live better. It could be the girl or guy you had a crush on way back that comes back into your life somehow out of nowhere. These kinds of things are opportunities

to experience a new lifestyle; a new way of thinking. They're there to persuade us to a happier life. Make a mental note, or mark them down in your journal when you come across them. But, most of all, be sure to grasp onto them when they come into your life. They're to help you shift your perspective.

Chapter 17: Responsibilities vs priorities

Our souls are driven by hundreds of characteristics. These characteristics are the same for everyone however the potency of each individual characteristic is entirely different. Although we're all made of the same matter, neither of us has the exact same characteristic blend. This means neither of us are bound to any specific lifestyle.

Each of us wants different things in life because we have differentiating beliefs and values. This is what makes life interesting. Life wouldn't be very fun if we all wanted the exact same things; the same lifestyle, the same dreams, the same imagination, etc. Imagine what life would look like if everyone was driving the exact same

vehicle, fighting for the exact same career, studying the exact same education. If this was the case I can assure you humans would suffer from much more than anxiety. Life itself simply wouldn't be very appealing.

Ask yourself these questions, and be sure to write down everything that comes to your mind. This exercise will teach you more about yourself than you actually believed you knew.

1. How do I view the society around me?
2. How do I view myself? (Overall)
3. How do I view my friends and closest influences?
4. What makes me happy? What makes me tick?
5. What are my passions?
6. How deserving am I of having a quality life?
7. What are my accomplishments?

8. What am I grateful for in life?
9. Who are my closest influences?
10. Which of my influences were negative?
11. What are three of my limiting beliefs?
12. Where did they come from?

Once you've completed this exercise you'll view your current perspective of reality a lot more clearly. This will enable you to see the areas where positive change is needed. Getting to know yourself is one of the fundamentals in becoming happy. I recommend coming back to this exercise often. The more you think about these questions the better you'll understand yourself. The better you get to know yourself the better your life will be.

With a new perspective it's easier to see where your priorities are, and which ones need to be

tweaked. Without a balanced focus on your priorities you're destined for failure. This is why this chapter is more important than you may realize. I bet you're thinking, this happiness thing is a lot more difficult than I thought. Life is actually a lot more complicated than one would realize. It isn't until we look into the logistics of all characteristics involved within our lives when we realize how in-depth it actually is. Priorities are another characteristic added to the realm.

Priorities define our accomplishments. They drive our mindset away from danger. Well, most of the time. They label what's most important in our lives, and they persuade our thoughts too. Without priorities life wouldn't be very organized. In fact, there would be much turmoil and a lot of dissatisfaction because the important things wouldn't be looked after. As we all know,

our priorities need to be maintained and adjusted. Things like spending time with family, friends, or working on your hobbies and passions. These are all things that need to be maintained because without them we're nowhere.

If you break down your priorities you'll see that your responsibilities are an active key component. In fact, your responsibilities are what shape your priorities. They help determine what's most important. In essence they guide your priorities. We all have responsibilities. These come in various forms, but they're all fairly similar amongst us. Responsibilities keep us aligned. They allow us to stay grounded from ill activity. It's important to balance them by prioritizing them. No one responsibility should take the front line of your perspective. A well

balanced perspective is one that brings happiness.

Chapter 18: Moderation

“Everything within moderation.” This is an important motto to live by.

Moderation allows us to stay balanced. Too much of anything is a bad thing. It leads to addiction. I’ve personally seen friends and close family members of my own whose lives have been spared due to their addictions. Addictions rob us of happiness through projecting a failed sense of happiness. Our addictions trick us every time they persist. In fact, I’ve seen countless people driven into the depths of negativity at the hands of their addictions. Moderation for them is only a figment in their imagination. If they would just realize a tweak to their mentality would offer a grander opportunity to fulfill their true desires.

When I talk about addictions I'm not just specifying illegal drugs, drinking and gambling. I'm talking about even the minor addictions we feed in our ever day regimen. Things like shopping (online and off-line), eating (over-eating and junk foods), and the like. Every addiction adds the same realm of negativity into our lives.

Addictions rob us of our innocence. They lead to bad choices and disappointments, and they corrupt our lives in more ways than you can imagine. They manipulate our personality to the point you can barely recognize the person's behavior. People with intensive addictions will whittle their lives away in a never ending cycle of negativity because, for them, their addiction doesn't exist.

We've seen it with smoking and common street drugs; how addictive something can be. But we also need to look into other smaller addictions that we may often overlook; ones that've been a part in our everyday regimen for far too long. An addiction to shopping may not be seen like it's an aggressive addiction compared to alcoholism however it plagues our lives in a similar fashion. The shopping itself becomes an addiction due to a psychological imbalance. Perhaps you feel worthless to some extent and the shopping fills your happiness void. Even shopping addiction's lead to divorce. Addictions should have no place in our lives because they're filled with negative intentions. A smoker will lead to serious health defects which could potentially kill him or her. An addiction to shopping could lead to personal or business bankruptcy. This is why our addictions

are so harmful.

Exercise: Sourcing your addictions

In your journal jot down your primary addictions. This is a difficult exercise for some because, often times, addictions aren't easily seen by the addicted. Generally, the addiction is only seen from an outside perspective. Writing them down allows you to acknowledge them, which is the first step to eliminating them.

Don't let something that can be easily changed alter your perspective of reality. No addiction is worth compromising your happiness.

When doing this exercise try to delve deep into

the reserves of your mind. Envision yourself doing your daily activities. Are there addictive things in your current regimen? Like purchasing a cup of coffee every single time you drive to the office. Are you addicted to pulling your cell phone out every five minutes to check your news feed? Think of every small little addiction you have. Many of us actually have quite a few, but we don't realize this until we get to know ourselves. Even our small addictions are damaging. Moderation is the key.

Phase two of this exercise would be taking a look at your last month's bank statement. See which cravings cost you the most that month. Addictions are in your everyday purchases.

Often times, an addiction can spread to multiple addictions. The everyday coffee for instance. If

you purchase a simple two dollar cup every day it'll slowly deplete your bank account. Although coffee isn't extremely dangerous to your health, the sugar and extra cream will deplete your health over time. Our addictions are self-defeating

Try to focus on one specific addiction at once. Slowly eliminate each of them one at a time. This exercise is all about eliminating the attachment. Get your thinking cap on because this exercise requires a lot of in-depth thoughts about your addictions. When you're ready, pick one issue on the list and start eliminating it from your conscious mind.

Ask yourself these questions. How did I develop the addiction in the first place? Who does the addiction remind me of? What benefits of my

receiving from my addiction?

Now it's time to weigh the pros and cons of the addiction. Write a list of the 10 positive qualities of the addiction, then the top 10 negative qualities of the addiction. This will show you that no matter what addiction you have, there's more negative qualities than positive. If smoking is your addiction the obvious negative affect would be harsh health issues, perhaps difficult time breathing, smelly breath, it looks unprofessional, and a variety of others. Comparing that to the pros ... I can't even name one because I can't find any. Try this exercise and see how well you can define the reason behind your addictions. This will help you form a clearer perspective of the damage they're causing you.

Chapter 19: Making it count

Happiness isn't something that stays maintenance-free. There's actually quite a bit of effort needed on your end to keep it active. Happiness is like a nice chizled body; without consistent maintenance and a direct focus on strengthening it it's going to lose its strength and effectiveness. When happiness persists make it count because not every day will be a happy one. Happiness is something that should be cherished and taken advantage of, not taken for granted. When happiness enters your life be sure to make the most of it. Use it as leverage to make your dreams come true. And, be sure to encourage those around you to be happy too. Happiness is easiest celebrate when there's others around to appreciate it.

Make your happiness count by making the most of it. Relish in the excitement when it's present because often times our lives are anything but happy. It's the happy times that make us realize life is worthwhile. Spending time with our children, friends and family are what make us happy. Achieving goals and working towards our passions are what makes us happy. Living in the moment is what makes us happy. These are all great ways to make the most of your life.

Make it count by accomplishing something you never thought was possible. Follow your ambitions and work towards the imagination you used to visualize when you were younger. The one you gave up on after being discriminated against. Let go of the limitations you previously held in the perspective of life that was passed down to you by your relatives. Make it count by

sharing the happiness with those around you; those who are worthy of sharing it with. Your life is waiting to experience happiness in abundance. The type of happiness that brings a lasting smile. The kind of happiness that drives friendships closer, and the realm of happiness that makes you feel like you're at the height of the world.

Chapter 20: What do you want?

What is most important to you?

This may seem like a simple question to answer, but it's actually the most difficult.

In less than sixty seconds answer the following question. What do you want in life? I want you to include an answer for each of the following: what do you want in business/career, your personal life, within your passions/hobbies and health.

Very few can answer this question with much detail in less than a minute. The primary reason is because it's not a very common question. When was the last time you were asked this question? Exactly. The second reason is due to not knowing yourself well enough to confidently

answer it. Either way, if you can't answer this question in less than sixty seconds, with a clear perspective on what you truly want, then you definitely need to strengthen your happiness muscle.

I want your focus to be less materialistic and more heartfelt when dealing with this exercise. A morbidly great way to find the type of happiness you're looking for is by writing your own eulogy.

Exercise: What do you want people to say about you at your funeral?

Fortunately, to this date, I haven't been to too many funerals. I rarely feel comfortable at funerals, to be honest. When I was younger my

body would clam up as soon as I walked into the funeral parlour because it was tough to adjust to all the different emotions floating around the room. After my favorite Aunt passed away I realized that death is just a part of reality. I knew I needed to learn to live with it. One of the easiest ways at looking at death, I found, is by looking at the hearty life they lived while they were alive. For this exercise I want you to imagine yourself at your own funeral.

Imagine yourself waking up in the morning. You're lying still in your bed quietly absorbing the peaceful environment. The room is silent, not a peep is heard. It's as though your senses are mostly impaired, but life to you feels good. As you lay there you hear a male voice through a microphone, but you can't quite distinguish who is speaking. Shortly after, your vision becomes

clearer and you stare at the ceiling above. It looks different though – something you're not used to seeing. You soon realize you're in a different building altogether. You start smelling candles burning. The aroma of burning wax fills the air. As you continue to lay there motionless you become a part of the moment. Some would say you're living in the moment – absorbing everything your senses take in. You decide to turn your head to the side. As you do, you notice a packed audience of two or three hundred people. Most of which are your closest friends and family members. The rest are acquaintances and distant relatives. It doesn't take you long to realize you're in a casket in a familiar local church, at your own funeral. At that moment a million things run through your mind. Images of all your loved ones flash before you. You question yourself; wondering if you gave your life your all. Hoping you spent enough

quality time with your kids, and put enough in them before you passed away. As your judgement is clouded with questioning, the words spoken through the pa system vibrate into your mindset. You soon realize the person speaking through the microphone is your brother, father, or someone significant in your life. You hear his/her words, and they're filled with love, respect and appreciation. A smile runs from ear-to-ear.

What words do you hear?

This exercise includes your imagination and a lot of it. As you're lying in your casket listening to the words through the microphone imagine what the overall message is saying. Be the script writer, and be the author of your own eulogy. What

would you want others to say about you at your own funeral?

Imagine your funeral details. Who is present? What are they wearing? What kind of snacks are they serving? In fact, step outside of your casket and be a ghost at your own funeral. Walk around the audience and see their reactions to the words through the pa system. The more detailed you get the more practical this strategy becomes. The more you visualize something the more real it becomes.

Final note on happiness

It all depends on who you talk to, but for a simplicity, you're only given one short life to live. But, within that short life you're able to change your perspective multiple times, which, in turn, enables you to live a completely different life multiple times. Each perspective you see is a different form of reality. You won't understand this until you take a step towards replacing old negative images of the reality you're currently experiencing with healthier ones. Each day delivers an opportunity to take advantage of yesterday's knowledge. The truth is; we all wish to experience happiness in abundance, but very few recognize the corruptions in their own mindset that are limiting them from experiencing it.

In order to be happy you need to change the way you see reality. Since birth your mind was set for ongoing programming. At an early age you were taught how to see, feel and experience reality. Your closest influences literally programmed your mind for you by directing your choices. Today you are grown and able to make your own decisions, thus you're able to reprogram the way you see reality. Your happiness is dependent on your ability to make quality choices in your life. By tweaking your mindset ever so slightly, you'll cause a lifestyle change. By taking this more seriously, and committing more time and effort towards eliminating old worn out behaviors you'll experience a lifestyle revolution. Every step you take towards achieving a happier life is priceless. Be the change you want to see in your own reality. The ideal happiness will come when you do so.

I wish you all the happiness in the world! I'm off to live in the moment with my family. Thank you for reading.

For further details, please visit –
www.kerrygirling.com

Kerry's Recent Publications

The Complete First Chapter Series

Moving on from what's been holding you back in life

After eliminating the negativity from his first chapter Kerry Girling chose to enlighten himself on a spiritual journey which led him into a much happier next chapter of his life. Through spiritual guidance he sought out answers to some of the most profound questions in life. Kerry delves deep explaining how he found abundant happiness through acceptance and how you can easily apply it into your own life to become a happier person. The Complete First Chapter series ties in all relevant life lessons from all of his motivating books in the series. This book will help you achieve more happiness in all areas of your own life.

Learn to let go of the negativity in YOUR LIFE today!

Kerry Girling has traveled the depths to motivate, inspire and encourage people of all ages. His passion is inspiring teens, parents, adults and anyone who has an interest to succeed. Through his inspiring Amazon Bestselling books, films and documentaries and motivational speeches he has encouraged over one million.

Kerry explains to you his secrets ~ the power of spirituality and the importance of the law of attraction and how you can apply it into your own life to live a happier lifestyle. His lessons will teach you how to a happier person. This book will help you. It will inspire you. It will enlighten you and encourage you to believe again. It will bring new ideas to fuel your passionate side. It will make you want to laugh and love again.

For further publications by Kerry Girling visit www.kerrygirling.com