

Law of Attraction Center Special Report

“Three Steps to Being Happy for No Good Reason”

Have you ever noticed that some people are happy no matter what is going on in their lives and others can't find happiness no matter how hard they try? Most of us fall somewhere in between. What follows are three tools that are simple, easy and unbelievably effective for increasing ones level of happiness. As a matter of fact, the second tool mentioned, **“Notice When Things Go Right”**, was used on 15 people who were clinically classified as severely depressed and did not respond to therapy or medication. After less than a week of going through that particular exercise alone all but one had risen up at least two levels of classified clinical improvement in their depression.

The Pursuit of Happiness

Our own Declaration of Independence describes “the pursuit of happiness” to be one of our unalienable rights. “...the pursuit of happiness...” is probably one of the best known quotes by Thomas Jefferson in our Declaration of Independence.. Unfortunately the word “pursuit” or “pursue” does not convey the same meaning today as it did in the mid 1700s. Today we interpret “pursue” as something we chase after while back in the 1700s “pursue” meant to practice an activity or do it regularly or to make a habit of it. So to translate into terms we can relate to in our modern society the quote is best translated as “...the practice or habit of happiness”.

When I talk to most people about what happiness is, their most common response is something they are chasing. I spent many more years of my life involved in that chase with little or no lasting happiness resulting from my successes. In other words, most of us are looking for our happiness in the next desired thing happening for us. This might be a new car, bigger house, a better job or career, more money, a life partner, etc. The problem with pursuing happiness in external things and circumstance is that it only has a minimal effect on our over all level of happiness.

The Happiness Set-point

Researchers have determined that each one of us has a happiness set-point. That is a range of happiness we tend to return to no matter what happens in our life, positive or negative. Research has shown that about fifty percent of your happiness set point is determined by your genetics and the other fifty percent is learned. The external things we chase after, the bright shiny objects, and our present circumstances only account for ten percent of our happiness set-point at the most. The other forty percent of our happiness is determined by our thoughts, feeling, beliefs and actions. The good news is that we can re-set our happiness set point with some effort.

The researchers also validated the fact that the happiness from external things only lasts a short period of time and then we return to our base level of happiness or unhappiness as the case may be. To keep the externally driven happiness cycle going we must identify the next external thing that will “make us happy” and begin the pursuit of that desire or goal. I call external things the BSOs or “Bright Shiny Objects”. BSOs are not a bad thing in and of themselves. It is when we base our happiness upon

acquiring them that we put ourselves into a vicious circle of desire, acquire, get a happiness bump, return to our happiness set-point level and then repeat the cycle over and over and over again. When a person is in that cycle they rarely or never find themselves in the practice or habit of happiness but become lost in the pursuit of happiness. Marci Shimoff, in her book "Happy for No Reason" calls this the "Myth of More" ... The more you have the better you feel. This paradigm believes that the more toys, success, and money means more happiness but the statistics and research show that this just isn't true.

American's income has increased by over 250% in the last fifty years and yet measured levels of happiness have not increased at all in those fifty years. Nearly forty percent of the wealthiest Americans on the Forbes list test at lower levels of happiness than the average American. Once personal income rises above the \$12,000 per year level increased income does not bring increased levels of happiness. In the end, our desire to acquire won't bring us lasting happiness or joy.

Albert Schweitzer said "Success is not the key to happiness. Happiness is the key to success." What Schweitzer means is that many people believe that they will be happy when they reach a level of success or status in some area of their life, especially professionally, financially, socially or in the area of a life partner. Schweitzer's premise is that you can not truly be successful in anything unless you are first happy with where you are right now. That finding your internal happiness is the real key to being successful.

The thing I have noticed in my own study and "practice" of happiness is that when you begin to find your happiness internally, when you choose to be happy and begin to do the things that happy people do, the success we are all seeking seems to fall almost effortlessly into our lap. Because our happiness is not generated by the outcome of any event, situation or circumstance we can become detached from the outcome and enjoy the pure nature of our successes and even bright shiny objects when they appear or manifest in our lives and enjoy them in the moment.

So how do we define this thing called happiness or what is **being happy**? The last half of the previous sentence is the real clue. "Being Happy". True happiness is not the manifestation of something good or desired in the future or recalling some happy time in the past. True happiness is something we are right now regardless of circumstances. It is a state of being not tied to any specific event happening or not happening. The scientists call it "a state of well being" characterized by feeling secure, grateful, appreciative, loved, loving, peace, joy, compassion, contentment and having a passion and purpose for life.

When you're happy from the inside out, you bring happiness to your outer circumstances rather than trying to extract happiness from them.

Three tools to raise your happiness set-point

The Attitude of Gratitude Journal

This is a simple and easy exercise but don't let its simplicity fool you. This is a powerful technique for increasing your happiness. The Law of Attraction states that whatever you

give your attention, energy and focus to will create more of it. This exercise is designed to bring more attention, energy and focus to being grateful. The more we are grateful for what we have now the more we get to be grateful about. The more grateful we are, the happier we are. Sound simple doesn't it. **What you are grateful for, you get more of.**

I recommend that you purchase a small notebook or a journal book. I prefer the ones with a spiral binding. They are easier to write on for me because the binding doesn't interfere with writing on both sides of the page. I also like a hard cover to give me a firm writing surface. I get mine at the local Barnes and Noble. Jack Canfield has a new book specifically designed for journaling gratitude. It is entitled "Gratitude, A Daily Journal" and can be found on our web site bookstore and is the perfect companion to Jack Canfield's "Key to Living the Law of Attraction" which I feel is the best short book on the Law of Attraction and is also available on our web site www.lawofattraction.com.

The assignment is every day for the next two weeks write down five things, people or situations that you are grateful for. Sometimes I write down little things like someone I wanted to talk to answered the phone and other times the big things pop into the picture like my wife or kids, my dog or horse, friends and occasionally I list a bright shiny object. The important thing is to find five things you are grateful for each day and make a note of them, big or small. There are no wrong things to put down.

This is a great exercise to have kids do to begin to help them raise their happiness set-point and develop an attitude of gratitude. The bottom line, be grateful for everything!

Notice When Things Go Right

The next thing to do is write down at least three things that went right today. Again they can be big things or little things. The important thing is to change our focus in the moment to what is going on in our daily lives that is right. It might be that it was 20 below in the morning and your car started or it could be a huge sale you made. Perhaps it was just a friendly greeting that someone gave you or that the dog did all it's pooping outside. Remember to frame your thoughts in the positive. In the last example about the dog poop the negative phrasing would be "the dog didn't poop in the house". It is still a good thing but with a negative perspective. We want to keep it all positive. **The more you notice what is going right, the more that goes right.**

An Avalanche of Appreciation

That which we appreciate, appreciates. Another technique we teach in our Law of Attraction workshops is the Avalanche of Appreciation. One way of creating an attitude of appreciation is to start creating an avalanche of appreciation during some otherwise unproductive times during your day. I call them "Appreciation Triggers".

Here is how it works. We all have non-productive, dead times during the day. Time we spend in line at a cashier or waiting for a cup of espresso at Starbucks, time spent at traffic lights, in elevators etc. You get the idea. When you are in those dead times begin to look around you and notice things that you can appreciate in the moment. I often look outside and appreciate the sun light, flowers, trees, birds, snow or whatever I see. I appreciate the fact that I can see those things. I may appreciate the other people in line or the inventory of the store or the store personnel or even the fact that I am in line and

given a brief period of time to appreciate something. You might say that I force myself to find things to appreciate.

At night, in my gratitude journal I will often follow the gratitude and good things that happened section with some appreciation of people, things and circumstances.

If you feel you need to take this exercise to the next level you can try writing down why you are grateful or appreciative of something or someone. Again don't over complicate this exercise. It should be fun, relatively quick, and not stress you or your brain. It is supposed to be a feel good exercise not drudgery. If it becomes drudgery then quit for a while. Remember, our mission is to become happier for no reason at all. This is supposed to be fun and enlightening not drudgery and a burden.

Conclusion

At the end of two weeks not only you but the people around you will have noticed a change in your happiness levels. For some it may be a major shift and for others it may only be a noticeable difference. As time goes on these three tools will become a critical component to permanently adjusting your level of happiness and keeping it high.

Additional resources can be found on our website <http://www.lawofattraction.com>. Look in the bookstore on our web site for Marci Shimoff's book "Happy for No Reason" and Sonja Lyubomirsky's book "The How of Happiness" as well as other books in the "Emotional Healing" section. There are articles from past Law of Attraction Newsletters on the web site as well as workshop schedules and descriptions.

A final thought, a Cowboyism if you will.

"Advice is much easier to give than to live. That applies to the giver and the receiver." - Cowboy Dave

As always I am here for any coaching or help you may need. In the words of the mighty Spock from Star Trek, "Live long and prosper".

Cowboy Dave

"When you change the way you look at things, the things you look at change. – Dr. Wayne Dyer

[Check out our new bookstore!](#)



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