

Happiness In Hard Times™

How To Be Happy When Times Are Tough & Help Others To Be Happy Too!

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Explore & Enjoy New Experiences

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Crises and changed circumstances, no matter how dreadful or devastating, always offer new benefits, new opportunities and new joys. Our challenge is to discover those benefits and opportunities and find ways to employ and enjoy them effectively, to **Turn Bad Breaks Into Blessings**.

The simple act of looking for good things helps us to feel good. This is an illustration of **The First Law of Happiness: Our Focus Determines Our Feelings**. When we focus on things we find bad, we feel sad, anxious, worried or angry. When we focus on things we find good, we are elevated, excited, enthusiastic and energized. Our focus of attention determines our feelings.

Many great and wonderful things have grown from terrible tragedies because people decided to turn their devastating losses into powerful, positive programs that would help protect and benefit others. Doing Good helped them deal with their pain. Action, activity and achievement are healing, uplifting and empowering.

This brings us to **The Second Law of Happiness: Our Vision Determines Our Direction**. We often have to be able to see or visualize in our mind's eye what we want to achieve in order to accomplish it. We have to know where we are going in order to get there. Clear goals help define the steps to attain them.

Where We Look Determines What We See. We will see different opportunities and benefits in different places depending on our perspectives, motivation and where we look.

Finally, The Third Law of Happiness: Our Time and Attention Are Limited. Time and attention spent on one alternative takes time, attention and resources away from other possibilities and opportunities.

Our Aim Determines Our Achievements. When we focus on what's wrong and what we have lost, we lose sight of a whole realm of positive opportunities, joys and benefits. If we focus on finding good things we're far more likely to recognize, accept and pursue them when we encounter them.

We always gain new strengths and new skills along the way. We may suddenly find ourselves doing difficult things that would have been impossible for us to do before disaster struck. Necessity often excites invention and drives us to new levels of excellence, strength and determination to triumph and be happy.

Explore and Enjoy New Experiences. Focusing on Finding Good and Doing Good Helps Us Feel Good. Look for ways to be happy, **Our Aim Determines Our Achievements**. Expand your definitions of happiness and success in new or changed environments.

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team