

# Happiness In Hard Times™

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

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## Turn Negative Judgments Into Positive Actions

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Negative Judgments like “*I can’t do it.*” “*I am so stupid.*” and “*I will never succeed.*” are the power behind all fear, worry, anxiety, distress and despair. Defuse the power of negative judgments by turning them into positive action items that will help you to triumph and be happy. Or let them go, it is stinking thinking that is corroding your confidence, hurting your happiness and limiting your ability to perform well.

Ask yourself, “Can this negative judgment help me in some way? If the answer is YES, turn the negative judgment into positive action items or a plan you can use to improve your skills and opportunities.

If the answer is NO, discard the Negative Judgment. It’s making you miserable for no reason. Focus your time, energy and attention on activities and opportunities that build happiness and spiritual success.

Here’s an example: “*I’m going to be late!*” is a Negative Judgment that makes you anxious and worried. Can that negative judgment help you? Yes, but only if you turn it into a series of positive action items...

*“It’s 7:30, I must leave by 8:00 so I need to stop what I am doing and watch the clock carefully. I’ll gather my things, organize my work, check carefully to make sure I have everything and be ready to walk out the door by 7:50 so I will be early.”* See how it works?

If you get stuck, try *Who, What, Where, When* and *How* questions to excite your creativity. *Who* can help? *What* can I do to strengthen my skills? *Where* can I find an answer? *How* can learn how to do it?

*I feel awful.* - What can I do to lift my spirits and feel better?

*I’m stupid.* - How can I learn and practice new skills so I feel more confident and competent?

*There are no good opportunities.* - Where can I find good opportunities? How can prepare for them?

*I can’t do it, it’s too hard!* - Who might help me with this? How can I learn to do it?

*I’ll never be able to be happy.* - How can I add more fun, success and good cheer into my life?

**Turn Negative Judgments Into Positive Action Items That Will Help You To Triumph And Be Happy.** If they can’t help you, let them go. They are making you miserable for no reason. **Focus Your Time And Attention On Activities And Opportunities That Bring Happiness And Spiritual Success.**

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team