

Happiness In Hard Times™

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

Copyright©1999- Michele Moore. ALL RIGHTS RESERVED. Happiness In Hard Times™ is a Happiness Habit® Company



Letting Go Is Not Giving Up

Michele Moore / Happiness Habit

To be happy in tough times, it's important to understand what happiness is and to identify what is truly important to you. Many people chase after *Success* thinking *Success* will bring them happiness but they are often very disappointed. Happiness and Success are two very different things.

There are lots of very successful people who are not especially happy. Michael Jackson comes to mind. Talent, fame and great material success do not automatically guarantee happiness.

We can often let go of major influences in our lives, refocus our energy and attention on what is truly important to us and achieve far greater happiness and spiritual success. Letting go does not mean giving up. It means achieving your truly important goals in different ways. Whatever we cling to controls us.

Take a moment to answer a few important questions: *What Is Happiness? What Does Happiness Mean To Me? What Is A Happy Life? Define Happiness and A Happy Life.* Warning: This is a trick question. It is tough to answer and running to the Internet, a dictionary or encyclopedia won't help.

Happiness is like anything else, you have to know what happiness is and how it works to achieve it. How can we be happy if we don't define happiness? Or a happy life? Are your responses ready? Or are you waiting for our answers? Here they are...

Happiness Habit® defines Happiness as: The Energized, Elated Emotion We Experience When We Enjoy, Appreciate Or Achieve A Worthwhile Goal.

A Happy Life Is: A Life That Is Pleasant And Pleasing, Purposeful And Productive, Prosperous, meaning whatever we are working on be it raising children or a job is bearing positive results, **And Spiritually Successful** meaning living with high integrity and in harmony with our surroundings.

We can embrace and enjoy all these qualities to create a happy life no matter where we are, what is happening to us or around us. We can savor simple pleasures like sunshine on our face, a brisk walk or a cup of favorite tea to make our lives pleasant and pleasing.

We can find purposeful and productive activities to provide feelings of achievement and satisfaction. We can live with great integrity, by the highest and best values in harmony with our surroundings. We can love expansively and extensively. Love truly does power happiness.

We can Enjoy and Appreciate and Achieve meaningful things despite our environment and experiences. We can be happy and spiritual successful practically anywhere, at any time and under almost any reasonable circumstances. We can embrace, savor and enjoy good things in our lives that bring us happiness. **Letting Go Does NOT Mean Giving Up, It Means Achieving Important Goals In Different Ways.**

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team