

Happiness In Hard Times™

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

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Love Expansively

Michele Moore / Happiness Habit

The happiest people in the world are the most loving people. They love what they do, they love the people around them, they love their work and they love themselves. Love truly does power happiness.

During difficult times it is easy to overlook the power and importance of love. Problems and the struggle to survive can easily push love out of our lives. A key to Happiness In Hard Times is building and strengthening our power, ability and willingness to love.

Happiness Depends On And Requires Love. Wherever Love Is Limited Or Lacking There Is No Happiness. Lack of love always leads to a lack of happiness.

If you have ever visited a third world country where people have relatively little materially but still have great joy, you know the power of love. You have seen how love can power happiness.

Love Is An Active Verb. Loving is something we can decide to do. We can consciously create warm, enthusiastic, appreciative feelings and extend them to the people and the world around us. We can radiate warm, happy exuberance and wrap ourselves and the world in positive feelings.

We can decide to love in spite of everything that is happening to us and around us. When we do this, we are much happier. By loving expansively during difficult times we can create Happiness In Hard Times.

Everything we do goes better with love. The best way to excel and do well at any activity is to cultivate a love for it. Consciously deciding to wrap your work in love enhances your performance.

Savoring, Enjoying and Appreciating simple pleasures in life brings joy and happiness. When you SEE something wonderful, Savor, Enjoy and Appreciate it, S.E.A. it too.

Love Yourself. This does not mean saying “How great I am!” or “I am better than you are.” Loving yourself means taking care of yourself and giving yourself big, warm comforting hugs when you need them.

Love Expansively And Extensively During Tough Times. Love Propels Happiness. To Create Happiness In Hard Times, Love What You Do, Love The People Around You, Love Your Work And Love Yourself.

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team