

Happiness In Hard Times™

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

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Enjoying Happiness In Hard Times

Michele Moore / Happiness Habit

You've explored the Happiness In Hard Times™ web site, read and perhaps printed the summary card and some of the Detailed Descriptions. How do you bring greater happiness and spiritual success into your life right now? What can you do to make your life more enjoyable immediately? Try this...

Choose a couple of key Happiness In Hard Times coaching credos™ that ring true for you and resolve to put them into action right now.

Perhaps you decide to **Revolt and Rebel** against giving bad things control of your feelings. Refuse to let them hurt you. You will still be affected, but it will lessen the length and the depth of your pain.

If you are suffering from overwhelming losses and deep grief, decide to **Wrap The Pain In Love** and mentally give yourself big, warm, comforting, reassuring hugs whenever you need them. Resolve to enjoy those reassuring hugs whenever fear, pain or grief strikes.

Maybe you'll decide to **Avoid The Fault Finding Feel Goods** and **Avoid All UnNecessary, Non Productive Negativity**. Tremendous boosts in happiness come from taking those two simple steps. If you are hard on yourself, resolve to **Stop Beating Yourself Up**. Recognize and Reject bad thinking. Redirect your time and attention to thoughts and activities that will bring you happiness and spiritual success.

Trying to **Do Your Best, Be Your Best And Feel Your Best** all of the time really boosts happiness and well-being. It illustrates **The First Law of Happiness: Our Focus Determines Our Feelings**. Consciously trying to do good makes us feel good.

We are truly at our best and able to perform our best when we are *UP*, energized, focused and happy. So **Choose Your Mood And Your Attitude**. See yourself smiling, successful and triumphant. Honestly feel those positive feelings and project them. They will become genuinely yours whenever you need them. We never feel better by focusing on how badly we feel.

Deciding to **Savor, Enjoy & Appreciate** pleasant and pleasing things easily at hand boosts happiness: the sunshine on your face, a favorite tea, a beautiful sunset, the breeze caressing your skin.

We hope Happiness In Hard Times brings you joy. Post your comments on our site, let us know how it works for you. Tell us your stories, share your triumphs.

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team