

Happiness In Hard Times™

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

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Facts & Laws of Happiness

Michele Moore / Happiness Habit

All Happiness Habit concepts and theory rest on Three Fundamental Happiness Facts and The Three Laws of Happiness. If you can accept and agree with these basic principles, acquiring Happiness Habits becomes a series of special applications and implemenetations of these basic concepts.

Three Fundamental Happiness Facts:

- 1) **The Most Important Decision We Make On A Moment To Moment Basis Is Where We Focus Our Time And Attention. The Sum Of These Decisions Is Our Life.**
- 2) **Whatever We Focus Our Minds On Expands In Our Consciousness. Whatever We Give Time And Attention To Grows In Our Reality.**
- 3) **Thoughts Have Consequences Just Like Actions Have Consequences. Beware of the Consequences of Your Thoughts is just as important a warning as Beware of the Consequences of Your Actions.**

Three Laws of Happiness:

- 1) **Our Focus Determines Our Feelings.** When we focus our time and attention on things we think are bad, we feel sad, angry, worried or distressed. When we focus our time and attention on good things, we feel excited, elevated, enthusiastic and optimistic.
- 2) **Our Vision Determines Our Direction.** We often have to see goals in our mind's eye to achieve them. You have to know where you want to go in order to get there. Clear goals help define the steps to attain them.

Where We Look Determines What We See. Alternatives, their costs and benefits vary depending on where we look. We see different facets of a problem or situation from different perspectives. Our feelings often change as our perspectives shift.

- 3) **Our Time And Attention Are Limited. Urgency Creates Energy, Decisiveness, Determination And Focus.** Every Action We Take Has An Opportunity Cost. Pursuing one option takes time, attention and resources away from all other alternatives. Perceived shortages or limits of time create a sense of urgency that raises our decisiveness and our determination to be successful.

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team