



VEIL *of*
CHANGE

Implementing Happiness – Putting It All Together

THROUGH THE VEIL OF HAPPINESS

So How Do We Access Our Inner Natural Happy Self?

As in the beginning of all things, everything starts with your thoughts, your reactions, your ingrained beliefs.

Everything in your life starts from within your own thought patterns and processes.

- ✓ By now, you have learned to recognise your behaviors and have been opening your mind to clearly see the way ahead.
- ✓ You have learned how not to let other people's opinion of you destroy your own self-esteem and how change can be good.
- ✓ You have learned how feeling guilty is a soul destroying negative emotion and you have learned how to tap into your inner resources, your inner advisors to help you make conscious choices.

You have been Lifting the Veil of Clarity.

- ✓ You have learned the difference of positive and negative thinking, allowing others to be themselves.
- ✓ You have had worry and anxiety explained and how to be courageous in allowing yourself to be yourself.
- ✓ You have learned the art of giving, receiving and accepting.

You have been Dissolving the Veil of Overwhelm.

- ✓ You have worked on developing your thinking process and your intuition, observing the difference between self-indulgence and self-discipline.
- ✓ You now know how to avoid negative people, keep focused and putting your priorities back into your life.
- ✓ You are choosing to be happy, in control and empowered by your own thoughts.

You are now opening the Veil of Happiness.

Motivate Yourself Towards Happiness

Surely, being motivated and being happy are inextricably intertwined, but how can you foster happiness within yourself *before* attaining your goal?

Remember that everything you do has meaning.

It may seem difficult to see the big picture sometimes, but every experience and every task is part of the puzzle.

Do not dwell on mistakes or criticisms.

Dwelling on the past won't fix anything. You can't change the past, you can only live and act in the present. Comfort yourself with the fact that you're capable of doing things differently next time.

Breathe deeply and let go of negative thoughts.

Whenever a worry or concern comes your way, take 10 deep breaths. Taking that moment to push the negativity out will give you a fresh perspective whether this worry is *really* that important.

Dr. Joe Vitale, motivational speaker and author, has said many times:

***“The fastest way to get where you want to be
is to be happy with where you are.”***

This seems almost contradictory, but, in fact, it reveals a great truth. The more “*good vibrations*” you send out, the more good things you attract back to you to be happy about.

One of the best ways to be sending out good vibrations consistently is to live in the moment.

What does this mean?

It means that you remain in the now – not yesterday or tomorrow. You treat each moment as the precious thing that it is and ***enjoy it to its fullest.*** You immerse yourself fully in the moment.

Living in the moment can also:

- ✓ Reduce stress
- ✓ Relieve worry about the future
- ✓ Eliminate anguish about the past
- ✓ Enable you to brush away distractions and focus on your task at hand
- ✓ Bring more passion to your relationships
- ✓ Allow you to achieve your goals faster than you thought possible
- ✓ Let you enjoy the peace, happiness, and contentment of a fulfilling life

Take time to stop and smell the roses.

This applies not only to enjoying the simple, good things in life, but it also applies to *literally* taking the time to notice what's around you so you can take pleasure from what your senses bring you.

- ✓ Notice the physical world around you.
- ✓ Cherish its beauty.

Revel in the majesty of the sunset, the wonderful aroma of the roses, the delicious taste of good food, the pleasing harmony of music, and the soft touch of a loved one's caress.

Avoid total focus on your goals.

Never get so caught up in pursuing your goals that you cease to enjoy the present.

Your life is your journey.

Enjoy what you've got when you've got it. Otherwise, you might wake up some day and realise that you missed living altogether.

Make The Most Of Each Moment.

Realise that every moment of your life is a gift. Get all the good out of it that you can.

If you make a mistake, *learn something from that moment* and move on.

Always look for the silver lining.

Practice finding the good, even when things don't go as expected. Many times, you can even get something better than you had planned, if you just open your mind to the possibilities that there is something good to be discovered.

Eliminate time spent waiting.

Avoid just sitting around and waiting for things to happen to you. Take advantage of your time by making it productive. Use it to listen to motivational audio books, share delightful insights with the people next to you, plan your day, or read something that educates, inspires, or relaxes you.

It could be argued that the most important part of life is personal growth

Most of us believe that we rarely have the time or resources to discover our limits or to experience everything life has to offer.

Yet it only requires a few minutes each day to change this component of your life for the better.

*“Simplicity, clarity, singleness:
These are the attributes that give our lives power and vividness and joy
as they are also the marks of great art. They seem to be the purpose of
God for his whole creation.”*

Richard Holloway

Conclusion

- ✓ Small, simple, quick actions can result in profound changes over time.
- ✓ If you've ever struggled to make major changes in your life by making drastic changes in your behavior, you already know how challenging that can be.

Consider giving smaller actions a chance. Your compliance will increase and you'll even enjoy the constant progress that you will undoubtedly make.

“Sometimes it’s the smallest decisions that can change your life forever. Progress is impossible without change, and those who cannot change their minds cannot change anything.”

George Bernard Shaw

