

3 Steps To Becoming Happier #shorts #happiness #happinesscoach

If you're new to this journey or you're really struggling with your happiness or unhappiness I would start with an outside in approach and there's nothing to be ashamed about that Start with the low hanging fruit my habits islands and my habits desert And I would do everything humanly possible to schedule into my life more of the islands and to schedule out of my life or of the deserts right By outsourcing deli and reducing limiting automating regular Ok First step number two I would do the same thing with people So people that supported my happiness I would spend more time with people that did not support my happiness I would spend less time with very simple Then I would move on to step three and I would start to tell better feeling stories based in truth about everything and everyone in my life including myself right So that could be called positive thinking Although I think that gets a bad rap I sometimes like to call constructive thinking It's just thinking and talking to yourself and others in ways that support you feeling what you most want to feel experiencing what you most want to experience or achieving what you most want to achieve