

3 Steps To Becoming Happier #shorts #happiness #happinesscoach

<https://silosolo.com/524828>

Summary

The speaker advises starting with an outside-in approach for those new or struggling with happiness. This involves focusing on changing habits and routines, surrounding oneself with supportive people, and telling better feeling stories about oneself and others. It is suggested to think and talk in ways that support desired feelings and experiences.

Silo sample questions

- What is the recommended approach for someone new or struggling with happiness?
- What should be the focus in terms of changing habits?
- How can we surround ourselves with supportive people?
- How can we improve our stories about ourselves and others?
- What is the alternative term for positive thinking?

Topics

Outside-in approach

Habit change

Surrounding yourself with supportive people

Telling better feeling stories

Positive thinking

Key Takeaways

- Start with an outside-in approach if you're new or struggling with happiness
- Focus on changing habits and routines
- Surround yourself with people who support your happiness
- Tell better feeling stories about yourself and others
- Think and talk in ways that support your desired feelings and experiences

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