



Change Your Life Story Now

www.changeyourlifestorynow.com (760)702-5498

Three Keys to Happiness

Happiness is something that no matter how much we try to achieve it, somehow it always seems to evade us. Often times we might achieve happiness only to have it slip away as fast as we found it. If only I had the right partner, had a big house, a new car, the job I always wanted, then I would be happy. However, true everlasting happiness does not come from material or external factors, it comes from within us. Below are three simple keys that can help you to achieve a true everlasting happiness.

- 1.) Be grateful for what you have. Gratitude is the key to Happiness. It's not happiness that brings us gratitude, but it's gratitude that brings us happiness.
- 2.) Live in the present, it is all you have. The past is behind us and there is nothing you can do change it and the future is yet to come. The "present" moment is a gift of God, so enjoy it.
- 3.) Do something good for others; it will make you feel good about yourself, which in return will make you happy. But, if you're helping someone and expecting something in return, your doing business, not kindness. Offer to help, pay a compliment, or make someone smile without letting anyone know what you are doing.

By consistently practicing these three simple keys, you will find yourself replacing the feelings of unhappiness with feelings of happiness. You alone have the choice to be happy or unhappy.

Are you **READY** to commit to living a **HAPPIER** and more **FULFILLED** life? Return to my **PACKAGES** page and Choose the Coaching Package that will help **YOU** start living that life today today!