

Causes of Happiness

1. **Developing *Positive Mind States*. This requires Intention, Focus and Persistence.**
2. Living a Meaningful life – *people Flourish when living a Sense of Purpose*
3. Creating small, meaningful goals and ticking them off as we achieve them ☺
4. Recognising our Precious Freedoms and Opportunities every day
5. Having Fun ☺
6. ***Doing for Others* spontaneously without expecting anything in return ☺**
7. To *Accept Life* by changing what we can and learning to be ok with what we cannot
8. Knowing our self intimately in order to see how *we co-create our life circumstances*
9. Dealing with the past *only* to the degree it presents a problem in the present
10. *Find Meaning in suffering* – pain can become a stimulus for Real Growth!
11. **Training the Busy Mind to become still encourages Inner Peace and Happiness**
12. Practicing (mindfulness) Meditation regularly to still the busy mind (Learn a Technique)
13. Live Authentically – Love Unconditionally – Be a Seeker of Truth
14. Forgiving everybody we are in conflict with. Not to do so hurts us more than them
15. Not taking life too seriously ☺
16. **Temper the Mind; Nurture Emotion; Promote the Body; Engage the Spirit**
17. Every day, finding something additional to be Grateful for.
18. Know you Make a Difference. ‘Inner Peace before World Peace’ the Dalai Lama
19. Don’t wait for the world to change. *Be part of the Solution* (not the problem)
20. ***Find Meaning in life* – discover your Passion ☺**
21. **Create a *Life Purpose* that is greater than yourself**
22. Balancing Spirituality and Materiality. ‘Strengths maximised become Weaknesses’
23. Learn to *engage Head and Heart* – either one alone is an unreliable witness
24. Engaging in Personal & Spiritual Development. *Happiness is not a random event*
25. Travel to somewhere you’ve never been each year if possible ☺
26. ***Practice Equanimity* – be OK with whatever is happening – yet take needed action**
27. Unhook from the Past – Glimpse the Future – *Live in the Now!*
28. Engage support from a friend, a family member or a professional. We all need it
29. Do Something Radical !!!
30. **Remember, you can’t find Happiness – it finds you ☺**

*If what you want is different to what you have you must first
Raise your Consciousness*

*‘It is not the Mountain we Conquer but Ourselves’
Edmund Hillary*