

Beyond Happiness:

**You Can Simply
Create the Life You
Want By Changing
Your Attitude and
Belief**

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Contents

Introduction

What is Happiness?

Stress

Time Management

Attitude

The Word Impossible

People

Enjoy Your Life

Self-improvement

Why?

Building a Better You

Self-Esteem

Motivation

Creativity

Conclusion

Introduction

There's not much to say about being in the state of happiness. Nevertheless, happiness seems to be a state that is difficult for most people to feel. There isn't an exact term as to what happiness is since it varies for everyone, but for every person, there is a way to reach it.

Most people find it difficult for them to be happy in life; however, there are a selected few who are able to move on without ever dropping their happiness meter.

These are the type of people who can go past a bad day with a smile on their face. So the fact that you're looking at this book means that you're having a difficult time trying to feel happy.

You don't know where to go and you don't know where to start. There's no route to your awaited destination.

Well, you don't need to worry about that. The thing about happiness is the fact that you aren't required to start somewhere. There isn't a starting point for happiness; neither is there an ending point. If you think that there's a point A and a point B that you need to reach then you're dead wrong.

I've heard many people around my age talk about how "happiness is a road" and that you're "happy" once you've reached the end of that road.

The irony of it all is that those are said from the mouths of the so-called "unhappy people". I mean, happiness and road doesn't necessarily match well together in the same sentence because if all you have to do was to walk somewhere to get something intangible then no one would be happy because they won't ever be able to find "it".

I think it would've sound better if the quote was "Happiness is like a pot of gold. It'll brighten your life and color it like a rainbow," or something like that. It sounds happier and requires less exercise to get to. The reason why I said that is because everyone likes gold and rainbows are pretty and full of color.

Anyways, this book will help break down the basics of how to be happy. It'll tell you some benefits that are included with happiness and it'll also give you some reasons as to why you're feeling unhappy most of the time. Hopefully, by the end of this book, you'll be feeling happier than before you started reading. If you're still having trouble, try pretending that you're a unicorn. You'll be the

most epic animal on the block and everyone will awe at your awesomeness.

Were you paying attention to your mouth muscles? You were probably smiling or giggling just by reading that. Look, I've just flipped your frown upside down without even starting. I am a genius (no I'm kidding).

What is Happiness?

If you were to search up the word happiness in a dictionary, your results would be something like “the state of being happy” or “joy”. That’s basically what happiness is.

Happiness is a state of mind that allows you to be content and thankful for what you have in your life. It allows you to be happy for the people you meet when you’re taking a stroll in the street. It allows you to be thankful for the wonderful people that surround your life. That is the basis of happiness.

If you don’t appreciate what surrounds your life then that might be one reason as to why you can’t be happy. I know many people who have the tendency to complain about every aspect of their life on a daily basis. Those are the type of people that are constantly unhappy about their life and complain about how bad living is. If you can’t appreciate what you have then you can’t be happy for having it.

Secondly, happiness is from within. If you’ve heard this a lot and it hasn’t worked for you then listen to it again because your ears were probably clogged up. It’s a fairly easy thing, yet difficult thing to do. The main reason why happiness is difficult for you to achieve is

because you try to reject everything around your circle. If you're not happy with your life then you're probably only looking at one aspect of it, or you're trying to only look at the negative ends of it. Bottom line is that you should allow yourself to look at all the perspective of your life if you want yourself to be happy.

Look at the positive side. Ask yourself a few questions before you start to doubt. Here are a few:

1. Why should I be unhappy in the first place?
2. What do I have that others don't have?
3. What do I benefit from the people around me?
4. What have these people done to help impact my life that I should be thankful for?

These are a few questions that you should ask yourself when you're having trouble looking in the positive end.

Remember, whatever happens in the beginning of the day is different at the end of the day because at the end of the day, it's what you have left that's worth remembering.

Thirdly, happiness is to be able to love yourself. When you love yourself you're accepting yourself. You're accepting all of your flaws and you're appreciating all of the mistakes you've made in the past because it's what allowed you to become the person that you are in the present.

If you feel that you're not the person that you want to be then there is always room for improvement. Just because you dislike yourself in the present doesn't mean that you'll hate yourself in the future. If you want to shape yourself up then you can.

Everyone has some type of motivation meter that makes them feel as if they really needed to get something done. If your motivation meter is past its limit then you know that you can really shape yourself up.

Fourthly, happiness is different for everyone. When I say different, I meant the reasoning. People are happy for different reasons, but in the end, it's what makes them smile that matters the most.

Remember this, you can't force happiness. It doesn't work that way. If you're going to try to force it out then you're going to feel completely and utterly depressed afterwards.

Another thing that you should keep in mind is that you shouldn't reject happiness. I know it sounds weird and probably idiotic but there are some people that would actually do this. I know a fair share of people who are genuinely happy on the outside but complain about how depressed they are on the inside.

If you're happy then accept the fact that you're happy. There isn't any reason as to why you would want to reject that.

The main idea of happiness is the fact that you should be happy with what you have in your life. If you live under a roof, or used to, with at least one of your blood relative and they provide food for you then there is nothing for you to be unhappy about. Even if you might not get along from time to time and there are some occasional arguments there is still something about that to be thankful for.

Stop going around life acting as if you have never had anything good happen to you. You're not the only one suffering so why make it so hard for yourself to live. Don't think about what other people have that you don't and don't think about what you don't have that other people have.

It's your decision to be happy and if you are deliberately stopping yourself from making that

decision then there are no way you can
achieve happiness.