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LIA Lifestyle Instruction Aid

abcd21. Make Yourself Happy

Dr. Victor Jean Ouellette November 2000

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20 Suggestions

Well OK, but how do you achieve this feat? There are some things you can do for yourself. Trying to make yourself happy in a 'vacuum' (all by yourself) is very difficult. Humans are social animals, so get together with others and share your ideas. Use our suggestions here as a starting point for a happier life.

1. Begin a lifelong search as to how to make yourself happy. Record your efforts in a diary or computer file so you can refer back to it later for inspirational support.
2. Recognize that the 'desires' you create for yourself have the potential for making you unhappy when they are not attained.
3. Ensure that your goals are realistic. You will likely need help with this task, so ask close friends or get professional help from a licenced counsellor.
4. Force yourself to smile frequently and watch comedy TV shows when you can.
5. Learn to recognize vicious cycle thinking in yourself. See the article on Vicious Cycle Modification.
6. Take some time every day to search for 'Lifestyle Ruts' that you may be stuck in.
7. If you find a 'Lifestyle Rut' begin a search for solution to get out of it.
8. A rut may be a 'procrastination mode' that you have settled into with regard to some important decision that needs to be made.
9. When difficult decisions have to be made, get some helping advice.
10. Take a close look at how long you have been procrastinating on some decision.
11. Make an assessment as to whether the procrastination should be ended. A negative pessimistic attitude in someone with poor self esteem and a poor sense of self worth will likely doom that person to unhappiness until they resolve to do something about it by getting professional help.

12. Get extra sleep.
13. Get extra exercise.
14. Eat very carefully to ensure good nutrition.
15. Make a list of everything that would make you wildly happy no matter how far fetched and unrealistic. Include everything from money to relationships.
16. Go through the above list and cross off everything that you think you cannot attain.
17. Reevaluate and reprint your list. Keep in mind that the three things that most people need for happiness are, money, family and health. Focusing on money alone will likely lead to despair. People who have more material things this year than last year still indicate about the same level of happiness, when tested this year, as they indicated when tested last year when they had less things. The same holds true for wealthy people, so beware.
18. Buy a little note book and make notes of all your ideas on a daily basis.
19. Prioritize your list putting the things that you think are the easiest to attain at the top.
20. Start with the first item and begin working toward achieving it.

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