



**Happiness@TheSpeedofLife Newsletter  
Edition 25: Holidays and Happiness**

1308 words of content -- approximate reading time required: 5.2 minutes or less. And isn't your happiness worth it?

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

Welcome to my e-newsletter, which focuses on defining and applying the Principles of Happiness and Positive Emotion in your life and work.

**IN THIS ISSUE**

=====

- I. Apply The 13 Principles of Happiness to Your Holiday Season
- II. In the Workplace: Pick One
- III. Random Stuff: Collision of Holidays
- IV. Instructions and contact info

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

**I. APPLY THE 13 PRINCIPLES OF HAPPINESS TO YOUR HOLIDAY SEASON**

"Life comes at you fast" is the tag line of a recent series of television commercials. How true that feels for me as I approach year-end. It feels like five minutes ago I was saying "Happy New Year, 2006!" And now, suddenly, I am almost out of time for Christmas shopping. Yikes!

Over the past few years I've used my newsletter to elaborate on The 13 Principles of Happiness, mixed with articles on other aspects of happiness and Positive Emotion. I've now cycled through all 13 principles, and will begin a new level of exploration in January. Before that begins, I thought I'd offer a quick review, [and place each principle in the context of our hectic holiday season.]

**Principle 1: Become Positively Self-ish**

When you take care of yourself first, you build a foundation for stronger relationships with others, and increase your capacity.

[Remember to ENJOY the holiday. Even if it's just five minutes here and there, make sure you are feeding your own soul. While last-minute shopping, take five minutes to sit down and admire the beautiful decorations in the mall. Circle on the calendar when your "verymostfavorite" holiday special airs on TV, and protect that time from all other obligations. Steal away from the craziness of the family holiday gathering for a special, intimate conversation with your grandma or favorite niece. Do something for YOU, that brings you joy.]

**Principle 2: Live Your Values**

Clearly identify and proclaim your personal values through the way you live and work.

[Now's the time to bring what you say and what you do into alignment. 'Family' is a value? Spend time with those you love. Creativity? Apply your creative self as you make some of the gifts you give. Health? Stay away from the cream cheese dip and use your time off to take long walks or visit the gym an extra time or two. Community? Donate time to those in need. ~~You get the idea: take an action that honors one of your values.]



**Principle 3: Live for Life, not Stuff**

Let go of possessions, roles, lifestyles that others and a marketing-hyped society impose on you; focus instead on what truly brings you Joy.

[Let go of gift-giving myths such as: you must spend the same amount on gifts every year; if someone gives you a gift, you must reciprocate; gift giving is a competition. Talk with friends and relatives – they may want to stop the obligatory gift giving, too.]

**Principle 4: Be Early**

Whether it is project deadlines, appointments, or learning opportunities, get there before you are expected, and watch your stress load decrease exponentially.

[Finish your shopping early so that you can relax and enjoy the holiday without distractions]

**Principle 5: Build Reserves**

Identify what worries you, and work to create extra in your life, whether that is money, personal space, or extra toilet paper in the cabinet.

[Identify something that caused you anxiety in 2006. Before year-end, create a plan to end it or change it next year]

**Principle 6: Tolerate Nothing**

Continually identify and eliminate all the little “stuff” which causes you friction and drains your energy.

[Give yourself permission to say NO to any invitation you don't want to accept. Establishing boundaries every once in awhile can make all the difference between insanity and enjoyment]

**Principle 7: Choose to Respond**

What happens is going to happen, regardless. Accept constant, discontinuous change as reality and instead of reacting, respond with curiosity.

[No matter how well you plan, something may not work out as you envisioned. Stuff happens, even at the holidays. Take a deep breath -- a REALLY deep breath. Then let go of needing to control every situation.]

**Principle 8: Stimulate Your Development**

Surround yourself with environments and people that continually challenge you, energize you, and literally pull you forward. Have adventures.

[Feel free to establish new traditions. There's no reason to continue something you no longer enjoy just because you've always done it that way.]



**Principle 9: Pay Attention**

When we are on autopilot, life just happens around us. Look. Listen. Notice. The sunset in your own backyard can be just as wondrous as the one at the beach.

[The other day my Mom picked up an old friend who is in an Alzheimer's care facility. They drove around the neighborhoods like a couple of kids, oohing and aahing at the beautiful light displays. How about you slow down on the drive home from work and do the same?]

**Principle 10: Simplify**

Automate, delegate, or eliminate tasks or goals that complicate your life. Being content with simpler pleasures increases your opportunity for awe.

[As you work on New Year's resolutions or goals, consider streamlining. Choose just one powerful goal and focus all your energy on it. You are far more likely to achieve success!]

**Principle 11: Speak the Truth**

Stop playing games. Recognize that though the truth may sometimes sting, it is the starting place for all progress. Challenge others to see the truth.

[Consider one relationship or situation in your life that is draining you. Resolve to take the action that you've been postponing for years. Notice how much energy is freed up for other things in your life.]

**Principle 12: Focus on Today**

Waiting for something to happen "tomorrow" in order for you to be happy is like watching yourself in the mirror and saying "You go first."

[Give yourself permission to be happy, even if you've not met your goals, even if your life is not perfect.]

**Principle 13: Be Authentic**

Be yourself, not somebody else. When the Real You shows up, connections are easy.

[Remind yourself that you are loved – by YOU – and give yourself a hug for Christmas!]

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

The 13 Principles of Happiness remind us of the intentional actions we can take to experience more happiness and gratitude in our lives. If you'd like to download a 1-page summary of the 13 Principles of Happiness as a reference, you can do so at: <http://www.1leadercoach.com/happiness/philosophies.cfm>

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

**II. IN THE WORKPLACE: PICK ONE**

I remember from my past that the pace of the workplace always slowed a bit between



Thanksgiving and New Year's Day.

Not anymore!

Most of my clients, friends, and family are all working harder than ever as the traditional "quiet time" of the year approaches. In this global, Internet/fast-paced world ruled by "always-on" Blackberry handhelds and mobile phones that allow work to follow you home, there seems little space left for relaxation and enjoyment.

My wish for you: that you pick just ONE of the above principles or tips and try it out to help you manage the workplace differently. Pick the one that will most impact the personal or positional stress you are feeling right now. Give yourself that gift.

And be sure to share your calm with others.

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

**III. RANDOM STUFF: COLLISION OF HOLIDAYS – IT WORKS!**

Many of us seem to know a little bit about other religious traditions even if we don't understand everything that is behind them. We place a menorah next to the Christmas tree in the workplace. I have Christian friends who keep the Muslim fast during Ramadan to remind them of the poor and suffering in the world. I have Jewish friends who volunteer at soup kitchens on Christmas because they want to honor the giving aspect of the season. I have Asian friends who celebrate Kwanzaa for its focus on family and community.

And then yesterday I had lunch at a Jewish Deli and ran into a smiling African-American woman wearing huge dreidel earrings (the dreidel is a square-sided top used in a special Hanukkah game), a gold brooch in the shape of the Kinara (the seven-candle holder used during Kwanzaa) and a big, round "Merry Christmas" pin. And you know what? It worked!

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

**IV. INSTRUCTIONS AND CONTACT INFORMATION**

Jim Smith is The Executive Happiness Coach™. He is a recovering corporate executive whose passion is to help people discover and increase the amount of Happiness in their lives and work.

=> P.S. Don't keep us a sec\*ret. We grow by referral, so please pass it on! To join our complimentary newsletter, please visit our website or send an email to [Subscribe@1LeaderCoach.com](mailto:Subscribe@1LeaderCoach.com).

View past editions at <http://www.1leadercoach.com/newsletter/archives.cfm>

Drop me a line anytime with your feedback and queries! Jim <mailto:Jim@1LeaderCoach.com>

\*\*\*\*\*

**Happiness is a decision, not an event.**  
**How will YOU decide today?**

\*\*\*\*\*

Copyright (c) 2006, People Inc. Reproduction for publication is encouraged, with the following attribution: "From HAPPINESS @THESPEEDOFLIFE, by Jim Smith, The Executive Happiness Coach, 440-885-3247 or [www.1LeaderCoach.com](http://www.1LeaderCoach.com)" If you choose to do otherwise, I will be very unhappy :(



*Happiness@TheSpeedofLife*

\*\*\*\*\*

To JOIN, mail to: [mailto:Subscribe@1LeaderCoach.com?subject=Subscribe\\_Happiness](mailto:Subscribe@1LeaderCoach.com?subject=Subscribe_Happiness), or  
register from the home page at: <http://www.1LeaderCoach.com>

To LEAVE, mail to: [mailto:Unsubscribe@1LeaderCoach.com?subject=Unsubscribe\\_Happiness](mailto:Unsubscribe@1LeaderCoach.com?subject=Unsubscribe_Happiness)  
\*\*\*\*\*

<a href="http://ezinecheck.com/ref"></a>

<http://ezinecheck.com/checked.gif>