





You need to get out of that mode of thinking right now. This moment.

Do you want to know why? Because as long as you can complete that sentence, you're giving yourself an excuse for not being happy right now. You're postponing your happiness until certain conditions are met.

And here's the thing: Happiness doesn't need conditions, it just needs acceptance.

Let's say that you said, "I know I will be happy when I'm rich."

Take a good long look at that and understand how foolish that statement is. You're telling yourself that you're going to hold off on being happy UNTIL you're rich – and what happens if you're not ever going to be rich?

Does that mean you're never going to be happy??

Wow. What a bummer.

Instead of telling yourself, "I know I will be happy when I'm rich," why not find something that you can do right now – today – and give yourself permission to be happy?

"I know I will be happy when I take a nice long bath."

"I will be happy when I get the lawn mowed."

"I know I will be happy when I take a walk around the block"

"I will be happy when I give my sweetie a hug."

I believe one of the most important keys to happiness is that you need to appreciate things that exist *in this moment*. Forget about looking down the road, forget about planning for happiness when certain conditions are met – instead, find ways to grab happiness today, even if it's only for a fleeting moment.

A little happiness today and a little happiness tomorrow and before you know it, there's a whole lot of happiness happening in your life.

### **Do This For Yourself!**

Go back and review the things you wrote down to complete the "I know I'll be happy when ..." sentence. Then look at each one of those and ask, "Does my decision to be happy really have to be dependent on that?"

What about letting go of When... and If... and giving yourself permission to be happy right now?

Pull your shoulders back, bring your chin up, take in a big breath, pull yourself into center and say, "you know what? I can be content right now, even if it's for one second."

It's okay. Give yourself permission. And you do that by letting go of the stress of the future needing to provide a certain condition or outcome for you. Don't postpone happiness.





Happiness is not the destination – it's the way we make the journey.

~~~~~

If you'd like to download a 1-page summary of the 13 Principles of Happiness as a reference, you can do so right now: <http://www.theexecutivehappinesscoach.com/happiness/philosophies.cfm>

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

## II. A NEW HAPPINESS TOOL!

I'm constantly writing and speaking about the many decisions and intentional actions that can increase one's experience of happiness and positive emotion. Clients and readers often ask, "where do you get this stuff?" Well, from all over – my training, research, and reading.

I'm really excited to announce that I've pulled all my research together into a personal assessment tool called [The Happiness Audit](#).

[The Happiness Audit](#) will increase your awareness of the personal practices and beliefs that impact living a happy life – and how well you are living those today! You will review ten dimensions of happiness and consider how balanced you are in your life approach. If you want to increase your level of happiness, this tool will help you identify actions and ideas that will create more POSITIVE in your life and work!

Want to test drive it? Go to my home page, [www.TheExecutiveHappinessCoach.com](http://www.TheExecutiveHappinessCoach.com) to order this assessment. And let me know what you think!

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

## III. IN THE WORKPLACE: APPRECIATE TODAY'S OUTCOMES TODAY

If I wanted to, I could probably work full time consulting to companies seeking to build the "perfect" performance management system. While some workplace Best Practices are nearly universal (e.g. written job descriptions, dress appropriate for work, smile when you answer the phone, etc), there exists no single "best" process for documenting performance and/or developmental feedback to people.

Performance management processes vary widely, and depend much on the culture of the organization. Some favor simple checklists, others free-form narratives. Some cultures promote monthly dialogue, while others revere the annual performance appraisal "event," and still others eschew all documentation.

Regardless of the formal System, however, I typically find a continuum of leadership behavior – from those who speak to their staff only when failure is imminent, to those who speak regularly with their team members.

Guess which ones consistently get the most from their teams over the long haul?

Yep – we all know the (uncomfortable?) truth. Frequency of conversation about performance correlates very much with team cohesiveness, performance, and employee engagement.

Still, I frequently encounter managers who cling to a sort of 19<sup>th</sup> century belief that goes something like this: "If I praise them too much, they'll lose their motivation and get lazy."







<mailto:Jim@TheExecutiveHappinessCoach.com>

\*\*\*\*\*

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

\*\*\*\*\*

Copyright (c) 2007, All Rights Reserved. Reproduction for publication is encouraged, with the following attribution: "From *HAPPINESS @THESPEEDOFLIFE*, by Jim Smith, *The Executive Happiness Coach™*, 440-885-3247 or [www.TheExecutiveHappinessCoach.com](http://www.TheExecutiveHappinessCoach.com)" If you choose to do otherwise, I will be very unhappy :(