



We all know that boosting our mood has a significant power over how our life plays out. When we feel good things just go our way. We get into the flow of life and everything becomes easy, but when we fuss and worry it seems lots of other things start to go wrong too. This is the power of Law of Attraction: Feel good, attract more good things. Feel bad, attract more things to fuss and worry about.

Recent research in brain science and Neuroplasticity has shown that changing the way we think and feel has a significant effects, not just in our life, but on our body and health.

**Teacher of Deliberate Creation Karen Swain** reveals her 10 top tips to finding lasting happiness.

Being unhappy is more about what we think than what's happening to us. We could be in the most luxurious circumstances and still find things to fuss and complain about. Or in horrible circumstances and find things to love and appreciate.

Being HAPPY is a state of mind, as is being unhappy. It's a goal most of us strive to achieve on a moment to moment basis. Achieving happiness takes powerful focusing skills in this time of information overload, as life is determined to show us every aspect of despair. When you ask people what they want most out of life they will say; '**I want to be happy.**'

Here are some of the best ways I know to evoke more happiness in our life.

## 1 Self Appreciation



Much of the time we feel bad is because we are beating up on ourselves. It seems to be a common pastime for many to be overly self critical and judgemental. This can be reflected in how we criticise and judge others.

Is there someone in your life who can't do anything right? This is a sign you are being too hard on yourself or feeling like you can't get what you want and so you're projecting this onto another poor unsuspecting soul in an effort to feel better. There is a better way to feeling better!

Self FORGIVENESS is the first step to finding self Appreciation and Happiness. Do you spend a lot of time trying to fix your weaknesses?

Happy people accept they can't be great at everything and find ways to appreciate their weaknesses while putting their attention on what works for them. They are good at making the most of what they are great at!

Start by remembering the things you have achieved and what you are good at. Write down your past achievements, who you have helped and how you have made a difference in your life and the lives of others.

If this is too hard, just find things you like about yourself and keep writing until you move up the emotional scale and find a place of self Appreciation and LOVE.

**“Happy people focus more on what they have and less on what they don’t.**

**Start a Self-Appreciation Journal and write in it at least twice a day five things you like about you. This will help you create a habit of positive thinking which in turn will change your life!**

## 2 Gratitude and Appreciation of Others

Now you have cleaned up your thoughts about yourself it's time to turn your attention to others.

Who do you love and why?  
What do you love and why?

**Forgiveness of others is the most powerful way of finding your Joy again.**

You may feel justified in hating or criticising the ones you think have hurt you, but this is no way to find your happy.

**Finding forgiveness is powerful and finding ways to appreciate people you don't like, is even more *Powerful* !**



People who have crossed or hurt you can create some of the most positive impacts in your life. Often called the catalyst, they serve as a way for you to summon all your will power and strength to prove them wrong. You set out on a journey to achieve greatness in the face of their wrath or negative judgements. And this journey will greatly enhance your life. It will show you strengths and talents you may never have discovered about yourself had you not set forth to overcome your perceived faults and limitations.

**You can find a way to appreciate your enemies? Without them you may never had set forth to seize and conquer your limiting ideas about yourself and achieve your dreams!**

### 3 Question your stressful thoughts



The only reason we ever feel bad is because we believe our stressful thoughts.

**Imagine who you would be if you didn't believe your stressful thinking?**

OK something terrible might have happened, but how long are you going to suffer before you start to turn around your thinking and focus?

Some people never achieve this, making a terrible incident the reason they can never feel good again.

I believe no matter what happens to us in life, we all want to feel good and achieve our dreams, and the

drama we live can be the very thing that points out just how much we want it. Our problems can have the affect of strengthening our resolve to overcome. Movie makers call it 'The Hero's Journey.'

When we experience something bad we always give birth to strong desire to make it better and to feel good again, and our attempts to fulfil this takes us on a mind expanding journey of courage, strength and insight.

Here is one of the best ways I know how to debunk a stressful thought:

When you feel bad, turn your attention to what you are thinking. As you pinpoint this thought... ie: I can't feel good because this person is being... saying... behaving... or because this is happening to me...

Then ASK yourself this question... **IS IT TRUE? Can I absolutely know this is true?**

When we question our stressful thinking, the hold it has over our mood starts to shake and cracks begin to form in the structure of the lie.

You will find that NONE of your stressful thinking is true when you explore this further.

Once you have found the thought that is stressing you out, turn it around to find the opposite of it and look for reasons why your better feeling thought is true.

eg: I can't feel good because.... (Turn it around) I CAN feel good because.....

Then find at least five reasons why the better thought is true.

This may take some digging but it's well worth the effort and when you repeat this with all your stressful thoughts, you will get into a habit of thinking better thoughts. Try it and see how amazing you can feel.

This also helps you adopt a more hopeful and optimistic attitude towards your life.

For more help turning your negative thoughts around **contact KAren here**

## 4 Let yourself OFF the hook

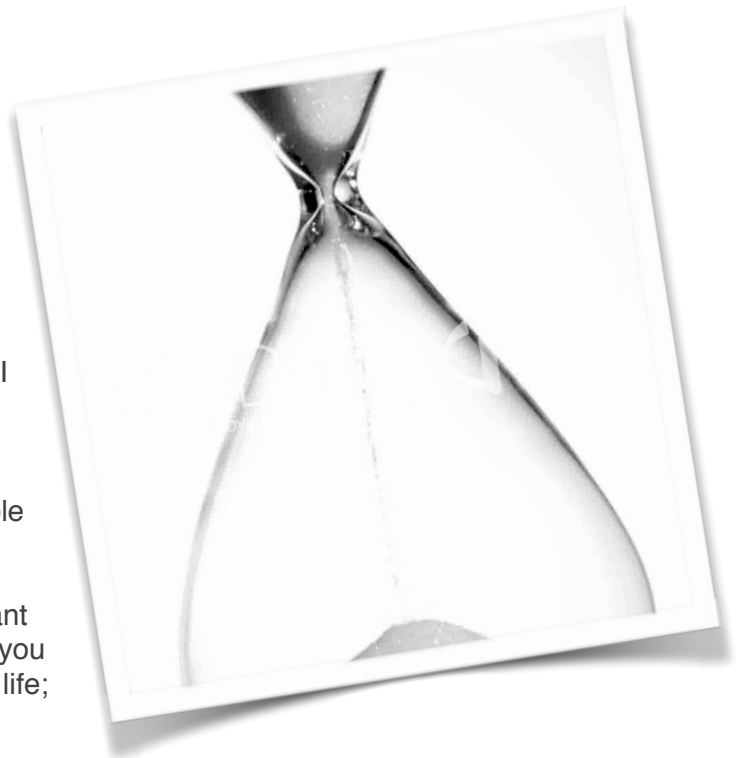
So you haven't achieved all you want yet!  
Did you set a time frame for this? When did  
life become a race to get to the end?

This time schedule we give ourselves can be  
the reason why so many of us feel unworthy.

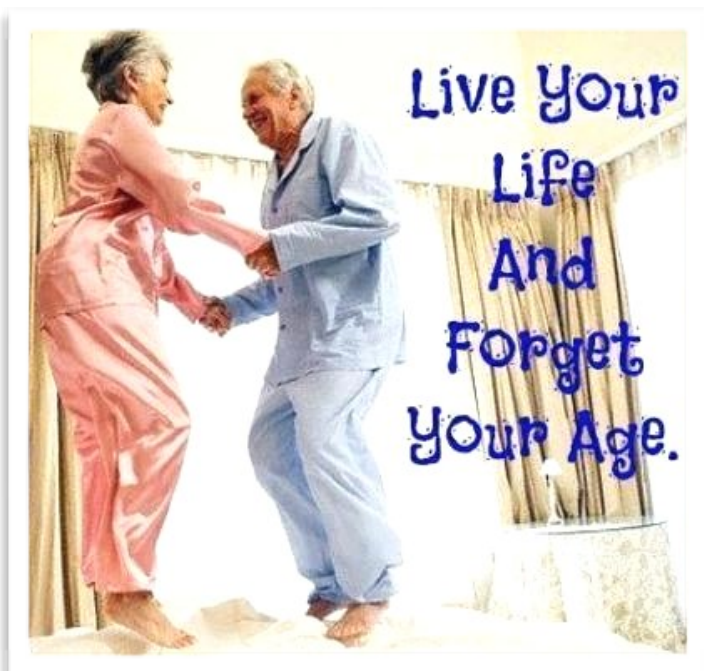
I haven't made the money I want, lost the weight  
I want, got the house, the job, the enlightenment I  
want ... and on and on.

We live in a world where people of all ages have  
smashed paradigms and norms of what is possible  
and achieved AMAZING things at any age.

Relax you have plenty of time to get what you want  
and by doing the exercises set out in this article, you  
will achieve the most important thing you want in life;  
**To Feel Good.**



## 5 Forget about your Age



What are you telling yourself about your  
age. I'm too young, not old enough, too  
old?

This obsession with age is something that  
freaks out many people. Again age has  
nothing to do with feeling good.

Being Happy and living a fulfilling life is  
achievable at ANY AGE!

It's just another story you are telling  
yourself which can become a form of self  
punishment and ridicule. When you master  
step one, this type of thinking starts to  
subside.

**LOVE yourself at any age.**



## 6 Help others

Pleasure is important but so is purpose. The Best way to feel good and create a sense of purpose in your life is to help others feel good.

The fact is, what we do for another we do for ourselves. In truth we are all one energy, one humanity and one heart.

When we take our focus off what we haven't achieved and extend our energy out into the world to include helping others get what they want, this can be just about the best feeling we can muster standing up!

Living a meaningful life is always about how we help another.

### **What can you do to help others?**

Engage in activities that are meaningful to you and others and you'll reap the reward of a fulfilling life. You will also build positive lasting relationships too.

**This also helps you find things to write about in your Self Appreciation Journal.**



## 7 Meditation

Our true nature is derived from a stream of Pure Positive Energy, but when we believe our stressful thoughts it can be really hard to find happy thoughts again.

Meditation is one of the most powerful ways to lift our mood. This is because meditation helps us slow or cease our thoughts, and when we stop thinking in a stressful way, we naturally raise back to our default nature of feeling good.

You will find the better you become at meditation, the less sleep you will need and the more energy you will have. Not to mention you will gain a habit of feeling good.

### **Meditation will reset your emotional set point to a higher frequency**

This will take some practise if you have never meditated and have a habit of stressful thinking. But as we pointed out previously, you have plenty of time to practise and you understand the power of feeling good.  
**Meditation is a game changer!**



**ALL YOUR POWER IS IN THIS MOMENT**

## 8 Spend time in nature



Have you noticed the trees and the ocean don't stress out too much. Get amongst it and tune in, you will find your bliss again.

Like we mentioned before, life is created from a stream of pure positive energy, but when we are believing our stressful thinking we can't see this even though it's all around us.

We obsess about what we have't got or can't have, and yet we are blessed in so many ways.

This magnificent world has been created for our benefit and enjoyment and it is all around us.

Love and Grace is etched in every leaf and drop of water we find in nature. Drink it in and

immerse yourself in the beauty of nature and you will find your positive flow again.

## 9 Pat the cat, hug a dog!

I recently looked after my daughters dog Marley, a beautiful blond husky. When I took him on walks people everywhere came up to pat and love him.

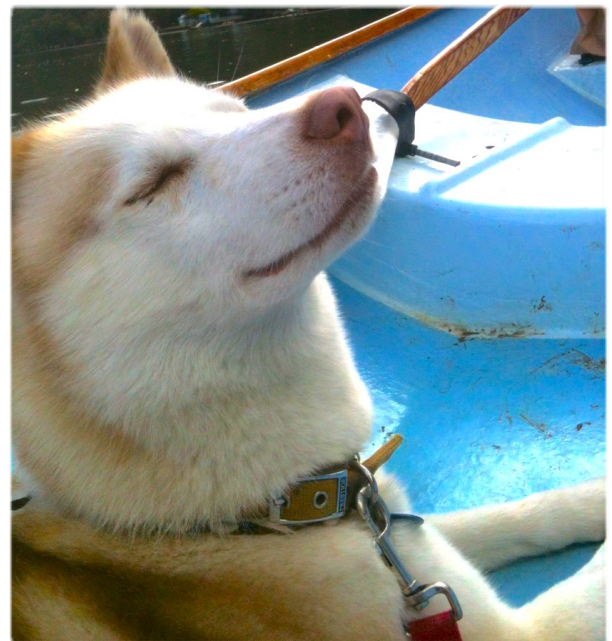
I have never seen so many happy people approach me before. Walking a dog can turn into a love fest! I highly recommend it.

Animals provide so much Love and Joy. Find time to be with animals as much as you can. If you don't have animals in your life, go out and pat a strangers dog, or go to a friends place who has a cat to curl up on the lounge with.

They will show you the way back home to feeling good.

or

You can also watch funny animal videos on line!



## 10 Have FUN and Move more



Research has found that regular exercise is one of the best ways to increase levels of endorphins, mood enhancing hormones, in our body.

This is one of the easiest and most powerful anti-depressants and mood-boosters available. But if you are doing an exercise you don't like for the benefit of your fitness or weight loss, this can be counter productive to feeling good. It just becomes one more thing on your list of have to do, to get what you want.

### Find something you Love to do!

Dance, swim, play games, go on a treasure hunt, chase the dog or a friend around the park. The more you like it, the more you'll find you want to do it.

**“We don't stop playing because we get old  
We get old because we stop playing!”**

There's no doubt happy people think about the world in fundamentally different ways. They actively look for the positive, the beautiful and the fun and plan for positive events in the future.

You can never get it wrong and you will never get it all done, so RELAX and ENJOY this magnificent ride called life. It's not a race to be won. Life is a place we can love more, explore more and enjoy more.

The happier you are, the more you will attract all you need and desire. Opportunities will fall in your lap and people will wonder why you are so blessed...

**Feel Good and you will Attract Good. This is the nature of Law of Attraction.**

**HAVE FUN.**

**Karen Swain**

**Teacher of Deliberate Creation.**

**Life is a Journey of Infinite Possibility**

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If you would like to know more, or need some help finding your way back to Bliss. Contact KAreN here @ [www.karenswain.com](http://www.karenswain.com)



karenswain.com  
Deliberate Creation



**Worry less**

**Smile more**



It's Time  
to Live  
your  
HAPPY  
Life