

# **B R I G H T E R L I F E**

## **COACHING & COUNSELLING SPECIALISTS**

**FEBRUARY 12**

### **FREE NEWSLETTER**

Hi everyone, welcome to the Brighter Life February Newsletter.

One of the main reasons people come to see me is because they are unsatisfied in some area of their lives. Most people could use a boost in their happiness levels, but few know the secrets to achieve this over the long-term. The key to the pursuit of happiness is often counterintuitive so I hope the information in today's letter sets you on the right path to achieving your best life.

***'Just think how happy you would be if you lost everything you have right now, and then got it back again'.***

*Frances Rodman*

***'The more you recognize and express gratitude for the things you have, the more things you will have to express gratitude for'.***

*Zig Ziglar*

***'Gratitude turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.'***

*Frances Rodman*

### **ATTITUDE OF GRATITUDE**

Over the last month the electricity was lost on our street for a few hours and our boiler broke down. The loss of electricity used to happen frequently in my childhood and it brought back many wonderful memories of candlelit suppers and the spooky exploits of us children finding our way around the black dark house. It also made me aware of how much I now take for granted. I went to make a cup of tea and cook dinner and remembered I couldn't. I went to wash my hands in warm water and the tap ran cold. I came in from the cold wanting to sink into a warm bath only to find the boiler was not working. These things I am so reliant on suddenly rose in importance and I realised how lucky I was to have what I already have.

There are two steps to lasting happiness, having what you want and wanting what you have.

The first can take some time to achieve, firstly we must find out what it is we truly do want, then we must achieve our want and determine if bringing this desire into our lives makes us truly happy over the long-term.

I often hear people say that they know they will be happy as soon as they achieve x, y or z. When they get x, y or z however they find that they are not satisfied, the thing that was supposed to make them truly happy has not.

So what is going wrong? Firstly we need to determine what makes us genuinely happy. Finding out what we really want in our lives can be a difficult task fraught with trial and error. We might not want what we have thought we wanted for our entire lives. Often our wants have been formed based on what society has told us we SHOULD want. Often we just go from one goal achievement to the next, instead of recognising that this process does not bring lasting happiness, we simply look for the next, bigger, brighter or more exciting acquisition we can think of, in the hope that this will make us happy.

When I take someone through the process of identifying their true wants and identifying the skills and resources they need to get those wants, the question I most frequently hear is; 'that's the hard work done then, now I can be happy right?' My answer is, maybe.

The truth is we can find out what we want and get it, but if we are not in the right state of mind to appreciate it we will likely let it slip through our fingers. The final part of the puzzle, the secret known to all those who enjoy lasting happiness is that we need to be in a state of being where we are focussed on gratitude and thankfulness. Wait for a moment before you dismiss this idea with all the negative beliefs that usually come up when these words are mentioned:

*'GRATEFUL, are you serious? I'll be grateful when I'm happy, I'm not happy so how can you expect me to be grateful? My life is pretty rubbish or I wouldn't be here asking for help, and you want me to be thankful?'*

My answer is, yes, yes I do.

You see knowing what we want is one thing, but wanting what we have is what makes us happy. Our brains are designed to look at what we are lacking, once we get what we want we immediately look for what is still missing, barely recognising what we have already achieved. This is the wisdom behind quotes and proverbs such as this:

*Take time to stop and smell the roses - proverb*

The catch is that it is only when we are appreciative that we can bathe in happiness and when we are happy we make better decisions about what to remove from and bring into our lives to create further happiness. The happier we are, the more happiness we can create and the happier will be, sums it up simply.

Increase your appreciation, gratitude and thankfulness today with the following exercise:

The quote above about losing everything gives a perspective change on the whole of our experience. Imagine now for a moment losing everything you have, your loved ones, your health, your home or place to stay, your car, your job. What would life be

like with nobody around? What would life be like without your health? With nowhere to stay? Without a job, your experience, your skills or education? Now imagine someone is able to give these things back to you one by one. Which do you bring back first, second, third, fourth etc. What do you have now that you already value? How great would it feel to get back just the things in your life that you have right now? The life that is apparently making you so unhappy?

We take so much for granted, and yet it is in smelling the roses and appreciating what we already have that we find true happiness. What can you be grateful for today?

**PLEASE VISIT OUR SITE <http://liveabrighterlife.googlepages.com> FOR LOTS MORE INFORMATION. WE HAVE A SHOP ON OUR SITE, WITH A NUMBER OF PRODUCTS INCLUDING WORKSHOPS AND POWERFUL QUESTION AND QUOTE CARDS THAT WILL INSPIRE NEW INSIGHTS.**

I hope you have enjoyed your free newsletter, please let us know if you have any great life happiness tips of your own you would like to share.

Be well, I look forward to hearing from you.

Best wishes,

Sasha.