



## HAPPINESS VS PLEASURE

### What does happiness mean to you?

Are you happy with your life right now and, if not, then what do you think will enable your happiness?

Without recognising it, many of us sail through life pursuing the possessions and experiences that we think will make us happy – a new car, house or job or short-lived pleasures like a favourite tittle on a night out.

But when we are successful in achieving that new car or whatever we were coveting, the brain just changes the goalposts, and we find ourselves on a constant treadmill of wanting more in the belief that it will bring happiness.

Of course, it is important to have goals and desires in life however this can often mean that we are never present in the 'now' – so many of our 'deadlines' are self-imposed, and we are missing the opportunity to appreciate what is in our lives at any given moment.

If you can raise your level of positivity in the present, then you have a 'happiness advantage' and this is when your brain performs at its best.



**If you don't stop and look around, you might miss it!**

**Wake up and smell the flowers!**

**Life isn't a dress rehearsal!**





Seemingly flippant phrases that are all too true. The sad fact is that most of us are busy racing through life on autopilot and missing out on the opportunities and the sheer **wonder of NOW**—and that impacts those around us too.

You've no doubt heard of **Mindfulness** and perhaps dismissed it as a fad? But actually, the simple state of **being 'present'** and training yourself to think differently is a challenge that is worth sticking with. Taking some pointers from those who **consciously practice** Mindfulness can **change our mental state** for the positive. What have you got to lose?

## TRAIN YOUR BRAIN

*Encouraging your brain to become more positive doesn't take a lot of time however it does take **commitment** and a **willingness** to change.*

*Try these exercises for two minutes a day for **21 consecutive days** to help you to trade expectation for contentment now.*

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- 1 THINK** of three new things daily that you are grateful for. This could be as simple as the smile you got from a colleague or the sun on your face.
  - 2 WRITE** them down. Just take note of the positives so you can re-live those feelings..
  - 3 RANDOM** acts of kindness – perhaps thank someone for something they did, smile at a stranger.
  - 4 CHANGE** what you think and say from negative to positive – 'Don't be late' becomes 'Please be early.'

## MINDFUL CHOICES

Make today the day where you stop thinking of what you haven't done or have yet to do.

Worrying doesn't stop the negative things that you cannot control from happening, but it does stop you enjoying the good stuff.

**When your mind is full, be mindful.**