



No Condition is Permanent

How To Live A Joyful & Happy Life

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4 Basic Premises



1 There's Goodness In Everyone

Premise Number

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I'm Here
For You!

Premise Number

3 You Want To Be Here

Premise Number

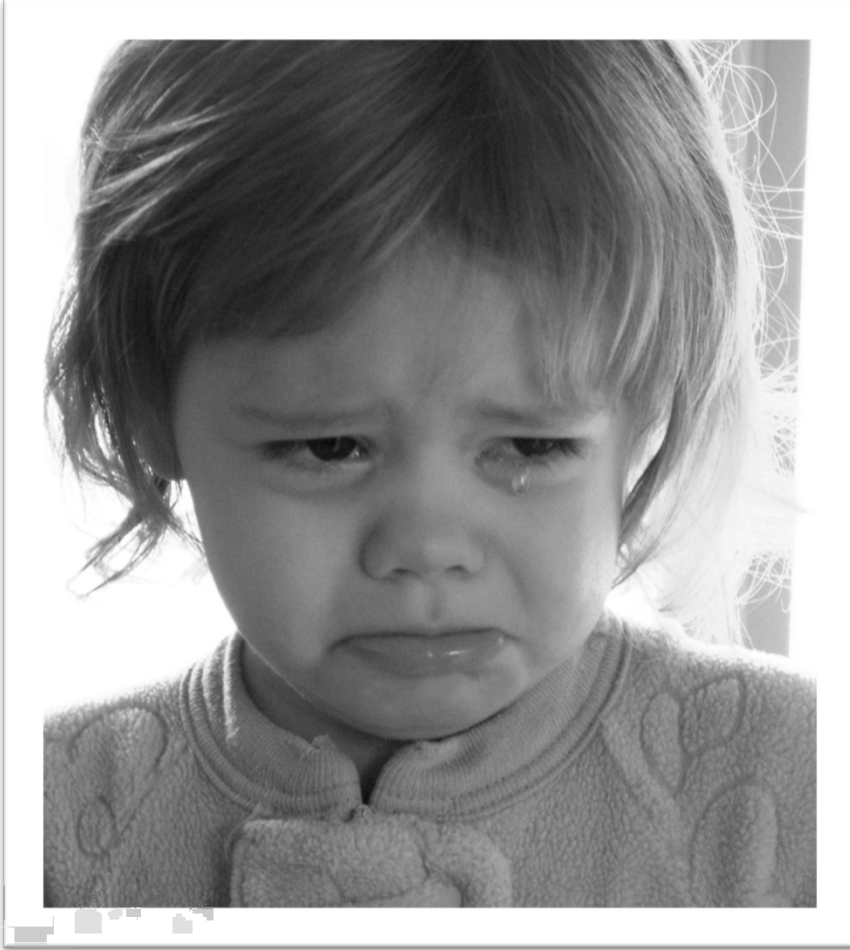
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You
Already
Know

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Victims!





**We are
not
victims**



**It's not
happening to
you. It's
happening
because of you.**

Victims never take action to change their situations.



Embrace your struggles

Press on! That's how you build
character and strength!



Learn To Make The Uncomfortable Comfortable

"That which does not kill us makes us stronger." - Friedrich Nietzsche



A Life Of Resignation Is Not A Powerful Life.

Don't just walk away. Commit
to finding a solution.

Communicate Instead Of Assuming



You'd be surprised to see how you can solve your issues with constant communication.

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Happiness





Never Outsource Your Emotions

Never be a puppet in the hands of others. Take charge of your emotions.

WHAT

**Are You Waiting
For To Be
Happy?**

WHO

Are You Waiting For To Be Happy?



You Are The One You've Been Waiting For!

The Holy Book tells us..
Greater is he that is in you
than he that is in the world



Your Hidden Identity

Your body is only a package. This statue was inside a rough rock or boulder

The Cause Of Unhappiness Is When We Keep Comparing







2015 Volkswagen Beetle Convertible



The Lamborghini Aventador





The Lover Boy!



Engage In Your Bliss

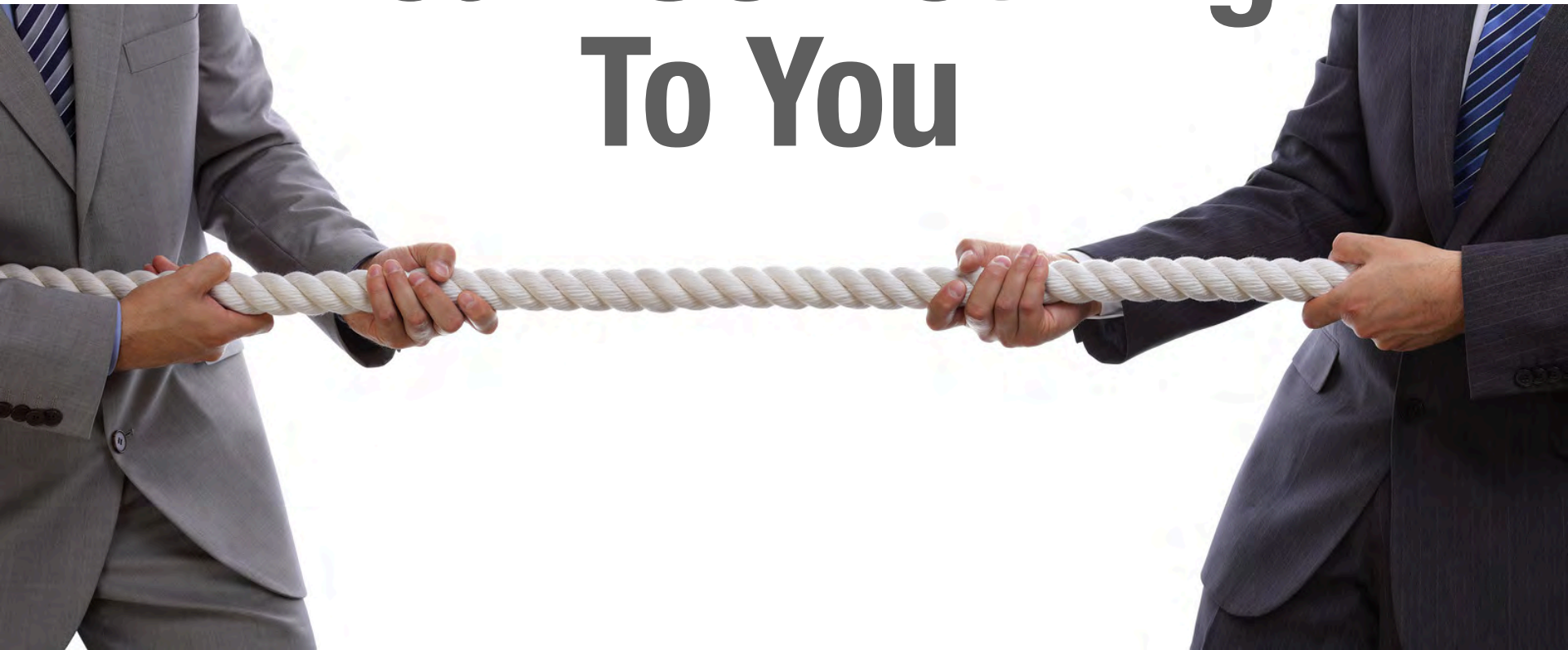


Dr. Andrew Bries



Listen To Uplifting Songs

Make Things Mean Something To You





Be Here Now

Number of Crashes, by Crash Type

Crash Type	2012	2013	Change	% Change
Fatal Crashes	31,006	30,057	-949	-3.1%
Non-Fatal Crashes	5,584,000	5,657,000	+73,000	+1.3%
Injury Crashes	1,634,000	1,591,000	-43,000	-2.6%
Property Damage Only	3,950,000	4,066,000	+116,000	+2.9%
Total Crashes	5,615,000	5,687,000	+72,000	+1.3%

Source: FARS 2012 (Final), 2013 (ARF), NASS GES 2012, 2013

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How To Become An Irresistibly Magnetic Person



Be A Bee



“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

-Maya Angelou

Story Power

Ask Questions And Listen



Your Environment

**The People Around
You Will Have An
Impact On How You
Feel, Think & Behave.**

Mirror Neurons



Surround Yourself With Positive Triggers

I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS.

o o
People like being around me
I say YES to life
I was born with potential
o

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Intention & Focus



Can You See The Man In The Coffee?





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Breaking Bad Habits

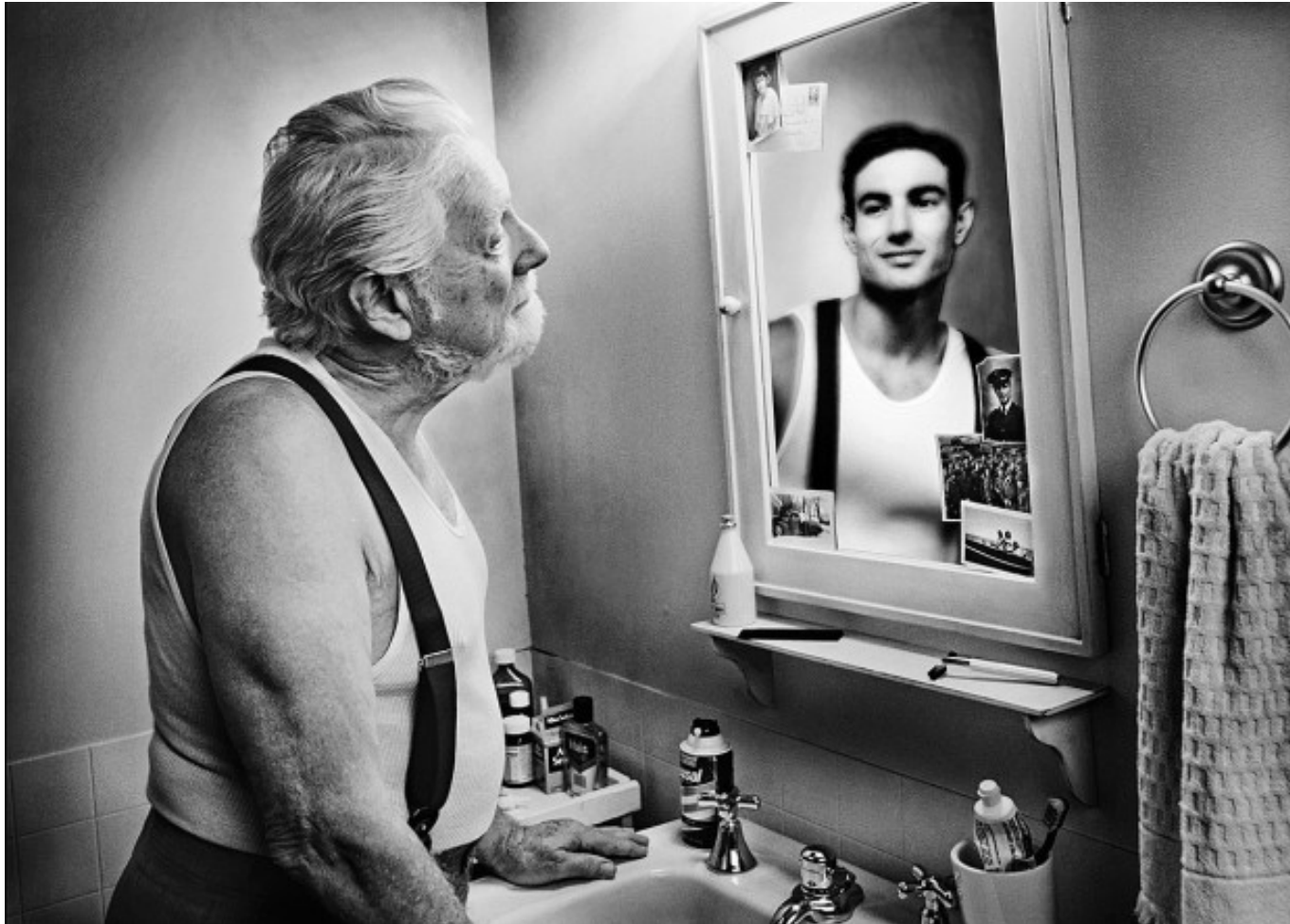


“We are what we
repeatedly do.
Excellence then is not
an act, but a habit.”
-Aristotle

Start Small

Focus On The Rewards

Note To Future Self



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7 Ways To Resolve Any Conflict



1 Frame The Positive We Want

**I asked you 10
thousand times.
You've done
nothing. It irritates
me when you do
that.**

I feel like we both want to improve this relationship. We want to enjoy life. We can solve this.

2 Describe The Obvious You Observe

We've been trying to solve this for the last two years. We took vacations together. We went to counseling. What we both experienced....

3 Share The Feeling Without Blaming Or Attacking

We both feel like robots.
We feel overwhelmed. I
come home and the
floor is not vacuumed. I
feel frustrated. You feel
I'm abusing you.

4 Ask For Their Perspective

**How do you see
it? What did you
observe
throughout this
process?**

5 Use Benefit Extensions

Honey, if we find a solution, we both will be happy. And Johnny would feel happy and perform better in school.

6 Enroll Them To Help You Create The Solutions

Make them feel like they have a stake in the solution. “If we did this or that, do you think we might be able to X”

7 Express Your Sincere Appreciation

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