

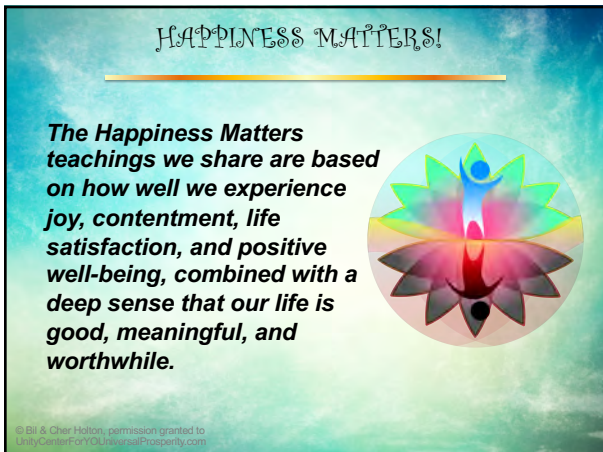
Happiness Matters!



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Happiness Matters!

HAPPINESS MATTERS!

Believe it or not, what you *think* about an event and how you respond to that event, are every bit as important as the actual event itself, and in some respects perhaps more important.




See each event you experience as *information*.
Let your *outformation* be joyful and happy.

(excerpt, How to Achieve YOUniversal Prosperity, pg. 93)

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(excerpt, How to Achieve YOUniversal Prosperity, pg. 96)

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HAPPINESS MATTERS!

Dial back your news consumption. Take a national news detox for a couple of news cycles or even a few days. Over-loading yourself with unpleasant, toxic and irritating news can sadden you, deplete your energy, and keep you angry and upset. Don't let a world that's gone bonkers do that to you.



(excerpt, How to Achieve YOUniversal Prosperity, pg. 94)

We don't want you to suffer from what we call **PTNCD** (Post Traumatic News Cycle Discomfort).

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Happiness Matters!

HAPPINESS MATTERS!

Engineer a 'dose' of this happiness cocktail every chance you get!

DOPAMINE (Feel pleasure, satisfaction, & motivation)

OXYTOCIN (Triggers empathy, trust, intimacy, & sociability)

SEROTONIN (Boosts your mood, enjoyment, confidence)

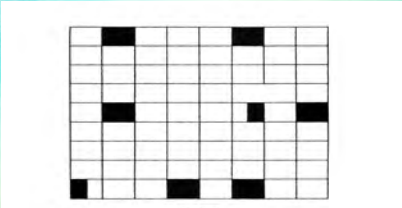
ENDORPHINS (Help you 'power through' challenges, pain, discomfort, boosts optimistic spirit)

(excerpt, How to Achieve YOUiversal Prosperity, pg. 95)

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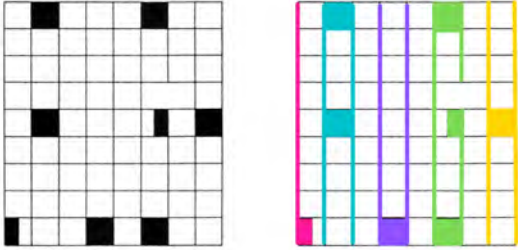
HAPPINESS MATTERS!



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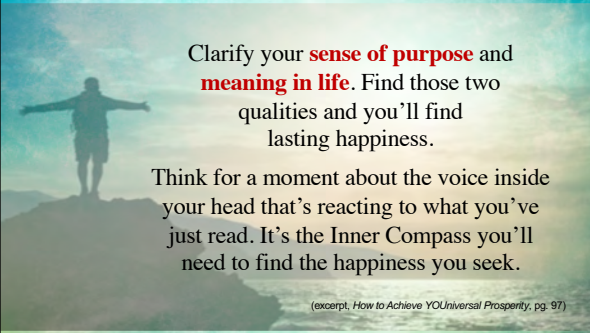
HAPPINESS MATTERS!

Clarify your **sense of purpose** and **meaning in life**. Find those two qualities and you'll find lasting happiness.

Think for a moment about the voice inside your head that's reacting to what you've just read. It's the Inner Compass you'll need to find the happiness you seek.

(excerpt, How to Achieve YOUiversal Prosperity, pg. 97)

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HAPPINESS MATTERS!

"IF I WERE TO BE GIVEN THE OPPORTUNITY TO PRESENT A GIFT TO THE NEXT GENERATION IT WOULD BE THE ABILITY FOR EACH INDIVIDUAL TO LEARN TO LAUGH AT HIMSELF."

-CHARLES M. SCHULZ



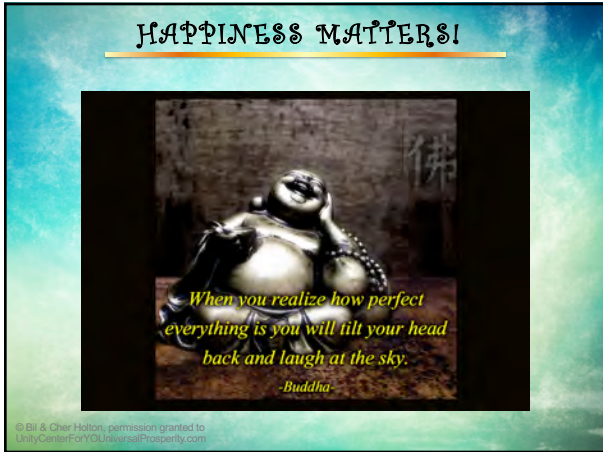
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HAPPINESS MATTERS!

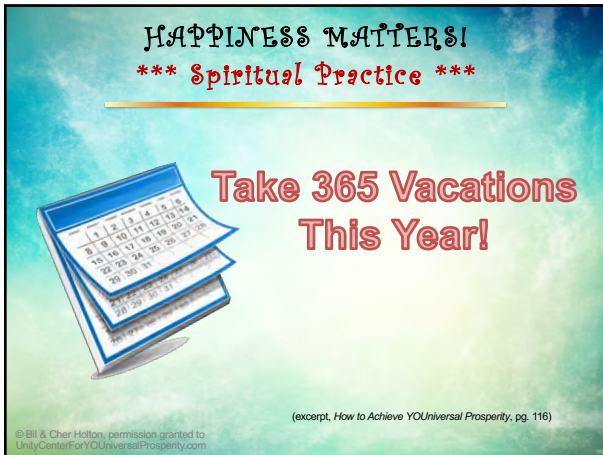


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Happiness Matters!



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