



7. Actions of Happy People

There are key differences between those who are happy in life, and those who are not. Here are seven actions that you can take to create a content and happy life for yourself.

1. Love and Accept themselves.

Happy people are comfortable with who they are. They understand they are not perfect. They make bad decisions sometimes. But they take responsibility and move on, learning from the mistake and knowing that they have grown from the experience. Happy people operate under the mantra: "after all, everything works out in the end if you trust yourself."

2. Act Intentionally.

Happy people are very aware of their feelings and emotions. They act intentionally to surround themselves with positive emotions. They also avoid negative people and circumstances, if possible. They act with purpose, knowing the consequences of their behaviour.

Actions 3, 4, and 5 all relate.

3. Don't have "Shoulds."

They know that "shoulds" contaminate life.

4. Leave Negativity Behind.

5. Make an Effort to Enjoy Life Experiences.

Many of us are so used to being negative, and are surrounded by negativity, that even joyful experiences turn into chores. We need to eliminate the "shoulds" and make room for good things in life. *It's hard to get excited for Christmas if you're spending all of your time and money because you "should."* Save that time and money for what really matters to you. Now, no "shoulds" doesn't mean you get to avoid all things you don't want to do. Some things still have to be done, but change your perspective on those things. *Don't volunteer because you should; do it because you get a great sense of personal fulfillment and satisfaction from doing so.*

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Don't do the dishes because you should; do it because you have pride in your home and have a tidy, organized space allows you to focus on more important things.

6. Make Peace with the Imperfection of Others.

Because happy people love themselves, and understand that they're not perfect, they are better able to empathize with another's imperfect behaviour. Sometimes people we love spill things, are late, and forget to pick up milk. This happens in life and there is no point in getting stressed over it. Move on. However, don't confuse this with tolerating purposeful bad behaviour. If someone continually is late, always complains, doesn't respect you, and you don't feel good about them being around, ever, you might want to consider ending this toxic relationship. Or at least spend less time with them.

7. Have a Plan, but are Flexible.

Happy people have goals and ambitions. They have a plan laid out for their life. They put effort into getting results, but they understand that not everything goes as planned. Have flexibility and tolerance for when things go wrong. Remember, "everything works out in the end."

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Kimberly's passion is to work with women who are ready to identify and eliminate their resistance to living greatly. She teaches women to listen to their intuitions, cast out self doubt and have the courage to be authentic. An advocate of life long learning and personal growth, Kimberly's personal philosophy is "Be True to yourself: Be Authentic!"

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