



# Transcript: The Art of Being Happy: Strategies for a Life Filled with Joy

**Intro:** Get ready to be inspired, motivated, and empowered. Welcome to the Whole, Happy, Successful where we will talk about positivity, mindset, and different tactics and strategies to be more happy and successful. I'm your host, Behnaz Vala, and I'm on a mission to help as many people as possible to be more successful through a positive mindset. Whether you're looking to improve your career, strengthen your relationships, or find more happiness and fulfillment in your life, you'll find the guidance and inspiration you need right here. Join me in this fascinating journey and become more whole, happy, and successful. WELCOME TO THE BEAUTIFUL WORLD OF THE POWER OF MIND AND POSITIVE THINKING. LET'S START OUR JOURNEY TOGETHER.

## **Behnaz:**

Sometimes we make dramatic plans that are expected to bring happiness into our lives, a vacation, graduation, or wedding.

But the simple pleasures in life are what we can count on to give us continuous joy. When we appreciate and enjoy the simple things, the gratitude we feel will extend to other areas as well. Here are some of the simple pleasures that are worth making an effort to experience often.

## **Freshly Cut Grass**

Freshly cut grass is enjoyable in every way. The smell and feel of it under your bare feet are fresh, and invigorate the senses. Try to experience this at least a few times each year, as the weather allows it.

## **Giving and Receiving Smiles**

What a better way to experience a simple pleasure for free? Give smiles not only to your friends, but also to random strangers you pass on the street. You will be amazed at how good it feels to see first the surprise of others, and then their own smile in return.

## **The Endorphin Rush after Working Out**

When you work out in a strenuous manner, you will get an endorphin rush as a reward. These natural, feel-good chemicals are sure to brighten your day. Work out in the morning in order to use this endorphin rush to help you be especially productive throughout the rest of your day.

## **Enjoying Your Favorite Food**

Even if your favorite food is not especially healthy, allow yourself to have it every now and then. The feeling of your much-loved food will bring you a little boost of pleasure. Studies have shown that if you refrain from a particular food for a certain time, it will be even more enjoyable the next time you try it, so use this trick to make your favorite meal taste even better than usual.

## **Hot Cup of Coffee or Tea**

Some of us survive on our daily coffee or tea. Even when it is a daily habit, it can bring much joy. As you sip on your beverage of choice, take some quiet time to enjoy every bit.

## **Making Snow Angels**

This is not only for kids. Put on some warm clothes and simply fall into the snow. Feeling silly about this will not ruin the experience, just embrace the feeling of innocent fun that making snow angels can bring.

## **Laughing until It Hurts**

Laughter is like medicine. Everyone should have an opportunity to laugh until it hurts at least once a day. Whether it is with a friend who could write comedy, or watching a good movie, take some time to laugh away your stress.

## **Getting a Massage**

Ah, I love this one. If you have never had a massage, give it a try. This hour of total relaxation will make your troubles feel as though they are melting away.

## **Walking in the Rain**

Walking in the rain is one of life's amazing simple pleasures. Dress warm, and go outside with or without an umbrella. Let the rain splash over your face as you stroll along, and be sure to jump in at least one puddle for old time's sake.

Expensive fun is great, but can be hard to come by. Instead of waiting for your next vacation, indulge in one of these simple pleasures. By learning to appreciate the little things right next to you, you will find great fulfillment each and every day.

A desire to be happy is something that almost everyone has in common. But it is not always easy to create happiness, nor to decide whether you are happy once you feel you should be in this particular state of mind.

Every life will have ups and downs, and so it is helpful if we have a gauge by which to judge whether we have achieved happiness or not. These are the questions you can ask yourself to see how happy you are.

## **Do I Wake Up Excited about the Day?**

This is a reveling sign about your inner happiness. Do you wake up each morning ready to face the day, or do you feel anxious and fearful? It is

difficult to be happy if you are starting off each morning in a negative way.

### **Do I Look Forward to My Main Occupation?**

Whether you are working, attending school, or doing something else, you should feel a sense of anticipation when you think about being there. There are certain things we must do, like pay the rent, so your decision to work may not be an option. You do, however, have an option as to where you work. If you don't like it, change it.

### **Do I Enjoy the People I Spend Most of My Time With?**

The people you spend the majority of your time with are the people who will have the greatest influence on you. If they are bitter, discouraging, and lack motivation, chances are that you eventually will become the same type of person. If your friends are not uplifting, find new ones. Spend your extra time with those who will cause your life to be more joyful, and will help you create positive memories that will bring long-term happiness.

**There are many ways you can increase your happiness, and several tricks that don't require much preparation or effort. One of them is "Affirmations".**

Your words have power, and by repeating affirmations to yourself throughout your day, you will find that feeling happy begins to come naturally to you.

**Here are seven affirmations that, when repeated often, can change your life.**

### **I Am Amazing**

These three words can help prevent you from falling into a slump of self-hatred. So many individuals do not have respect for themselves and forget

that they are amazing, beautiful, and one of a kind. Repeat this affirmation often so the words will come to you when you need them the most.

### **I Am Grateful**

Gratefulness is a sure way to gain happiness. When you are grateful, you are making an effort to remind yourself of the good things in your life. In turn, this positive attitude attracts even more good things.

### **I Love Myself at All Times**

One of life's most important lessons is to love ourselves. If you feel as though you haven't quite gotten to a point of full self-love and respect, then repeat these words until you do. Say them when you are pleased with yourself, as well as when you are angry and disappointed in yourself.

### **I Am a Magnet to Good Things**

Believing that good things and positive situations are headed your way, will actually help them do so. Thinking of yourself as a magnet to everything that is amazing will draw those things to you. Your self-confidence and positive spirit attract what they put out, and you will see your life becoming enriched as you repeat this affirmation often.

### **I Attract Healthy People into My Life**

Even in the best circumstances, the wrong people will keep us from going far. Create a circle of friends who are hopeful and positive just as you are. Avoid drama, and repeat this affirmation to yourself when you are tempted to get sucked into someone's negative energy.

### **I Can Do Anything I Set My Mind To**

Believing in yourself and having confidence in what you can achieve will take you far. When you know that you can do anything you set your mind to, you

will find unlimited happiness in that knowledge. Speak these words when you are struggling to change your situation, and know that you have the power it takes to do so.

## **I Have a Purpose**

No matter how much money a person makes or how much they accomplish, life will feel pointless and void without a sense of purpose. There are plenty of books written on the subject that can help you analyze your life and find out what your specific purpose is.

Think about the things you love and are drawn to, and what gives you your greatest feeling of satisfaction. You have something special to offer the world, and this affirmation reminds you of that fact.

Our words hold much power, and affirmations are a great way to set us on the path to happiness. When you use your words to bring positive things into your life, you will find happiness. Repeat these affirmations and find out what a difference they will make for you.

Now, we have come to a very interesting question.

## **Are There Any Relations Between Personality and Happiness?**

It seems that some people are just happier than others. It's not always just the people who have easy lives, either. Those who are happy seem to have certain characteristics that other people lack.

One definite factor is personality type. How does it play into the matter of personal happiness? Here are a list of personality traits and how they affect your feeling of well-being.

### **1- Perfectionism**

Those personality types who lean towards perfectionism in relation to themselves and others, have a tendency to be less happy than those who are more accepting of various outcomes. Although a perfectionist will achieve

happiness in a job well done, it will be limited due to their immediate focus on the next big project.

When you learn to enjoy the process rather than holding yourself to a strict set of rules, your happiness will grow.

## **2- Dreaming**

Dreamers tend to be happy. Although dreamers can often lean towards procrastination, which brings stress, there is always something to dream about again after the stress has passed.

If we are not born this way naturally, we can learn a lot from dreamers as we seek happiness in life. Think about what you want out of life and spend a little time each day enjoying the thought of that very thing, and you will see the joy that can be found in this simple exercise.

## **3- Organization**

People whose personalities lean towards being organized have a lot going for them, but it is possible to have too much of a good thing even in this area.

The importance is in balance. Be too focused on organization and you will miss the small details that should be enjoyed along the way. By being too disorganized, on the other hand, you will experience the frustration of yourself and others when things do not go as planned.

Strike a happy medium, and choose to organize yourself just enough to make things work more efficiently.

## **4- Positivity**

Positivity is one personality trait that absolutely affects one's personal happiness. Some people are born with a tendency to this trait, while others have to strive not to live in negativity. No matter what side you lean towards naturally, make choices that will cause you to react in a positive manner and that will build your confidence in the process of life. You will find happiness

comes to you naturally when you allow your energy to be transformed from negative to positive.

## **5- Living in the Moment**

You may be an extrovert or an introvert, but whichever you are, you can choose to live in the moment. We only live our life through one time, and finding happiness includes being fully present for each and every step of the journey.

Some people find this easier to do, and others have to make an effort. Whatever your natural tendency, make a choice to do everything wholeheartedly so that you will have no regrets and can experience deep happiness.

We can't change our personalities, but we can learn from each other. People with different personalities and personality traits have a natural inclination both towards and away from happiness. Take the personality you have been given and then direct your energy into living a happy life in the best way possible.

I hope you enjoyed this week's episode. If you would like to know more about happiness, you are so welcome to join us on my Facebook group "Mindset Mastery for Entrepreneurs". I will have a video in the group on Thursday in which I will talk about the relation between living in the moment and happiness, and other topics. I'm so looking forward to welcoming you there.

**Outro:** Thank you so much for listening. If you enjoyed this episode, please subscribe and share it with your friends and family. I'd also love to hear your thoughts and experiences, so leave a comment and share them with me.

Also, join my **FREE** Facebook group "**Limitless Mindset Mastery Community**", and discover more. The link to join is in the show notes.

Stay tuned for the next episode, where we'll continue to explore important topics related to being whole, happy, and successful.



I am so looking forward to talking to you next week.

Expect the best and the best will happen to you.