

# Happiness In Hard Times

## How To Be Happy When Times Are Tough And Help Others To Be Happy Too - Michele Moore

**Wrap The Pain In Love** - Don't deny or dismiss the deep emotional pain that comes from major life losses and devastating changes. Wrap the pain in love. Give yourself warm, comforting hugs. When you feel the pain, comfort yourself and wrap the pain in love.

**Action, Activity & Achievement Are Healing** - Address high priority tasks in small, specific steps. Try to be at YOUR Best all of the time. Make lists, check off and celebrate completed tasks. Achievement is encouraging and empowering. **Happiness Is Healing.**

**Revolt & Rebel** - Against situations and forces that distress or depress your spirit. Don't give them control of your thoughts, actions or feelings. Don't help them hurt you.

**Explore, Enjoy New Experiences** - Crises and changed circumstances offer new joys, new opportunities, new benefits. Acquire new skills, strengthen existing capabilities, expand your definitions of happiness and success in new or changed environments.

**Choose Your Mood & Attitude** - Picture yourself happy, successful and confident. Consciously connect with those feelings, project them and they become genuinely yours.

**Turn Negative Judgments Into Positive Action Items** - Negative judgments fuel all fear, worry, anxiety and despair. Ask, "Can this negative judgment help me in some way?" If YES, turn the negative judgment into positive action items. If NO, discard it. Focus your time, energy and attention on activities that build happiness and spiritual success.

**Letting Go Does NOT Mean Giving Up** - It means achieving goals in different ways. Find new sources of happiness, joy and success in new or changed circumstances.

**Misery Is Meant To Make Us Move** - Misery signals something has changed, something needs to change, or both. Make changes to stop the misery. You may need to change what you are doing, how you are thinking, what you are feeling or change all three.

**Turn Distress & Despair Into A Determined Drive To Triumph** - Redirect misery into a defiant desire to triumph over difficulties, enjoy life, prosper and be happy.

**Decide What You're Going To Do, Find Ways To Enjoy It** - Enthusiasm, energy and determination to complete tasks well are just as important as developing good plans.

**Use Anger To Your Advantage** - Channel anger toward positive, constructive purposes. Use anger to help you rebound, triumph over difficulties and be happy.

**Be Kind, Honest, Have Integrity, Live By Good Values** - Living by good values helps you to feel good. No matter how things turn out, you know you did YOUR Best.

**Love Expansively** - Love propels happiness. Loving is something we can decide to do. To be happy, love what you do, love the people around you, love your work, love yourself.

Words of Wisdom from the **Happiness Habit®** [HappinessHabit.com](http://HappinessHabit.com)  
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