

A HAPPY LIFE GUIDE

LET YOUR
HAPPINESS
BLOOM

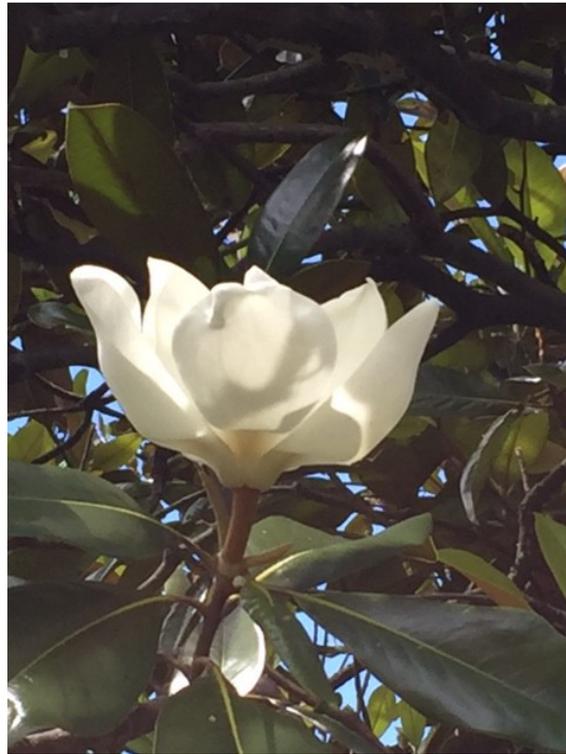
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Let Your Happiness Bloom: A Happy Life Guide

Introduction

I am a blogger, an aspiring author, and an advocate for positivity. I am writing this guide in hopes that my own personal "light bulb" moments can be passed on to help others who may be struggling to be happy. Being happy every day is a challenge. There are many things on this world that can trample our happiness right into the dirt. But life is persistent, and if you are too, then happiness can bloom in your life and nothing can bring you down. If you would like to learn what helped me to become a happier person, please read on!

-Magnolia



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Chapter 1

You only have one life, don't spend it miserable.

When you look back on your life so far, how much of it has been spent happy? If the answer to that question is less than half of your life, it is time to make a change. How do you make this change? We will get to that part soon, for now let's explore what causes our unhappiness.

Let's make a list of things that make you unhappy.

common answers may include: work, traffic, and financial issues.

1. _____
2. _____
3. _____
4. _____
5. _____

Now that we know what makes you unhappy, **let's make a list of things that make you happy.** Common answers may include: a good cup of coffee, a delicious meal, time with family, money, and possessions.

1. _____
2. _____
3. _____
4. _____
5. _____

Great! Now we know what makes you happy!

It's time to let you in on a little secret: **The things on these lists do not make you happy or unhappy, your attitude is what determines your happiness.**

That's right, your happiness is totally within your control.

Sure, if that car pulls out in front of you on the highway going 15 MPH under the limit you have every right to be aggravated. Yes, you can let it bother you all day, and complain about it to your co-workers, friends, and your spouse when you get home from work.

Just think about this: you spent all day wallowing in anger about one small thing that happened on your way to work. Does that count as a day you spent happy? Not truly. There is a part of us that craves attention brought on by sympathy from others. This is not true happiness. It simply allows us to relive our anger and unhappiness over and over.

Did the driver pull out in front of you just to spite you and make you late for work? Not likely. It could have been a new driver being cautious, or an elderly person, just trying to drive to the pharmacy to pick up their medicine. Have you ever been the cause of another driver's frustration? Unless you are a perfect driver the answer to that is probably yes.

So how can we handle this differently? By changing our attitude. Move on with your day, keep your attitude positive, and forget about it.

My mom always told me, "I'd rather live in a shack with your dad, than live in a mansion with anyone else."

This is an excellent example of the kind of attitude a happy person has. My parents had financial struggles for much of my life. Things were not always easy, and naturally they didn't get along perfectly (who does?), but they always loved each other and loved us. We always had fun as a family.

Possessions make you happy. Myth.

Three years ago, my husband and I owned a house, 2 brand new cars, and a classic car. We both had great jobs with great pay and benefits. We loved our cars, we weren't totally happy with our house, but it was home.

Around that time my husband started to suffer from severe depression. Our relationship was a mess, our finances fell apart, and everything went to hell in a handbasket. My husband got admitted to the mental hospital, was on leave from work and eventually lost his job. Clearly possessions were not making him happy. I was unhappy and letting stress rule my life. We were spending our life miserable.

We are now unburdened by car loans, a mortgage, or any other major financial responsibility. We had to hit rock bottom, go through bankruptcy, lose all of those prized possessions that were supposed to make us "happy." My husband still struggles with mental health, and will for the rest of his life.

I cannot speak for him, but I am probably the happiest I have ever been, because of one simple choice: I chose to be happy. I chose to change my attitude. I will not live a miserable life. I will be happy regardless of what this life throws my way.

You can have the happy life too, but you must choose it.

Don't wait for rock bottom before you make this choice. Make the choice to be happy today!

Chapter 2

You can't make everyone happy, so make yourself happy.

No matter what you do, someone is not going to be happy. Whether that person is your boss, your mom, or your neighbor, someone is going to be upset. This statement does not mean have a free for all, don't call out of work for a week, or let your dog poop in your neighbor's yard. We still should always use common courtesy when dealing with others. What do I mean then?

What this phrase truly means is to do what is right for you even if it may not be popular with someone in your life. My mom tells me, "**The ones that understand don't care, and the ones who care don't understand.**"

Someone who truly cares for you will not be upset with you for doing what you need to do with your life to be happy. I have probably disappointed a lot of people with some of my life choices. I chose to get some tattoos, and I chose to gauge my ears. I chose to give up college to work, so that my husband and I could start a life together.

I have also made the choice to do what is right for me and for my husband over all else. I love my tattoos, and my gauged ears. I would never change any of that. Marrying my husband was the best decision I have ever made!

If you are unhappy because you are putting everyone and everything before yourself, to the detriment of your health and happiness, then that needs to change right away. That is an unhealthy way of life.

The key to putting yourself first is to.

1. Make time in your life for self-care. (Read a book, watch your favorite show, take a nice bath, exercise)
2. Learn when to say no. (Feeling overwhelmed? Time to say no)
3. Don't worry about what other people think of you. (Instead focus on self-love)
4. Get in tune with yourself. (understand your personality, I highly recommend taking an MBTI test.)
5. Be yourself. (this one takes a lot of time, but once you learn to be yourself always you will be so happy)

If you can do these 5 things you will be well on your way to making yourself truly happy!

Chapter 3

Use hardships to make you stronger

It doesn't matter who you are, where you live, or how much money you have, tough times will happen to you at some point in your life. It could be a medical issue, financial struggles, or just plain bad luck. At some point you will go through something that bends you to your breaking point. Maybe you have already been there, like I have.

About three years ago, my husband's depression and anxiety came to a head. He was not allowed to work on doctor's orders, as his anxiety was so bad he couldn't go out in public. We lost his income, which was better than mine. We had to file bankruptcy, we lost our house and our cars that we had worked so hard to buy. We had to give up our dogs as no one would rent to us that allowed pets. We were both drowning in negativity. We let it swallow up our lives.

I watched my husband struggle with his severe depression, and mood swings. It was so painful to watch. He was admitted multiple times to the mental hospital. I was miserable, I felt as if I caused him to feel this way. Eventually I got so depressed that I went to the nurse at my employer and she told me I needed medication. I started taking my medication and went to a counselor for a while.

Something in me started to change, out of my desire to help my husband, and make a better life for us. I resolved to be strong, and be positive to try to help my husband get out of his depression. I stopped looking at all the negatives, and started focusing on the positives. I realized if we could make it through all of this and still have a strong and loving marriage, then we could overcome anything!

I started feeling better, and started my blog www.serendipitousbloom.com. As I wrote each post, I felt more and more positive. I wanted to help others achieve the strength and happiness I had found, despite the troubled times I had been through.

The key to gathering strength from troubled times is to not let them break you. Each time that you experience something like this, let it toughen your skin, and make you stronger. You may bend, but do not break. Learn to be flexible. The next time life throws you a curveball you will be ready!

Chapter 4

Focus on what you can control, not what you can't

I used to spend my life worrying about everything. I worried about my job, our financial issues, the weather, my husband, what we were going to eat for dinner among many other things. I spent so much time worrying, and very little time just being happy.

I would be up at night worrying about things. It literally made me miserable. Once I learned to be more positive, and became stronger through the tough times we experienced, I learned that if I just focused on things within my control I would be a lot happier.

What keeps you up at night worrying? (finances, weather, impending doom?)

1. _____

2. _____

3. _____

4. _____

5. _____

Now how many of those do you have any control over?

Alright! Now that we have identified what you can influence on your worry list, let's plan! I'll use finances as an example. Who doesn't worry about that?

What can I do to increase financial stability?

1. Get another source of income
2. Budget
3. Save
4. Couponing
5. Eliminate debt

These are things you can work on. this is within your control.

As a counter to that we can also detail what we can do about something not within our control

What can I do about the weather?

1. Nothing
2. I can prepare for the weather conditions.
3. I can watch the forecast to see what the weather will be like.

Unfortunately, you cannot control the economy, or the weather, but you can control your finances. You can absolutely control your own reactions to outside influences such as the weather.

If you take charge of the aspects of your life that you can control, then the other things become unimportant. You can let your worries go and finally get a good night of sleep!

Author's note

Letting happiness bloom in your life is not something that happens overnight. It is a process that takes time, and commitment to changing your life for the better. The best thing to do is to start by making one change at a time. Once you can sustain one change in your life, then you can make another. If you work at it, little by little you will feel happier and happier every day! There is no fix all, that will make you happy every second of every day. It is ok to not be happy every moment. It is not ok to be unhappy all the time though.

My hope is that I can help others reach their happiness potential like I have. For more encouraging content please follow my blog: www.serendipitousbloom.com

Stay positive!

-Magnolia