

The Art of Happiness | A Formula for Better Living

We are big fans of the Dailygreatness Journals and their view is as someone who is working on building a better life for themselves, we may face many challenges. For some, the most difficult part is learning how to *focus* and what exactly to focus on.

Another challenge is *organisation*. With so many things to do, so little time and often limited cashflow and resources, how do we do all the things we'd like to achieve in life?

Also, what we achieve in life is in direct proportion to our *personal growth*. It is essential that we commit to knowing ourselves and spend time growing ourselves.

And finally – *finances*. The challenge of learning how to make money, manage our money and grow our money is often an outcome of having managed the first three areas well.

It's been said there's no such thing as time management because in reality, we can't manage time. We can only manage ourselves in time. Therefore, it's important to understand the four core principles and how they relate to time.

Four Core Principles

- **Focus** | How we use our time
- **Organisation** | How we plan our time
- **Personal growth** | How we manage our thoughts and emotions in time
- **Finances** | How we manage our money so we can spend more time doing what we love

Discover the process we use to determine what we'd like to achieve in the future. An actionable plan for expanding your life.

Step 1 | What fills your cup?

What things makes you happy, brings you joy?

This could include:

- What you love / enjoy?
- What relieves stress / anxiety?
- What you do purely for fun / entertainment
- What makes you better, kinder, sharper?
- What makes you laugh out loud?
- What things you do that make life better?

Some of our favourites:

- **Getting active...** Learn a new sport or physically challenge yourself in ways that make you happy.
- **Travel afar...** There are tremendous benefits to getting away and experiencing different cultures and places. It teaches you independence, allows you to set the itinerary, and provides life lessons on how to handle the good, bad, and ugly.
- **Gather with loved ones...** Engaging in precious moments with family and friends is not only enjoyable, it's also beneficial to your health.

By prioritising it helps you gain clarity on which things to ***focus on first.***

Step 2 | What do you need to avoid?

What drains you, which you need to avoid or limit?

This could include:

- What stresses you out?
- What triggers you?
- What creates unhealthy consequences?
- What drains you?
- What are the things you think you have to do but don't want to?

Things people commonly remove from their lives are:

- **Stress...** There are lots of ways to reduce anxiety and stress, not the least of which include practicing controlled breathing and meditation, getting seven to nine hours of sleep per night, eating healthily, exercising regularly, and knowing when to shut out the Internet.
- **A fixed mindset...** Better to have a growth mindset where you understand that abilities and intelligence can be developed.
- **Toxic people...** Remove the toxic people from your life and replace them with optimistic, supportive people who genuinely care about you and your dreams.

By prioritising it helps you gain clarity on which things to ***avoid or limit.***

Step 3 | What are new things you can do to fill your cup?

Want to pry yourself loose from the jaws of mediocrity and begin living the life that you were meant to live? It's time to make a commitment to trying new things and engaging fresh experiences that reinvigorate your life with energy and excitement.

This could include:

- Bucket list items
- New and improved self-care routines
- Socialisation / networking events
- Hobbies
- Something you've always wanted to do

Some suggestions:

- **Cook for a week...** From this experience, you'll learn new skills and will come to appreciate the patience and rewards that come with cooking.
- **Start a side hustle...** Find a skill that you have and turn it into a business and have fun building something from the ground up.
- **Become a 'yes' person...** When confronted with new experiences, challenges, and ideas, avoid making excuses and start doing. It's easy to say no to yourself. It's time to start saying yes.

By prioritising it helps you gain clarity on which things to ***introduce in to your life.***

PRINT & LAMINATE and hang somewhere visible where you will see it often so you become increasingly conscious of the things you need to *focus* on AND *avoid*.

GET STARTED NOW by identifying 3 – 5 things which you will add to your life and then put those in your diary right away. Schedule it done!

MINDSET MATTERS Use this [SEC film](#) to completely transform yourself and develop the same mindset of the wealthiest and most successful people in the world. You will soon notice that you become highly motivated, confident and full of an intense desire for wealth and achievement. This SEC film is dedicated to helping you master the principles of Napoleon Hill's classic book "**Think and Grow Rich**".

DISCOVER the [Dailygreatness Journals](#) that move you from wishing to achieving. Set exciting goals. Focus on the positive. Be happier.

BUILD YOUR BUCKET LIST

[100 THINGS](#) follows the journey of one man, Sebastian Terry, as he travels the world in an attempt to tick off all 100 items from his bucket-list. This though is just the beginning of a journey that encourages people to follow their dreams. Leonie got to spend some time with him in 2018 and he's one very inspirational human.

"Let your success be measured by how much fun you're having."