



The Secret to Happiness-by Jeff Olsen (the Slight Edge)

Success is not the key to happiness. Happiness is the key to success. (Albert Schweitzer)

The difference between 'Positive Psychology' and traditional medicine is that with traditional medicine the ambulance is at the bottom of the cliff and with positive psychology the ambulance is at the top of the cliff.

Martin Seligman (one of the founders of Positive Psychology" postulated "What if happiness is more than simply the absence of sadness"?)

The American Declaration of Independence-Every human being has the right to:

"LIFE , LIBERTY and THE PURSUIT OF HAPPINESS"

Life = Your Health

Liberty = Financial Freedom

Pursuit of Happiness = Pursuing happiness, whatever that meant for them, in relative peace and freedom.

Happiness, according to Seligman, is not something you pursue or chase - it's something you do.

Jeff Olsen author of the Slight Edge says: "a lot of little things-everyday".

Take note of the words you are saying and or even using in your emails and sms's. Are you using negative attitude - bored, tired, mad, alone, could-have, would-have, should-have, if- only positive attitude- morning, helpful, share, great, interesting

Slight edge + happiness habits = success

Happiness habits:

- 1. Each morning write down three new things you are grateful for.**
- 2. Journal for two minutes a day about a positive experience you've had over the past twenty-four hours.**
- 3. Meditate daily for a few minutes**
- 4. Do random acts of kindness over the course of the day.**
 - **Write an email to someone praising or thanking them**
- 5. Get at least 15 minutes of simple cardio exercise a day**