

Happiness Habits for Families

By Michele Moore - from **Happy Life TV**

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1. **Always Coach In Positive Terms** - Paint clear pictures of what you want to achieve and explain why it works so well. Emphasize benefits and rewards and describe the dangers of not doing it as you describe. Encourage and empower people to excel and do well.
2. **Avoid the *Fault Finding Feel Goods*** - Criticism does not improve performance, it focuses on negatives and is counterproductive. Criticism corrodes confidence, leaving people deflated and confused. Monitor the C/C4 ratio - time spent on negative criticism should not exceed 10% of time devoted to creating confidence, competence, credibility and concern.
3. **Fuel Your Life and Your Work with Fun** - Decide what you're going to do and find ways to enjoy it. Creatively reinvent difficult, dreary or distasteful tasks, tie them to meaningful goals, turn them into games, plot your progress, find ways to enjoy them!
4. **Be Guided by Goodness** - Live by the highest and best values, goodness, virtue, honesty and truth. Our Focus Determines Our Feelings. Focus on doing good things to feel good.
5. **Practice Being Your Best Self All of the Time** - Continually practicing being the best you can brings happiness, spiritual success and makes your best even better over time.
6. **Use Errors to Improve Performance** - Ask, "What can I learn from this?" Do you need to learn new skills, strengthen existing skills or connect to what you know more effectively? Reassess priorities, raise motivation, redouble your determination to excel and do well.
7. **Don't Beat Yourself Up When You Make Mistakes** - Beating yourself up just *Reinforces Wrongs* you want to avoid. Turn remorse and regret into positive actions items that will help you strengthen skills, rectify errors and minimize similar mistakes in the future.
8. **Drive Discipline with Desire** - Discipline is important to happiness. The secret to successful self discipline is to always want something good more than whatever tempts you.
9. **Choose Emotional Independence** - Choose your mood and attitude, decide how you want to feel. Rebel against anything that tries to down you or drain your spirits. Don't hand control of your thoughts, actions or feelings over to negative forces that try to control you.
10. **Move From Problems To Solutions Quickly** - There's a big difference between worrying about problems and solving them! Let your goals determine your actions and direction.
11. **Begin and End Each Day Happily** - The last [and first] few moments of the day are very important. Wrap yourself in a big warm, comforting hug and cultivate eager anticipation.
12. **Love Propels Happiness** - To excel, love what you do. When we love our families, our work, ourselves and everything around us, happiness and success flow effortlessly.