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**You Deserve to be  
Happy  
(Ten Things You  
Can do Now!)**

## Some things we can do right now to chart a new path to happiness include the following:

1. **Insist on an Attitude of Gratitude.** In my journaling basics page, you will find tips on how to journal, and, how to write gratitudes. This continues to be a major transformation for me, Over time, it has elevated and changed thought processes to find true happiness and contentment.
2. **Find Acceptance in Where you are Right Now.** Waking up, we accept the Universe has us right where we're supposed to be. We see we breathe only in the here and now. We can find happiness right now, in the moments our lungs expand. This is the only place we exist. Deciding to be contented in small snippets of time is easier than when we were trying to juggle our worries and fears of what tomorrow or next week will bring.
3. **How Important Is It?** Learning to pick our battles can begin with a question as simple as, "Do I want to be right or do I want to be happy?" It can help us determine what battles we need to engage in, and which ones aren't even ours to respond to. When peace and serenity, our happiness, become more important than anything else, the answer is clear.
4. **Do Something for Someone Else!** This remarkable reminder goes far in providing happiness to others. When that happens, we find our own happiness born of purposefulness and personal satisfaction. Never stop doing for others, no matter how small or insignificant it may seem to you.
5. **Practice a Spiritual Connectedness.** Those who are religious may already experience a connectedness to the God of their understanding. Others, not a part of a religious community, may find strength and purpose in prayer and meditation. Our happiness is being directed as we sit, even briefly, and ask for spiritual purpose and guidance.

6. **Is Your Glass Half Empty or Half Full?** Lou Holtz said, “Life is 10 percent what happens to you and ninety percent how you respond to it.” By allowing ourselves a choice to look at events from a different vantage point, we become open-minded enough to accept a possibility that most events are not as dreadful, difficult or gloomy as they seemed. By looking at all aspects of a situation we elevate our thinking to it’s the highest form—spiritually because we’re attuned and striving for happiness.
7. **Practice loving yourself every day.** This means treating ourselves the way we would want others to treat us. Some ways we do this is to:
  - a. be the first to cut ourselves some slack: we no longer need to take ourselves so seriously. We offer ourselves reaffirming and loving truths, even hugs, and we practice this every single day.
  - b. write gratitudes to help us to see them within ourselves.

## Seeing Becomes Our Believing

- c. accept mistakes as nothing more than a learning process. It is not the end of the world, we’ve learned a lesson, and, we see we’re as human as the next guy or gal.
  - d. practice all through the day, becoming gentle and loving with ourselves, regardless of circumstances.
  - e. Never speak negatively against yourself. This is old behavior; hurtful and demeaning. Make sure you speak from that child inside who loves you.
8. **What are your strengths?** Start small. Maybe you have a strong voice, a firm handshake. Maybe you’re not afraid to intercede on another’s behalf when called for. If you don’t know what your strengths are, ask a friend. *Write them out*. Keep them positive. No example can be too small. Do this for one month then put it aside, and then come back to it several days later. You will be amazed. **If you spot it, you got it!** If you don’t allow yourself to find these things within, you may not discover the complete person you are.

9. **Cultivate Generosity.** One definition of generosity is the “quality of being kind...” This can be put into action anywhere we go with anyone at all. We are messengers of happiness.

**what others see as kind within us, they often want for themselves.**

10. **Claim your Right to Happiness.** What does this mean? It means you *deserve* to be happy. We have become willing to let nothing stand in our way of being balanced and focused on our happiness. By doing these things and more, we are assured of achieving a greater sense of confidence and a stronger self-esteem.