



# *The 13 Principles of Happiness*

## **1. Become Positively Self-ish**

When you take care of yourself *first*, you build a foundation for stronger relationships with others, increase your capacity, and reduce doubt.

## **2. Live Your Values**

Clearly identify and proclaim your personal values through the way you live and work. You are more likely to spot opportunities when you know what they look like.

## **3. Live for Life, not Stuff**

Let go of possessions, roles, lifestyles that others and a marketing-hyped society impose on you; focus instead on what truly brings you Joy.

## **4. Be Early**

Whether it is project deadlines, appointments, or learning opportunities, get there before you are expected, and watch your stress load decrease exponentially.

## **5. Build Reserves**

Identify what worries you, and work to create extra in your life, whether that is money, personal space, or extra toilet paper in the cabinet.

## **6. Tolerate Nothing**

Continually identify and eliminate all the little "stuff" which causes you friction and drains your energy.

## **7. Choose to Respond**

What happens is going to happen, regardless. Accept constant, discontinuous change as reality and instead of reacting, respond with curiosity.

## **8. Stimulate Your Development**

Surround yourself with environments and people that continually challenge you, energize you, and literally pull you forward. Have adventures.

## **9. Pay Attention**

When we are on auto-pilot, life just happens around us. Look. Listen. Notice. The sunset in your own backyard can be just as wondrous as the one at the beach.

## **10. Simplify**

Automate, delegate, or eliminate tasks or goals that complicate your life. Being content with simpler pleasures increases your opportunity for awe.

## **11. Speak the Truth**

Stop playing games. Recognize that though the truth may sometimes sting, it is the starting place for all progress. Challenge others to see the truth.

## **12. Focus on Today**

Waiting for something to happen "tomorrow" in order for you to be happy is like watching yourself in the mirror and saying "You go first."

## **13. Be Authentic**

Be yourself, not somebody else. When the Real You shows up, connections are easy.