

**How to
increase your
happiness**

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1. Know happiness

The first step to achieving happiness is to know what it is. When you know what happiness is, you can develop thoughts, behaviors and actions that will help you experience more happiness. However, if you do not know what happiness is, it does not matter how much time and effort you spend doing the wrong things; you will never experience happiness.

The misconception that many people have is that they think they will know what happiness is as soon as they are born. However, in life nothing comes to us automatically; everything requires learning, discipline and hard work.

Even though there is no set in stone definition of what happiness is there are common and similar definitions of happiness. Below are some popular and well-known definitions of happiness.

According to Webster’s dictionary, “Happiness is pleasure, contentment, satisfaction, joy, delight, well-being, and bliss.”

According to positive psychology, “Happiness is defined as experience frequent positive emotions such as joy, interest, life satisfaction, and appreciation for life.”

According to the Dalai Lama, happiness is about “reflecting what is truly valued in life, what gives meanings to our lives, and setting our priorities on the basis of that developing basic good human qualities such as warmth, kindness, and compassion. Then our life becomes meaningful and more peaceful, and happier.”

Take some personal time to learn more about happiness. In today’s society, no one will teach you about happiness. Your parents do not teach you, and schools do not teach you. You need to teach yourself.

2. Guarantee your happiness

You are the only person who can bring yourself happiness. Even though other people or things might make or bring you some pleasure, they are not happiness.

When you rely on other people for your happiness, you are taking the risk on your own happiness. Your happiness could be gone in any second because other people could decide to walk out of your life at any time because you do not have control over them. However, the happiness that you can always control and have forever is the happiness that you develop within yourself. No one can take away your happiness when you are the one creating it.

So when you develop, build, and keep your happiness within yourself, then it does not matter what happen or how other people treat you, no one and nothing can take your happiness away. In addition, when you have happiness within you, you will have the strength

and courage to move forward in life quicker when someone makes you suffer compared to when you do not have happiness within you.

3. Happiness vs. gratification

Today, many people confuse gratification with happiness because they both give a good experience at the beginning. However, the good feeling from gratification only lasts for the current moment or not as long as happiness. Gratification is anything from outside yourself that make you feel good. For example, eating good food or going on vacation are gratifications because after you finish eating or vacationing the good feeling will soon go away.

Other things that are considered to be gratifications are results and outcomes. For example, rushing through school to get a diploma and not learn anything will not bring you happiness. A diploma is a piece of paper that is

outside of yourself. If you have not learned much in school, then going to school did not increase your happiness because your knowledge did not grow. It is what you learned and store in your memory that will determine how much happiness you will experience.

Happiness is when you build qualities within you, for example, when you build your self-confidence, self-esteem, kindness, honesty, knowledge, etc. These are qualities that develop within yourself. The stronger these qualities become, the happier you will become. As you build these qualities, you will experience a higher level of good feelings that last much longer compared to the good feeling that you would experience from a gratification. In addition, happiness is the feeling that you, as a human being, crave more in life, not gratification.

An example of happiness is the process of writing a book. **It is not the physical book that brings happiness;**

it is the process of writing the book. The time that you spend researching, writing and formatting the book will bring you happiness and not the end result of having the book published. While you are writing the book your creativity and knowledge levels grow, and that will bring you more happiness, not the physical book itself.

4. Happiness is a full-time job

Achieving and experiencing happiness is like learning any other skill. **The more time you spend learning about happiness and taking action to achieve it, the happier you will become.** Experiencing happiness requires time, discipline, and hard work.

If you work eight hours a day to earn an income or spend numerous hours a day studying to earn your college degree, you also need to spend that same amount of time, or even more, to learn about and experience happiness.

Happiness does not come to you without learning and discipline. You need to make time for it.

In this case, the more time you spend learning and applying the correct tools to achieve happiness, the happier you will become.

5. Happiness is taking action

To increase your happiness, you have to grow your strengths, talents, and positive qualities. The only way to do that is through taking action. **The more action you take to grow your strengths and talents the more happiness you will experience.**

Dedicate at least two hours per week to learn more about yourself (this is called personal development) to discover and understand your strengths and talents. The

more you understand about yourself the more motivation you will have to take actions to increase your happiness.

6. Happiness is an ongoing process

Happiness is not about reaching a destination. It is an ongoing process. **Happiness is about constantly growing yourself as a human being to become a better person.** Since you can never learn everything about yourself, which means you will always have the opportunity to learn and grow, there is no end result.

However, if you focus on an end result and destinations such as buying a new car or house, after you purchase the car and house, you will be finished and there will not be more improvement. Then you would have to start the whole process of setting a new goal again with its end result.

Happiness is about growing your positive qualities. The stronger your positive qualities become the stronger you will become; the more happiness you would experience. There is always something about your positive qualities that you can learn and develop.

Another example would be your health. There will always be something that you can improve regarding your health. Every day new knowledge and new ways are discovered and developed to help you improve your health. As you learn and improve your health daily, your happiness will also grow.

Another example is to learn and grow your relationships with others. There is always something that you can learn and improve in your relationships. For example, you can always find ways to communicate better with others.

7. Qualities of happiness

By now, you should have a good understanding that happiness is about taking actions to fulfill your goals and dreams and also actions that can benefit others as well.

Below are some common qualities of happiness.

1. A happy person does not need to defend themselves. When you know what you are doing is the right thing, but other people disagree, you do not need to explain that what you are doing is the correct thing or defend yourself.
2. **A happy person creates their own lifestyle. A happy person does not need others' approval, which means the happy person is more likely to develop their own lifestyle that does not match with anyone else's.**

3. A happy person is not afraid to make mistakes because they know that they can always learn and improve from their mistakes.
- 4. A happy person focuses on what make them happy even though other people do not approve of their actions.**
5. A happy person helps and supports others when they are in need. They see that other people's happiness is their own happiness.
- 6. A happy person does not do anything to harm anyone or anything.**
7. A happy person does not waste things.
- 8. A happy person sees that other people's problems are their own problems, so they try to do whatever they can to help out, even though it could only be a small thing.**

8. Happiness is collective source

Even though happiness starts from within yourself, the happier you become, the more you will understand and realize that happiness is a collective source. **What this means is that your happiness is other people's happiness. Other people's happiness is your happiness as well.**

It is the same when you do something negative; everyone will experience suffering in one way or another. For example, when you see a child on the street being treated badly, you would develop a sadness and protective reactions to want to help the child. Even though the child is not your own child, you would feel sorry for that child. Or when one of your family members is stressed out, you would also feel their stress. Maybe you won't feel the same level of stress as your family member, but you would still feel some level of stress. The main reason for this is

because you are connected to the child and to your family. We feel each other's pain in one way or another.

When you understand that you and everyone and everything are connected, you will work harder to help others, to make sure everyone and everything is well taken care of. When you do that, your heart will open up to build a stronger connection with other people and things to help you live more freely and happily.

9. Suffering and happiness

There is a thin line between suffering and happiness. **In life, the things that bring you the most suffering can also bring you the most happiness when you know how to turn your suffering into happiness.** For example, when you encounter a big problem, you may have to use a lot of your strength, knowledge and courage to overcome it. As a result, when you overcome your

problem, you will gain twice as much strength, knowledge and courage in return. What you use is what you will get more of in return. So do not neglect your problems or difficulties because they are your joy and happiness at the end of the road.

10. Surviving vs. living

Are you surviving or living your life? There is a difference between surviving and living. When you are surviving, you are just getting through life, such as having enough food, water, shelter, clothing, and achieving gratification. You believe that when you get or fulfill those things it is enough.

However, living means you are doing things that help you to move forward in life, and not stay stuck in one place. You have to keep on growing by moving

forward, becoming a better person, and getting closer to your goals and dreams.

When you are still alive but not moving forward in life, you will become dead inside, which means you would experience a lot of suffering. When you hit a high level of suffering, sometimes you would rather die because your life is meaningless. For example, individuals who decided to commit suicide because their soul is dead without any happiness, meaning, and fulfillment within them.

11. Suffering and numbing

Are you numb because of your suffering? Have you been suffering for so long that it has become a normal feeling for you? Have you become helpless due to your suffering? When you feel it is okay to suffer you have become numb to your suffering. You have become a victim

of your suffering, and you believe that you are meant and born to suffer for the rest of your life.

No matter how you feel, it is important to believe that you do not deserve to feel that suffering, no matter how normal it might feel to you. You have to reject the normal feeling of suffering. **You cannot accept and allow suffering to take control of your life. You do not deserve to feel that suffering throughout your life.** When you have the mindset that it is okay for you to experience that normal feeling of suffering you have lost the motivation and inspiration in life to learn and try different things that could bring you more happiness.

Yes, it is important to be aware of the suffering and how it has led you to experience it, but do not allow that suffering to determine your fate. Understand what is causing you to suffer, and then find a solution immediately to decrease that suffering.

12. Give yourself permission

Giving yourself permission means you believe in yourself and that you can become successful in anything in life, and that you deserve to experience more happiness in life. Even though you might not see the complete path to the happiness that you want to experience, you need to believe in yourself and get started. The path to your happiness will become clearer as you take action steps to grow and get nearer to it. For example, it is like when you run a marathon. At the beginning you cannot see the finish line, but as you get closer to the finish line, you see it clearer and clearer. It is the same with your happiness. Even though you might not know how your happiness will manifest at the beginning, it will become clearer as you take action steps to achieve it.

When you give yourself permission, you are opening a door for your happiness to grow. For example,

in order for someone to enter into your home, you first have to give them permission by opening the door for them. When you say that “Yes, I deserve to be happy and do things to experience happiness,” your brain is more open to taking actions to allow you to experience more happiness. However, when you say “no” to yourself, your mind will shut down and it would be difficult for it to find ways to grow your happiness. Give your permission so happiness is within reach.

13. It is never too late to experience happiness

It is never too late to achieve anything or to experience happiness. You would rather be happy for a short period of time than not at all. When you are able to feel that sense of true joy and happiness from whatever you are doing, it will be worth the journey; even if it is only for a short amount of time.

Remember, happiness is a journey, not a destination to be reached. Life and happiness are about experiences. **Happiness is in the actions of your activities.** You can experience happiness instantly by taking action to achieve what you want.

You might even have a negative outcome from taking action, but the fact that you took action will allow you to experience happiness. If you have the desire to do something new when you wake up, do it, because it is not the finish line that matters but the act of taking action.

14. Be strong to quit

You have to understand that there will be times when you choose to do the wrong things in life, but you do not know it until later on. As a human being you are not perfect, which means you will end up doing things that will not bring you happiness at one point or another. Even

though you might put a lot of hours and time in doing something that is not bringing you happiness, you need to quit. **Also, you have to forgive yourself for making the mistake, and then let it go.** If you do not let it go, then you will not have the ability and strength to start something new because your unhappiness would be taking up most of your energy and focus. The longer you are in something that is causing you to suffer, the harder it is to get out.

Understand and remember that you are not a failure when you quit doing something. **As long as you are moving forward and doing things that build your inner strengths, your happiness will keep on growing.**

To help yourself make better choices in the future it is important to always find ways to learn more about yourself. The more you learn and understand who you are as a person, the better decisions you will make, and they

will help to bring you happiness so you do not have to waste time doing things that make you suffer.

It is true that sometimes it is very difficult to quit something that you have been doing for a very long time because you might not want to waste all the effort, time and energy you have put into it. That is why it is so important to never stop learning about yourself to help you make good decisions.

15. Stand alone

You need to be comfortable being by yourself, and to take the initiative to take action on what you believe will bring you happiness; even though no one agrees with you or is on your side. **You have to have the courage to stand alone.** Remember, you are creating your own lifestyle, and not everyone will agree with every step you take because it is not their lifestyle that you are creating. This is especially

important at the beginning when no one believes in you. That is why having high self-esteem is so important, because it will give you the courage to believe in yourself and help you to move forward.

When you can stand alone and believe that you do not need anyone else's approval, then you are free to act and behave in any way that makes you happy and helps you to create your own lifestyle. The only reason why we might want others' approval is because we are not comfortable being by ourselves. We believe that we need other people in our lives. When you do not have high self-esteem, you have a higher chance of falling back and doing what others are saying and neglecting your own path of life. When that happens, you will encounter a lot of suffering.

You should learn how to be your own best friend. Support yourself like you are supporting a friend. Be there

for yourself and take care of yourself as if you are taking care of someone you love. Learn how to appreciate and spend time with yourself, just as you appreciate and enjoy spending time with a friend. In addition, when you enjoy spending time with yourself it is an opportunity for you to reflect on what bring you happiness. However, if you are always surrounded by people you are busy interacting with them, which means you do not have time to reflect on yourself.

16. Create your own lifestyle

As human beings, we have the need and desire to create our own lifestyle. **If we are not creating our own lifestyle, then we are not meeting our human needs to experience happiness.**

Each of us is meant to live a different life. You cannot copy other people's lives even though their life

might seem great. However, when you learn how to use your own strengths and talents to create your own lifestyle, your life will be as great as anyone else's.

In life, there is no set in stone rule or guideline for what life should be. **You get to decide how to develop your life and what you need to do to give your life meaning and joy.** In addition, you decide when you want to do certain things. For example, if you want to get married, you do not have to get married at the same age as other people. You can marry in your 30s, 40s, 50s, or even in your 60s, whenever you feel it is the right time for you. Living your own life means you choose how to live your life. You decide when and how you do certain things, and what and who goes in and out of your life.

17. Create meaning into your life

As human beings, we crave meaning because it gives us a sense of purpose and keeps our spirits alive. **The fastest way to create meaning is to help and serve others through your strengths and talents.** You have been born with unique strengths and talents that other people need. If you are not sharing and helping others through your strengths and talents, everyone will suffer. First, you suffer because you are not creating meaning in your life. Second, other people suffer because you are depriving them of receiving the services that they need to live well.

As long as you are alive your craving for meaning will always be there, which means you need to serve others. When you are not fulfilling that human need, you will experience suffering. However, the more you fulfill your human need the more you will experience happiness.

If your work does not support your strengths and talents, you can take one or two hours a week and volunteer in activities that support your strengths and talents. If your work supports your strengths and talents, you are on the right track. Your goal is to earn a living doing what you love through using your strengths and talents. If you are retired, you can also do volunteer work to allow yourself to continue using your strengths and talents. **It does not matter what stage of life you are in; creating meaning is a lifelong task in order for you to experience lifelong happiness.**

18. Be free

Since each of us is living a different life, you have to be free to make your own decisions about what is good, bad, right and wrong. **This means you have to free yourself from everyone and everything to make your**

own decisions and not believe you have to follow or do certain things because others are doing so. Below are seven ways to experience more freedom in life.

1. **Free your emotions.** If you want to feel happy, then do so! If you want to feel sad, then do so. When you allow yourself to feel whatever you desire at the moment, which is freedom. Do not let anyone tell you that you have to feel a certain way. Understanding your emotions is the best way for you to learn more about yourself.
2. **Free yourself from your family.** If your family has expectations that do not support your life, it is important to let those standards go. Develop your own, and seek out other individuals who will support your standards and beliefs.
3. **Free yourself from your friends.** Even though getting the approval of your friends is important,

your friends should allow you to express yourself. Do not be afraid to say “no” to them. Your friends should accept you unconditionally. You should be free to act according to your own needs and values.

4. **Free yourself from your culture and traditions.**

Even though there are many things that have been passed down from prior generations, you need to question the norms and traditions that have been passed down that you do not agree with. When you do not agree with a certain norm or tradition, and you participate or follow it, that is not freedom. Learn how to let go of the traditions and norms that are not working for you and start a new tradition or way of living.

5. **Free yourself of your religion.** Not everything you learn in a religion will apply successfully in your life. You cannot say “because it is part of my

religion, I have to follow every detail or direction.” We have to take responsibility, to see what the teaching is and how it can be applied in our own way. You have to learn how to be free and only take in what is correct for your life and leave what is not working for you.

6. **Free yourself from the media and society.** You have to learn how to step outside of the media’s and society’s norms and expectations and be free to make your own decisions about how you want to live, that is not based on how the majority is living. The majority is living by the media’s and society’s norms and expectations, so do not fall into the same trap. Do not believe that what the majority is doing is correct and you should follow them.
7. **Free yourself from yourself.** You have to be free and let go of what you already know in order to

learn new knowledge to help you live better. New knowledge will be developed every second, and sometimes you need to let go of old knowledge and give yourself the opportunities to explore and learn new things so you can create new ways of living that might be a better way for you than before. You cannot settle for your current life just because it might seem good and comfortable.

19. Create a life foundation

Everything in life needs a good foundation. For example, before you can build a house you need a strong foundation on the bottom. **With a strong foundation, it would be easier for you to build, fix or rebuild another house if something happens compared to when you have to start from the beginning without a strong foundation.**

It is the same with your life. In order for you to pull yourself back up after a setback or failure and have a clear mind to come up with successful solutions to your life problems, you would need a strong life foundation. When you have a strong life foundation it does not matter what happens on the outside; you would always have the ability to tackle any situation successfully.

To create a strong life foundation, there are five areas that you need to develop. The first area is to build your self-esteem. Good self-esteem gives you the ability to believe in yourself that you can overcome anything in life. The second is to know and unleash your passion. Your passion gives you motivation and inspiration that life is worth fighting for. The third is to have good health. Good health gives you the energy and strength to keep on moving forward. Fourth is stress management, which gives you the ability to stay in balance. And fifth is goal setting, which

gives you the ability to stay focused in life, and not be scattered.

The stronger those five life areas become, the stronger your life foundation becomes. This will help you to face any life obstacles, challenges, and failures and to move forward to live a better and happier life.

20. Keep your goals and dreams alive

Remember, happiness is not about achieving this or that. It is about experiences. Experiences do not require you to reach a certain destination. **Happiness is not about how quickly you can achieve your goals and dreams. It is about moving forward and focusing on what you want and keep those goals and dreams alive.**

For example, if you know that publishing your own book will bring you happiness you have to take action and

keep on moving toward it as much as possible, even if you only take a small step each day. When you take action your brain will believe that your goals and dreams are possible, and it will allow you to experience happiness. However, if you are not moving forward towards accomplishing your goals and dreams, they are not alive, which also means your happiness is not alive.

As long as you are still alive, your goals and dreams need to stay alive in order for your happiness to stay alive. If you stop pursuing your goals and dreams because you believe you are too old or it is too late, your happiness is dying slowly. **You have to keep your goals and dreams alive by nourishing them with activities through taking action.** As you accomplish your goals you have to keep on adding new goals and dreams. You have to give yourself the opportunity to achieve your goals and dreams in order for your spirit and happiness to stay alive.

21. Grow your strengths and talents

Happiness is the ability to be creative and innovative and to make your strengths and talents stronger. When you do that, you unleash a powerful experience that nothing else will give you.

To discover your strengths and talents, pay attention to the strengths and talents both big and small, that were given to you when you were born. They could be skills you have learned easily, or positive traits such as kindness, being well-organized, or hard-working. They could develop from your successes and accomplishments.

Pay attention to the life area that you are the most successful in to discover your strengths and talents. For example, if you are successful in your health area, what did you do to become successful? Is it your discipline and motivation skills that helped you to become successful in achieving good health? Pay attention to what you do well

without much assistance because it comes naturally to you. Are you able to learn how to eat well without much assistance from others? You might need a little reminder or a boost to do certain things, but your knowledge comes out naturally when you take action.

Write down all of your strengths and talents and see which ones you have used the most often in your life. Most likely those are your strongest strengths and talents, the ones that you want to focus and build on.

Second, you have to build your strengths and talents by taking action to make them stronger by doing activities to grow them. **The more you grow your strengths and talents, the stronger they become, the stronger you become, and the happier you would become.**

In addition, the more you apply your strengths and talents, the more creative you would become. It becomes a cycle. When you apply your strengths and talents, your

creativity level increases. When your creativity level increases, the easier it is for you to apply your strengths and talents.

22. Align your thoughts and actions

Make sure your thoughts and actions align with each other. For example, if you have the thought of writing your own book, your action has to match it. When you constantly have the thought of writing your own book, but your actions do not support it, you will experience a lot of suffering because your thoughts and actions are contradicting each other. Another example is when you want to have good health. Good health requires you to exercise and/or eat well, but if you do not take the time to eat well or exercise, then your thoughts and behaviors are contradicting one another. However, the more your

thoughts and behaviors match with each other, the more happiness you will experience.

Whatever thoughts you have, especially the thoughts that you keep on thinking about on a daily basis, it is important that you take action as soon as possible to match those thoughts. It does not mean you have to take massive action steps to align with your thoughts. You can start out slowly with small steps, but they do have to align with your thoughts.

Happiness just requires you to take action that matches your wants and desires, no matter how small the action step might be. The more action steps you take that align with your thought, the more happiness you will experience. **It is the act of taking action daily that will bring you happiness.**

Whatever thoughts you develop, such as your goals and dreams, it is important that you create a plan

immediately to fulfill them. Even if you might never reach 100% of your goals and dreams in your life, as long as you are taking action to get closer to them, the happier you would become because you are not allowing your thoughts to cause you to suffer. Remember, happiness is not about reaching a destination but the ability to take action to get what you want.

23. Small act of kindness

It is the small daily actions that matter and bring the most joy and happiness in life. A small act of kindness can bring you many benefits. The benefit could develop in physical, mental, spiritual emotional or other forms.

Today, we are so focused on physical benefits that we often overlook the other benefits. We tend to believe

that if there is no physical benefit there is no benefit at all. However, the benefit that matters the most is not the physical. Since happiness comes from within, the benefit of happiness tends to manifest in a mental, spiritual or emotional form. Learn how to look for these kinds of benefits and you will start to appreciate the small acts of kindness.

As you engage in small acts of kindness they will soon add up to bring a lot of benefits into your life; not only the mental, spiritual and emotional benefits but also the physical benefit as well.

24. Are you rich?

Richness is about how you feel. Do you feel rich? For example, there are many people who have a lot of money, but they do not feel rich so they try to get more

money. Even though people might already have more than enough money to live a luxurious life, they do not believe they are rich enough because they do not feel it within themselves.

On the other hand, there are many people who might not be as rich as other people, but they feel rich. **Feeling rich is about living the lifestyle you want and feeling that you have more than enough in life.** If you do not know how to appreciate what you already have, you will never feel that you have enough and it does not matter how much you have.

Feeling rich is not only about money. **Feeling rich is when you have all the important qualities in life such as health, relationship, purpose, etc.** Of course, money may help you to attain those qualities a little bit faster and more easily. However, if you are just focusing on just the

physical aspect, which is money, you are unlikely to feel rich.

25. Personal growth

Always be on the path of self-improvement.

Personal growth is about understanding and growing yourself. The more you understand who you are such as your strengths and talents, the more you can grow them to help you become a stronger person.

As human beings, we crave for growth because we are living beings. For example, in order for a flower to bloom and become beautiful, you have to water it daily. If the flower does not get enough water, it will die. It is the same with you as a human being. You have to improve and grow yourself on a daily basis to become stronger and happier.

Since you are a human being, the first aspect of personal growth is to learn about human potential. There are many things that you might think you are not capable of doing until you actually learn that you are capable of.

Human potential and personal growth could be in the categories of happiness, spirituality, self-help, success, or any topic to help you learn more about and life and yourself to grow and become a better person.

There are countless ways where you can learn more about human potential. First, you can read books, journals or magazines. You can purchase them, rent them, borrow or go online. Second, you can listen to audio or watch DVDs. Again, you can buy, rent, or borrow them. There are many successful people who share their messages on audios and DVDs. Third, you can get a mentor or coach to help you. You can interview someone. Studies have shown that if you want to become successful in something, one of the best

ways is to get a mentor or coach. People love to share their successes and experiences. They can give you all the details of what they have overcome, their success and failure and how they learn from them. Fourth, you can attend live workshops, seminars, or trainings. There are countless of workshops, seminars, and trainings on personal growth and human potential.

26. Invest in yourself

We save money to purchase things such as a new car, a house, and/or a vacation, but we rarely save money to invest in ourselves to become a better and happier person. Since happiness develops from within by building your inner strengths and positive qualities, you also want to make sure to invest in yourself and grow your inner strengths and positive qualities.

Investing in yourself means saving and spending money on things to improve yourself, such as purchasing new books or attending workshops or seminars to increase your self-esteem, self-confidence, or ways to a become stronger and happier person.

Becoming a better and stronger person is like anything else; the more you focus on it, the stronger it becomes. The more you invest in yourself the happier you will become.

27. Learn and experience new things

Another way to grow your happiness is to never stop learning, exploring and applying new things. When you learn new things it forces your brain to think differently to come up with new ideas and solutions, which mean you will gain new knowledge, skill and strength. **The more you learn the stronger and more empowered your mind becomes, and the strong you become.**

If you have trouble choosing what to learn, reflect back on your life and think about the things that you want to learn that you have been putting off. Make a list of all the things that you have been wanting to try or learn, or things you believe you should learn to improve yourself. From the list, pick one and start learning it. There are many ways to help you learn something, such as through watching videos on YouTube or purchasing videos from others, reading articles on the Internet or reading books, attending workshops and seminars, or you can ask someone to teach you how to learn or do something. Other people love to share their knowledge and experience, so do not be afraid to ask them.

Traveling to different places is another great way to learn new things. Since the world is a very big place there are countless places that you can visit and learn from. Each country or place has something unique to teach you. The more you understand about the world and the different

things and people that each country or place has to offer, the more knowledge you will have, the more you will understand, and the happier you will become.

Today, there are unlimited ways to learn something. The only thing that is stopping you is you.

28. Appreciate every experience

We can learn from all experiences, both positive and negative. The positive experiences will help you to discover your strengths and help you become stronger when you use them. The negative experiences will help you to discover your weaknesses so you can avoid or work on them. No matter what happens, there is always an opportunity for you to learn and grow, and that should be a positive thing. In addition, personal growth requires understanding every area of your life, positive and negative.

When you embrace everything in your life and take advantage of them, you will start to look at life from a whole new perspective and build strong connections with yourself and everything and everyone around you.

29. Act in spite of fear

Fear is part of life. You cannot escape from it. No one can. Since you cannot escape from fear, you have no other choice but to face it. If you do not face it, you will experience a lot of suffering. **However, the more you face your fear the more courage you will have.** So make your choice—either experience suffering when you avoid fear, or experience courage when you face your fear.

Do not doubt that you can become successful. Believe that you have more than enough knowledge and skill to become successful because you do. Fear and doubt

are only there to make you afraid, but you will ALWAYS have more than enough knowledge, skill, and strength to become successful. If you need more knowledge and skill, they will develop as you need them as you take action in spite of your fear.

The best way to make the most of your fear is to become as familiar with it as possible. Most of the time, fear develops from something you have never done before. However, whatever you are fearful of, it does not mean it will come true. Fear is just something that manifests when you are about to do something new.

When fear manifests, let it come forth and become aware of it. It will go away when you acknowledge it. It is like when you acknowledge a child who keeps on bugging you for something. The moment you acknowledge the child, he or she will leave you alone. It is the same with

fear; the sooner you acknowledge and face your fear, the faster it will fade away.

Another way to decrease your fear is to take action. Action conquers fear. Whatever you want to do, quickly make a list of action steps and start taking action right away. **The more action step you take, the faster your fear will go away.** However, the more you sit around and do not take action, the higher your fear level will become.

30. Avoid the media

It is important to avoid the media. The main purpose of the media is to persuade you to attain gratification by influencing you to buy this or that or become this or that. The media does not have much information that motivate and inspire you to be yourself and to live a successful and happy lifestyle.

When you are influenced by the media to pursue the wrong things in life, your life will become very stressful, and that would cause you a lot of suffering.

For example, you want to experience happiness, but the media is persuading you to pursue gratification instead. If you believe that gratification is happiness, you will experience a lot of suffering because your actions do not support happiness.

It does not matter how much effort you put in doing the wrong things, you will not become successful and happy. When you put a lot of effort into something, but have few positive results in return, you tend to develop a lot of suffering.

Also, if you pay attention to the news, most of the stories are not positive. For example, you are more likely to see stories about violence, gangs, murders, disasters, and other negative stories that would have a negative effect on

your mind. In addition, most news stations do not provide you with complete and or adequate information to help you make good decisions.

The more you are exposed to negative information the faster you will develop doubts and fear about how negative and terrible life is. However, you do not need the news to tell you how negative society and the world is because in our daily life we already see many negative activities, and that is enough. Do not burden your mind with more negative information by watching the news.

31. Increase your self-esteem

Self-esteem is one of the traits of happiness. Sometimes you would have to step outside of your comfort zone to challenge yourself, take risks, and face your fear to achieve things that would bring you happiness. **In order to**

have the courage to step outside of your comfort zone, you would need high self-esteem to believe in yourself that you can become successful to not let fear take over.

Benefits of achieving self-esteem.

1. Self-esteem gives you the ability to value and believe in yourself.
2. Self-esteem helps you realize that you already have enough strength and talent within you to accomplish whatever you desire.
3. Self-esteem gives you the strength to create and live the lifestyle you love.
4. Self-esteem gives you the ability to accomplish things quicker and better.
5. Self-esteem gives you the ability to block out external influences so you can make your own decisions about what brings you happiness.

6. Self-esteem gives you the ability to stay strong when others are denying or trying to change you.
7. Self-esteem gives you the strength to say “no” to other people.
8. Self-esteem gives you the ability to identify positive and negative people.
9. Self-esteem helps you understand that you are still a terrific person no matter what kind of negative qualities you have or how many negative experiences you have encountered in your life.
10. Self-esteem helps you build positive qualities that will help you become a unique person.
11. Self-esteem gives you the ability to turn your negative qualities and experiences into opportunities.

Ways to increase your self-esteem.

- **Behave positively:** Self-esteem is a positive trait. Remember to always behave positively, no matter how negative someone might treat you.
- **Build a strong relationship with yourself:** You have to deal with yourself on a daily basis, make sure you have a strong relationship with yourself. Do something positive daily to become a better and stronger person.
- **Empower your mind:** Every day feed your mind with positive messages. The more you feed your mind with positive messages, the more positive and empower you become to believe in yourself.
- **Invest in yourself:** Spend money on things such as books, workshops, seminars, DVD, etc. to become a stronger and happier person.
- **Negative experience and growing:** Understand and see that your negative qualities and experiences give you the opportunities to learn and grow, and that is a positive thing, which will increase your self-esteem level.

- **Keep your commitments:** You must keep all of your commitments to yourself and others. No matter how small the commitment might be. The more you keep your commitments to yourself and others, the higher your self-esteem level.
- **Be proud of yourself:** Every day be proud of yourself. Be proud of the person you have become so far and the better person you will become in the future. Be proud of your successes and accomplishments, no matter how small they might be. Give yourself credit for the life you have developed. No matter how terrible your life might be at the moment, there is always something that you did well in your life right now.
- **Reward yourself:** Reward yourself for every time you achieved something. If it is a small achievement, then reward yourself small. If it is a big achievement, then reward yourself big. Reward yourself accordingly.

32. Control your stress and emotions

Do you allow your emotions to influence you to act or behave in certain ways that you do not want to? **It is your emotions that are most likely stopping you from achieving the happiness you deserve.**

For example, you might want to take action to achieve something that will bring you happiness but your doubts and fear prevent you from taking the steps you need to take to become successful. In this case, when you allow your doubts and fears to take the best of you, you are not free to do what you believe will bring you happiness.

In this case, learn how to control your emotions and do not let them control you. For example, if you know that your anger emotion tends to take the best of you, then learn how to control your anger emotion. The moment anger takes the best of you, nothing positive will come out.

It is the same with your fear. Learn how to control your fear by learning where it comes from and what fear actually means. When you have a better understanding of what your fear is, you can start to control it so you can start taking action to help you achieve happiness.

33. Be ready for opportunities

Opportunity is everywhere; it just depends on whether you to see it or not. The only way for you to grab onto an opportunity is when you are ready for it. It does not matter how perfect the opportunity might be, you will not grab onto it unless you are ready.

To be ready for opportunities you must always develop and grow. Do something daily to grow your strengths, talents and passion. Do something to make yourself a better person. The more you grow, the more

knowledge, skill, strength and talent you will have to help you prepare for any opportunity. When the right opportunity comes, you will see it clearly and not hesitate to grab it.

In addition, as you grow and understand yourself, you will have a higher chance of grabbing onto the right opportunity because not every opportunity will suit you. However, if you do not develop and understand yourself you will be less clear about your strengths and talents. That means you would be less likely to know which opportunities are right for you. If you grab onto the wrong opportunity it would be more difficult, if not impossible, for you to become successful.

34. No need to defend

When you defend yourself over and over again to prove to other people that what you are doing is bringing you happiness, then what you are defending is not bringing you happiness. The more you defend yourself, the unhappier you are with what you are doing.

The main reason why you come up with reasons to defend yourself is to only to make yourself feel better because you are suffering. It has been discovered that one of the fastest ways to numb your negative emotions in order to feel better is to make excuses to defend yourself. There will be times when you are not thinking clearly or feeling stress, and that will influence you to do unhappy things without your awareness. When you come to realize that you are unhappy with what you are doing, you would not want to admit it. If you admit to yourself and other people, then you would think that there is something wrong with you,

and then you will feel embarrassed. In this case, you would rather make excuses or come up with reasons to defend yourself than to admit your wrong choices.

However, when you are doing the right thing and it is bringing you happiness, you would not feel bad or need to defend yourself when other people disagree with you. What other people say or do will not affect you, and you will not need to waste your time and energy on defending yourself. **A happy person only needs to prove something to him or herself, and no one else.** You will come to realize that the happier you are, the less you will have to defend yourself.

35. About the author --- Mykim Tran

Mykim Tran is a personal transformation expert, speaker, educator, life coach, and author. She seeks to help transform individuals to become the best version of themselves and in reaching their full potential. Mykim is a national best-selling author of *Self-Esteem Building: How to live your life as YOU* and other self-help books on life and happiness topics such as self-confidence, goal setting, stress management, health and wellness, and career development. Mykim is the founder and CEO of Wake-Up Foundation, a non-profit agency, in transforming individuals to become social change agents to promote stronger communities. Mykim is a certified Recovery Coach. She received her bachelor's degree in Media Communications from California State University of Sacramento, and her master's degree in Psychology at Walden University. She is currently a PhD student at

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