

## THE 10 WAYS TO GREATER HAPPINESS – DON’T WORRY BE HAPPY

*This is the summary of a book, The Pursuit of happiness by David Myers. The points are adapted to our situation at ANS.*

### **1. Enduring happiness doesn’t come from success**

Money, power and fame don’t guarantee happiness. Money really doesn’t buy happiness. There are people who are happy with what they have though it is little. We may have money but it cannot become the answer for all things. Money, power and fame will not answer in the day of trouble. Christ is the Answer for all our needs. He is the Answer for all our prayers. Our happiness and joy comes from God, who is our exceeding joy.

### **2. Take control of your Time, take control of your Life.**

People feel in control of their lives when they are wise with time management. This management skill keeps chaos and crisis out of our way. We must bring order to our lives by setting governing structure for life and lifestyle. We must set strong boundaries so that our time is not stolen by unimportant things. The urgent can wait. Make a To-do list and cross out work that is done. Increase your productivity. Be an extraordinary maximum capacity achiever.

### **3. Act happy and put a smile on your face.**

Put on a happy face. When people smile, it releases chemicals that make them feel better and happier. Take happiness into the next level. Let people see it on your face. Give a smile away when your eyes meet people. Talk happily and joyfully to all you meet. When joy and happiness are seen on your face, others will not allow the expression of fear, guilt or other negative emotions to be around. Show yourself in manifested joy.

#### **4. Seek work and leisure activities that engage and maximize your skills**

Do things that uses your skills and abilities to maximum usefulness. Though it may be challenging it will increase your happiness because you are using your potentials and doing what you enjoy doing. You will feel that you are made and prepared for this. Doing what we are born for is fulfilling destiny. Enjoy doing what we are best at. The stress, strife and struggle and frustration will all go away.

#### **5. Join the movement, set the pace**

Get moving, get exercising on your “must do list”. The movement must target for better health, first working on your heart. The heart is the first muscle you must exercise. Breathing exercise increase oxygen in your blood and will feed your brain. The circulation of blood and the flow of all the lymphatic fluids keeps your body healthy. Just do it. Bodies that do not move, stretch or use the muscles will become hardened and stiff and rigid. Move your body to activate your metabolism and reduce weight. Plan to run the “race to finish it in style and not come back with the nurses in the St. John Ambulance!”

#### **6. Give the body the sleep it wants**

Sleep deprivation will slowly destroy your health, your body and your mood (emotions). Sleep leading to rest is God’s gift to replenishing our body, the organs and the various systems in the body. Different people need different length of time for sleep. Some need more while others require less. A good bed, a comfortable pillow, the right regular time to sleep and the right temperature and the right atmosphere in the bedroom are essential for sleep leading to rest. You must regulate the amount of light in your bedroom. Bedroom for couples is associated with sleep and intimacy, not with work or television. Put your phone in a glass of water the same way you soak your denture!

## **7. Give priority to close relationship**

We all need a good social support system to continually face the pressures of life. Good relationships must be treasured and affirmed. Woe if you are alone. We need good people around our life. Their presence will keep your enemies away. You need your tribe and you need those who are committed to covenant. You need those who are your companions and partners. Choose your friends if you want to win. Pay the price to keep good people around your life because they are God’s extension and expression of His love for you. They are God’s delivery van for your needs and a supply truck for all that has been given freely to us by God.

## **8. Focus your attention and preference for others**

Your attitude should be one of preferring other people’s interest, progress and prosperity. You must serve others, prioritize and make others great. You must invest in the partners who are part of your corporate destiny. You must learn selfless sacrifice and serve the people of God and desire for God’s best for them. The more you serve people, the more they will appreciate your presence and leadership over their lives. You’ll have earned your place and position of favor with the people. You will be honored and respected for good service rendered.

## **9. Keep a gratitude journal**

There is so much to thank and praise God for. Keep writing what He has blessed and what He has done for you each day. The word of your testimony will defeat the enemy. Record what God is saying to you. Recite the promises he has promised you. Remember these writings every time you are overwhelmed by uncertainties, He is always there to remind you that He is the SAME yesterday, today and tomorrow. Praise will make way for heaven. When your heart is filled with thanksgiving, the Throne of Grace is there before you. You will always find grace that will enable you to prevail.

## 10. Nurture the spiritual self

You must express greater confidence in faith in the Word of God. You must be devoted to God, to His word, to the ways and the workings of the Holy Spirit. Our spiritual life must be at its best. Your victories are always dependant on your spiritual plane. When your spirit is strong and buoyant, the problems disappear or sometimes get resolved suddenly by His Sovereign hands. You must be strengthened with the life and power of the Holy Spirit. Your relationship with the Holy Spirit will give you the leverage in the battles of life. You must live in the Spirit and operate under the guidance of His leading. You will be set free from the law of sin and death. You will be free to move in the Spirit. You will have a clear understanding of God's word and find the accurate workings of the Holy Spirit releasing to you the wisdom to build and execute divine strategy for total victory. The joy of the Lord is our strength.