

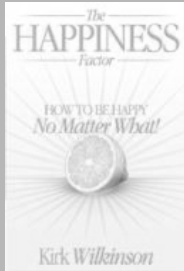


Happiness Matters

By Kirk Wilkinson

How to Stay Positive in Tough Times

You are not your problems. Your self-worth is not tied to your net-worth.



You are not defined by what is happening to you. Even when times are tough you

can find fulfillment, satisfaction, live your dreams and be happy.

In **The Happiness Factor: How to be Happy no Matter What!** you will learn the eight simple yet powerful steps to be happy in any situation and regardless of your circumstances.

6 ways you can stay positive in tough times

Don't Under-estimate your ability to cope!

When faced with a crisis it is easy to feel overwhelmed and feel as if you can't handle it. But you can! As humans we can do amazing things. You can survive much more than you think. Don't be afraid, don't feel overwhelmed. Take it one day, one step at a time.

Limit your daily dosage of news!

In tough times it is hard not to stay glued to CNN to keep up to the minute on every crisis. Turn off the TV, browse to another site and limit the amount of bad news you let into your life. You will be surprised and how much better you feel by letting the news happen without you. Be a *headliner* three days a week—read or watch the headlines every other day. This will allow you to stay connected while reducing your stress by reducing your exposure to bad news.

Be grateful to those around you.

As we face tough times don't forget about all the people that are there to support you. Being kind and appreciative to everyone you encounter will generate positive emotions and help you see your own issues in a new light. Saying thank you or expressing appreciation will not only make someone else's day, it will make your day too!

Be a mentor or serve someone in need.

Being a mentor and offering positive advice to another person will empower you to see your own problems differently. You will be more objective and stronger. Solutions will come to you as you help others. Volunteering is another way to lift a burden off

your own shoulders. As you serve others your own burdens seem so much smaller.

Surround yourself with positive thinkers.

This may require you to step away from negative conversations and situations. Surrounding yourself with positive thinkers will keep your optimism high and allow you to think more positively.

Laughter is the best medicine.

Find something everyday that you can laugh at. Sometimes it is great therapy to spend some time laughing at yourself. We all do goofy things every day and learning to laugh at them and dismiss them as unimportant will relieve stress and worry and help you avoid self-criticism.



Kirk Wilkinson
The Happiness Factor

Kirk Wilkinson wrote the book on how to be happy. As a two-time cancer survivor and overcoming personal, financial and relationship setbacks, he brings a unique and practical approach to being happy.

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Kirk's advice and practical tips to be happier have been featured in major newspapers, radio, TV and national magazines.

You don't need to wait for anything or anyone to be happier. You can be happy right now!

Kirk speaks on this and many other topics tailored to your specific needs.

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