



9 simple keys to a happier you

Happiness is not a destination but a result. The happiest people live a world that is supportive and positive no matter what negative influences come their way



Key #1

Listen

Get quiet with meditation or just sitting quietly and listen to the natural sounds around you. Allow your inner voice to guide you. Be grateful.



Key #2

Pay Attention

How's your thinking? Positive or negative? Who are you hanging out with? Positive or negative? Practice gratitude for your positive surroundings



Key #3

Take Care of Your Health

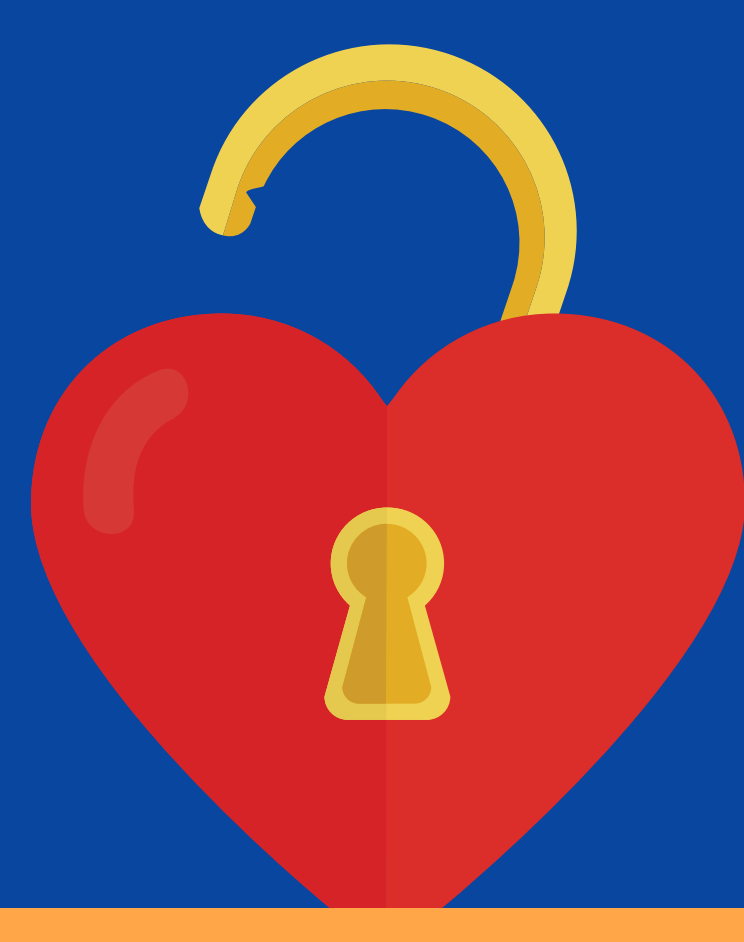
Eat better, get more exercise, sleep more, drink less alcohol and have more water. We all know this is the pathway to good health. But are you doing it? If so, be grateful for your health.



Key #4

Do for Others

With very little, you still have more than many. Be grateful for that and be compassionate toward others. Get out of your own head and into the arms of those that need you. Volunteer, mentor or just be a friend.



Key #5

Open to New Possibilities

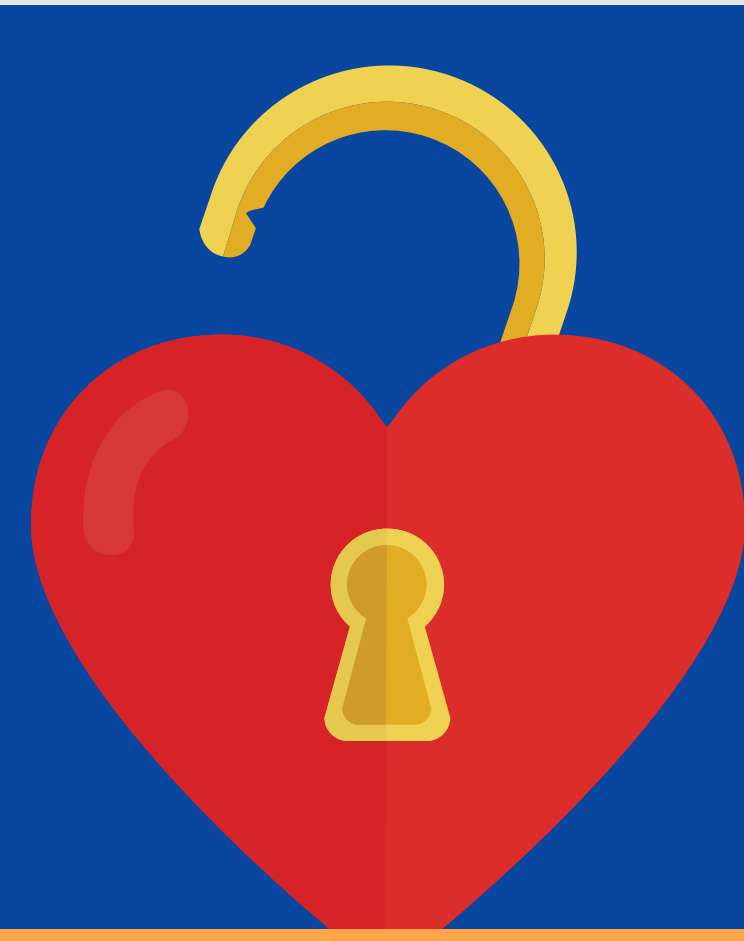
Being open to new adventures and opportunities. Stretch our courage muscle. Instead of fear when new things come, express gratitude for the openness and your ability to know peace.



Key #6

Get Inspired

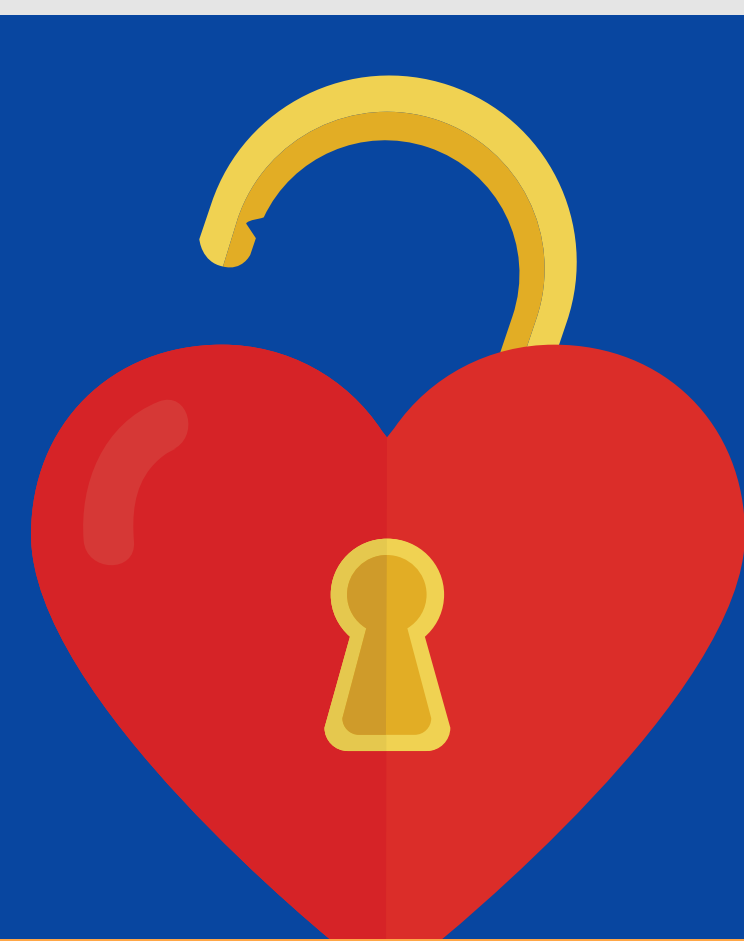
Filling your well of creativity starts with inspiration. All the master artists, writers and gurus studied someone else. Be grateful that you can find inspiration at any moment by flipping your phone to the right screen.



Key #7

Live with Purpose

Set goals and stay the course. Live in the moment and be WITH the people important to you. Make the time and make the effort to be focused. Be grateful all those you impact and that impact you.



Key #8

Watch Your Language

Words matter. What you say can frame your day, so be careful about what comes out of your mouth. Never "should" on yourself or anyone else. Remember, the subconscious can be trained, but only with practice. Be grateful that you're now aware.



Key #9

Say Thanks

Be grateful for all things. Even when something "bad happens" remember that it may be exactly what you need for future growth. Be grateful for the support of those that love you and that you love them back.



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