



Simple Steps to a Happier You

IDEA GENERATOR

Copyright Notice

Copyright © NAMS, Inc. All rights reserved worldwide.

No part of this material may be used, reproduced, distributed or transmitted in any form and by any means whatsoever, including without limitation photocopying, recording or other electronic or mechanical methods or by any information storage and retrieval system, without the prior written permission from the author, except for brief excerpts in a review.

This material is intended to provide general information only. Neither the author nor publisher provide any legal or other professional advice. If you need professional advice, you should seek advice from the appropriate licensed professional. This material does not provide complete information on the subject matter covered. This material is not intended to address specific requirements, either for an individual or an organization.

This material is intended to be used only as a general guide, and not as a sole source of information on the subject matter. While the author has undertaken diligent efforts to ensure accuracy, there is no guarantee of accuracy or of no errors, omissions or typographical errors. Any slights of people or organizations are unintentional.

Any reference to any person or organization whether living or dead is purely coincidental. The author and publisher shall have no liability or responsibility to any person or entity and hereby disclaim all liability, including without limitation, liability for consequential damages regarding any claim, loss or damage that may be incurred, or alleged to have been incurred, directly or indirectly, arising out of the information provided in this material.

A PERSONAL INVITATION!

And a special 14 day \$1 trial to the best business training resource library available



1

Magnetize

Every business person must have the ability to persist until they prosper by training the right mindset...

2

Monetize

Making money is urgent and important for ALL businesses. It's the key to financing your growth...

3

Methodize

After mastering sales and marketing, creating your own products correctly adds zeroes to your business...

Click here to start today!

NAMS.ws/14trial



WHAT DO INSIDERS GET?

Weekly MASTERMIND Call - What's working

30-Day Challenges - 12 months essential topics

Insiders Facebook Group - active peer community

PLR Articles - articles, report and ecourse each month

Audio & Graphics Gallery

Micro Workshops - nearly 2 dozen training sessions

Tutorial Library - Tech tool & process tutorials

Custom Tutorials - 18 essential tools tutorials

Custom Marketing Suite Software including site builder, video management, tracking, quiz engine

And much more...



Table of Contents

Simple Steps to a Happier You Idea Generator	4
Surround Yourself with Beauty	4
Dress for Success	4
Incorporate Color Therapy	5
Practice Gratitude Waking and Falling Asleep	5
The Quickest Way to get into the Mindset of Gratitude	5
Heal Relationships with Gratitude	6
Find Small Things You Take for Granted	6
Volunteer Your Time	6
Be Grateful for Your Business	6
Pay Attention to Your Conversations	7
Forgive Yourself, as well as Others	7
Write Thank You Letters	7
Speak Your Own Gratitude - Regularly	8
Don't Just Say "Thank You"	8
Re-read Old Journal Entries	8
Be Present in the Moment	8
Be Specific	9
Make Yourself a Gratitude Template	9
Finding the Right Journal.....	9
Keep it Short	10
Write Testimonials.....	10
Psst – Gratitude! Pass it on!!	11

Simple Steps to a Happier You Idea Generator

Expressing gratitude to create more joy and focus in twenty-one days will require examining ourselves and create new habits, commitments and focus. Here are twenty-one ideas for expanding your efforts, to make your new lifestyle as joyful and stress-free as possible.

Surround Yourself with Beauty

Look for ways to add visual beauty in your surroundings. Consider using flowers in your everyday environment.

Get rid of clutter. Incorporate images/locations that bring you peace into everyday items:

- your favorite coffee mug
- your mouse pad
- your pens
- inspirational poster
- even your view when doing yoga and meditation!

Dress for Success

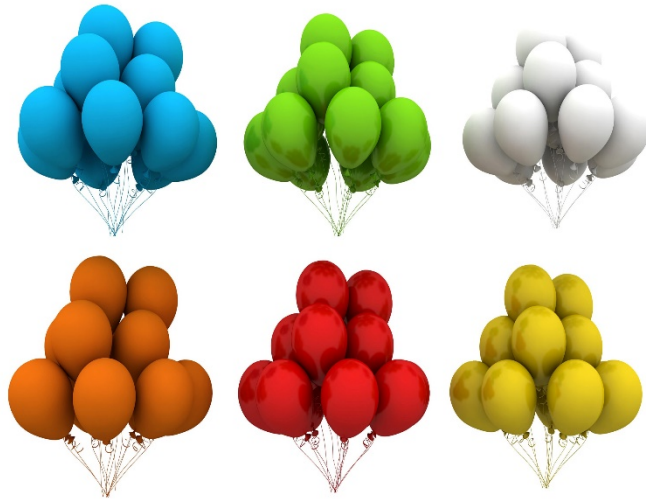
Speaking of yoga, treat yourself to new, colorful clothing that is comfortable. Keep in mind, when you are shopping for yoga clothing, remember to do different poses/positions to make sure it truly will be comfortable in your routines.

DO wear moisture-wicking, breathable clothes (sensible, cotton underwear—no lacy nylon) and if you wear shorts, make sure they are neither too tight/short, nor so loose that your mat-mates behind you get treated to more than you want them to see!

Ditto tops. If you wear open back or loose tops, make sure that you have a well-fitting, no-nonsense Sports bra on underneath. The more

comfortable, the better the odds of you sticking to your exercise or yoga routines.

Incorporate Color Therapy



Color has been shown to enhance mood ... or knock it down. If you are more comfortable hiding in a dark, dull colors, that's okay ... but NOW is your perfect opportunity to step out of your comfort zone and wear gorgeous, rich and vibrant colors to boost your mood and confidence.

Especially important to note that about yoga clothing! Light colors or whites show up sweat—as do dull colors.

Go neon. Rich magenta is energizing; jewel-toned turquoise; bright, playful purple; happy orange—whatever color speaks to you the most, dare to wear it. Embrace your playful side. Have fun in this process!

Where else in your life you can use color for mood-boosting and gratitude enhancement? Chances are that once you begin to look around you, you can find all types of little things you can do to energize and inspire you in new ways.

Practice Gratitude Waking and Falling Asleep

The Quickest Way to get into the Mindset of Gratitude

Find three things to be grateful for, first thing in the morning—before even opening your eyes. And when your head hits the pillow, think of three things you were grateful for *that happened during the day*. (Feel free to add more!)

Heal Relationships with Gratitude

No matter how angry you are with someone, do not go to bed thinking about it. Tell them something you love about them. When you do this from the heart, you cannot help but begin to remember why you loved them in the first place.

Find Small Things You Take for Granted

Sometimes the things we should be most grateful for, we miss and take them for granted.

Recognizing the small, over-looked details of our lives will help teach us to be more aware of our blessings. Our appreciation for all the pieces of our life naturally grows—including what is special about others.

Volunteer Your Time

Nothing helps us see our blessings more clearly than volunteering to help those who are in need. When we give our time, we are truly acting in gratitude...and reminded of how far we have come.

You may already be donating money to do your part—and that's wonderful. But volunteer your time too and get out there in your community. When you help others, you quickly learn that you are the one blessed, with something to be grateful for, in the transaction.

Be Grateful for Your Business

What happened today in your business that made you happy or made you feel enriched? Which client had a breakthrough or made you feel appreciated? Which team member came through for you, or caught a potentially costly mistake?

Instead of being one who gushes about their personal lives and treat their business, clients and team as if they do not matter to you, show

them they do with a simple "Thank you! I really do appreciate all you do."

A little appreciation and gratitude goes a long way.

Pay Attention to Your Conversations

Ever catch yourself complaining about someone or something? Ever berate yourself with negative self-talk?

Don't. No matter how justified the former might be, you hurt yourself when you fall into negative thoughts. If something is wrong, tell the person directly and do your best to resolve it – kindly in private. Do not complain in a forum or gossip with your best friend.

As for negative self-talk, if you do not talk kindly to yourself, you will find it much harder to love others.

Forgive Yourself, as well as Others

Forgiveness is necessary healing tool, especially when you let go of old grudges and long-standing hurts. It often helps us more than it helps those we forgive. Forgiving does not mean forgetting. You can forgive someone, but not allow them repeat hurtful behavior. You can forgive someone, recognizing they are stuck in a dark place, even when they are not sorry.

Forgiveness is liberating. It is an act: not a feeling. We or no one else are not what our mistakes were. You are a whole person who loves and evolves and grows. So, among all the other hurts, humiliations and mistakes you are forgiving, be sure to forgive yourself too.

Write Thank You Letters

Think of people in your life who make your life better. Write them thank-you letters. In the age of digital everything, go that extra effort to write them, even if it is inside of a card you mail to them.

Putting in words what you appreciate about the people in your life (past or present) is a wonderful way to create neural pathways of gratitude in your brain.

Speak Your Own Gratitude - Regularly

When you prepare a meal for family and friends, it gives a moment to express your gratitude around the table. Simply tell those at your table that you are grateful for each one of them.

Don't Just Say "Thank You"

'Thank you' is a beautiful response to express gratitude—yet when we say 'thank you' we often say it the way we say it so casually without waiting for them to respond.

People say, "You're welcome", and they say it automatically too. Next time you need to say 'thank you' to someone, turn it into an opportunity for genuine gratitude. Acknowledge what you are thankful for and note any sacrifice that was made for your benefit. For example, "Thank you for working this weekend, Sarah. I know you were looking forward to going hiking, and I appreciate you giving up your time to help me get the launch ready when Jane called in sick."

Not only will that person feel truly appreciated, but your mindful gratitude will warm your own heart too—and remind you how truly lucky you are.

Re-read Old Journal Entries

Go back through your entries once a month, and again once a year. Be sure you include things you are grateful for every day in list form. Now you can go back when you feel down and remember your blessings.

Be Present in the Moment

A great habit to form is to stop to notice what you are doing and how you are feeling. Notice the sun shining, if it's a sunny day. Notice how clean and pretty your office looks, with your bouquet of fresh flowers. Notice that funny little drawing on your bulletin board that your six-

year-old did for you. Say to yourself, “I am alive in this moment, and I am grateful for the gift of my life.”

Be Specific

Take the time to detail the things you are grateful for. Get in the habit of being specific.

For example, don’t just say, “I am grateful for good food”. Really think about what you just ate (or are about to eat) and describe it to your journal entry. It will have a richer meaning for you when you go through old journals, years from now. “I am grateful for Grandma’s hot, home-made biscuits and the way she loves to make them,” is far more meaningful than “Had good food today”. Re-reading your own words, you will recapture wonderful memories: sights, sounds, scents and faces—for years to come.

Make Yourself a Gratitude Template

If certain things you’ve expressed gratitude for in your journal really resonate when you re-read them, use that entry as a template for the way you write down other expressions of gratitude.

In addition to what you are grateful for, list things like:

- ✓ Why you are grateful
- ✓ How it makes you feel

(Note that journals you purchase often are set up like wonderful templates too!)

Finding the Right Journal

Not every journal works for every person—and if you go onto Amazon.com and search for “gratitude journals” or “daily journals”, you’ll find they can be as varied as snowflakes (and almost as prolific!)

Take the time to find a journal that works with your learning and communication style. If you’re a visual learner, find one with pictures or illustrations you find inspiring. If you are factual and left-brained,

look for journals that provide lists. If you adore nature, choose a journal that contains images of beautiful places. And so forth.

When you have the right journal—one that you love to write in—it will increase the chances that you'll stick to your writing commitment ... and beyond.

Keep it Short

With all the simple new steps you are making, do not be over-ambitious. Take a realistic look at yourself. If you are someone whose only habit is not creating new habits and stop doing challenges, it is especially important to keep all your new methods of gratitude and mindfulness practices short.

Do not force yourself to meditate for an hour, if you have never done it before. Do not make yourself run a mile if you get tired walking that distance. Do not force yourself to write fifty things you are grateful for—start out with a number you can easily achieve. It should almost feel TOO easy! Write down three things you are grateful for (not thirty). Do five minutes of meditation—not fifty. Spend time simply doing four breathing exercises, before you join of up for a Tai Chi class.

Less is more, when you do not mind doing it every single day.

Write Testimonials

Write testimonials for everyone in your life. Note what they contribute to your well-being or business, personality traits you admire or enjoy. Write at least one detailed example of how they put their skills or values into practice. You could purchase a pack of cards with a beautiful image on the front and blank on the inside where you can write it for them specifically. Give the card to them and watch their face when they read what you feel about them. Guaranteed to make your heart smile 😊

You will affirm or re-affirm their value in your own eyes. It will show up in your daily interactions—as well as having something that is ready-at-hand should a former client or contractor a testimonial from you.

Psst – Gratitude! Pass it on!!

Establishing the habit of passing on your gratitude—doing or saying things that show people how much you appreciate them or sharing positive things that you are thankful for and love—can be catching. It can transform relationships, shift negative office atmospheres to positive ones and change lives—and businesses—for the better.

Gratitude has a habit of spilling over into every aspect of your life—when you honor your body and mind with exercise, good food, rest and mindfulness. It's like sunshine on a dark day. When it is genuine and truly lived.

Pretty soon you will find that people are grateful for you!

FREE REPORT

MAKE BIG MONEY CREATING SIMPLE ONLINE COURSE WITHOUT ANY EXPERIENCE!

Download Our FREE Report
Now And Discover:

- 1 Secrets to making big money creating your own simple online courses!
- 2 How to make killer online courses, even if you aren't an expert in anything!
- 3 How to create video courses without a lot of technical knowledge!
- 4 How to choose the right topic and price your course for the most possible profit!

And much more - all within this special
FREE report!



Download now

Get YOUR FREE Copy here:

NAMS.ws/DCP01

