

Sunny Side Up!

*5 Rays to
Get Happier!*

"To get up each morning with the resolve to be happy is to set our own conditions to the events of each day. To do this is to condition circumstances instead of being conditioned by them."

~ Ralph Waldo Emerson



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see her full bio on page 5

Have you ever thought, *"I was in great mood until 'blank' happened.?"* When we allow "blank" — whatever blank is at the moment, to affect how we feel, we are in essence relinquishing our power and allowing circumstances to control our emotions. If we allow our circumstances to control our emotions, we become a victim of our circumstances.

The truth is, circumstances don't dictate how we feel. We do! It is always our choice! We can choose to be happy and impact others in a positive manner regardless of the circumstances. There are plenty of reasons to get happy! Harvard research supports that if we just get happy we will be more:

- Successful
- Intelligent
- Creative
- Productive
- Healthy

I teach my audiences and clients how to rise above difficult or negative circumstances.

HERE ARE 5 RAYS TO LIVE LIFE SUNNY SIDE UP!

RAY 1 - ENTITLEMENT EXPECTATIONS

This is where we often lose our positive mood — we judge our circumstances based on our expectations. I call this judgment “Entitlement Expectations”. What I mean by “Entitlement Expectations” is that we expect a certain relationship, event, thing, or outcome. When our expectations aren't met, we judge our life to be less than ideal and get frustrated, angry or disappointed. Haven't we all thought “This should have happened”, or “I deserved this” or “I expected that”? These are examples of “Entitlement Expectations”. To avoid entitlement

expectations, it is necessary to embrace the following concepts:

- Life is uncertain!
- Life is unexpected!
- Life is temporary and can change in a moment!
- Life and people don't owe us anything!
- There are always positives; even in difficult situations!

When we embrace these concepts, we learn to stop judging our circumstances regardless of what they are. We learn to appreciate who we are, what we have and what is...regardless of what happened or what isn't.

RAY 2 - SPF

SPF is an acronym for “Super Positive Focus”. Yes, I will confess I am an acronym addict. Regardless of what the circumstances are, there is always positive somewhere, even in the most negative of situations. You just need to look for it. Developing a “Super Positive Focus” means you look for and focus on the positive, even in the darkest of situations. Think about all the tragedies from the recent storms. One huge positive was all the people helping each other to overcome and survive. You can develop your SPF by forming a habit of identifying what's positive in every situation. The minute you feel yourself slipping into the negative mode, immediately stop yourself. Instead, identify three positive things and give thanks and praise. I always have three things in my hip pocket just for difficult times- my health, hubby Steve, dog Zoe and my career. Okay, so that is four — I

had a hard time stopping there. Just thinking about them makes me feel very blessed and happy. Practice identifying three positive things in every situation and your SPF will grow.

RAY 3 - LABELING

Words that label have tremendous impact on our attitude and how we feel. We have to be careful about how we label the relationships, events and outcomes we have in life. If we label something as bad or negative it becomes our belief, and we manifest feelings and emotions that support that label. I find replacing the labeling words with “interesting”, which is neutral, and takes away the negative power.

Our beliefs of positive and negative, and are based on our past experiences. If we do something and we have what we believe to be a negative outcome, we will label it as negative. Yet we may have an entirely different outcome if we attempted to do it again. For example, I went on a hot air balloon ride over Napa Valley for my 50th birthday (just a few short years ago). It was serene and wonderful. I am even afraid of heights and I would do it again in a heartbeat. I would label it as a very positive experience. However, the following day, the winds came up unexpectedly and the balloons had a difficult time landing. I may have labeled it as negative had I gone on that day — and most likely, would never consider going again. The great news is that we can change our belief from negative to positive when we add new experiences that are positive.

Truthfully, how can we label something as good or bad if we don't know the end? None of us have a crystal ball. So how do we really know if something is good or bad? There have been many things in my life that at the time seemed “interesting”, and that

actually turned out generating a very positive outcome. Haven't we all thought or said "This is going to be bad" at one time or another, and yet it turned out to be one the best things to happen to us?

RAY 4 - MINDFUL TALK

"Words and thoughts have their own energy, including self-talk. Everything you think and say effects the way you feel."

It is imperative that we are mindful of our self-talk if we want to live life sunny side up! The majority of self-talk takes place so quickly and automatically that we don't even notice we are doing it. Even if you don't really listen to your chatter, your subconscious mind is listening. The subconscious mind just accepts everything you tell it, and responds accordingly.

Some examples of negative self-talk are:

- **Worry** - Fear of what if?
- **Perfectionism** - Not good enough or should have.
- **Self-Criticism** - Compares you to others, with you being the loser.
- **Self-Doubt** - Lack of confidence that you can do or achieve your dreams.
- **Being a Victim** - You have no control over your circumstances, and you just have bad luck.

The awesome news is that we can hard wire our brains to start thinking more positively! When we have mindful talk, actively choose where to focus our thoughts, and repeatedly apply it to wholesome and constructive thoughts, we overcome and eliminate the negative deceptive self-talk.

RAY 5 - CELEBRATION

"Celebrate even the little things in life to keep the joy in your life!"

It's important to celebrate life, even the little things in life. We take things so seriously and get so busy that we don't allow time to celebrate. If we don't make time to celebrate, we will lose our joy for life. I have seen many who have.

Being present is the first step in celebration. It is important to filter out all the noise from worry and fear, and focus on what is actually happening in the present moment. It is only when we are present in the moment that we become aware of all the little things worth celebrating.

The next step is to lighten up and have a little fun. Seriously — it's time we stop taking ourselves so seriously and acting so important. We are but a spec on this planet. Yes, I know we are all sooo, sooo busy doing whatever it is we are doing that is sooo important for the rest of the world to continue to exist. I think the planet will survive if we take a moment now and again to act silly and have a little fun!

If we are stressed and don't feel like celebrating, we can change our physiology (body patterns) to change our psychology. Body patterns are the repeated actions our body reflects when we feel certain emotions. They are how our body speaks to us and therefore, have a direct connection to our mood. Some examples of negative body patterns that make us feel stressed are rubbing temples, wringing our hands or a hunched over, closed position. Whereas smiling, laughing, or victory poses are positive body patterns that help us feel happier. Do you remember

when you were a little kid and you did something you thought was special? You might have raised your hands high into the air and shouted "Ta-dah!" Raising your hands high into the air is a victory pose and your body recognizes it as very positive and celebratory. If we want to change our mood to be happier, all we have to do is celebrate by changing our body pattern!

Here is your practice run through — smile big, raise your hands up in the air and shout "Ta-Dah!" for all that is good and that you are grateful for in your life!

So do a "Ta-Dah!" today and live sunny side up!

Visit Judy Kay Mausolf's website at PracticeSolutionsInc.net to learn more about how she can help you and your team create a happier, healthier and higher performing work environment.



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