

redefining hap·pi·ness

noun [hap-ee-nis]

1. a Powerhouse Mindset for Success

health wealth character confidence accountable
prosperity productive fearless authentic sexy balance
fun pride success loving acceptance compassion
wisdom thankfulness mindful joy energy strengths
leadership determination focused creativity positive
powerful nurturing assertive meaningful peaceful
gratitude integrity courage forgiveness

Connie Podesta

redefining
hap·pi·ness
a powerhouse
mindset for success

Connie Podesta

STANDOUT
M E D I A

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Prologue

“I want to write a book about Happiness,” said my great friend and mentor, Connie Podesta. And my honest answer was, “Umm... Okay. And you’re going to make this different than the 32,000 other books on that topic, how?”

Let me explain. Connie is VERY persuasive. She said, “Listen, just start pulling things I’ve written over the years on HAPPINESS, and let’s see what we come up with.” So we did. We tossed around a lot of ideas, scrapped more than one concept, and put our very best thinking caps on.

Then we poured through her most poignant, thought-provoking, conversation-starting, HAPPINESS-infused messages from her Facebook, Twitter, Blog, articles, and presentations to find JUST what we were looking for. And, indeed, a wonderful, passionate book began to take shape.

Next, in true Podesta form (DIFFERENT is one of the things Connie does best), we took the traditional concept of HAPPINESS and flipped everything upside down, right-side up, and sideways, so

we could create a unique message that truly represents perspectives that are relevant and **TIMELY** in today's crazy, 24/7 world, where so many people are worried, stressed, tired, overwhelmed on a daily basis, and wondering, "There must be more to life than this."

Connie's answer is, "Yes, there **IS** more to life—and it is right there for the taking." And here's just the book that will show you how to grab everything in life that you want, need, and most importantly, **DESERVE!**

As a writer myself, I loved the challenge and the end result. Even though Connie and I are both pretty **HAPPY** people, as we would finish a section, we would say to one another, "I needed to read this one myself today."

Writing this book taught us as much as we hope it teaches you. So are you ready for...

HAPPINESS LIKE YOU'VE NEVER HEARD IT BEFORE

Let this book be not only a gift from Connie, but a gift to yourself. I guarantee you: there will be so many “aha” moments that you will want to read and re-read this book over and over.

Thanks, Connie, for inviting me in. HAPPINESS is definitely a great partnership built on mutual respect and admiration. Now it's time to invite others in as well.

Enjoy!

- Julie Escobar

Join the conversation!

Meet us at [Facebook.com/ConnieSpeaks](https://www.facebook.com/ConnieSpeaks)

or follow us on Twitter:

[@Connie_Podesta](https://twitter.com/Connie_Podesta)

[@JulieEscobar](https://twitter.com/JulieEscobar)

[#RedefiningHappiness](https://twitter.com/hashtag/RedefiningHappiness)

It's Time to Take HAPPINESS Seriously.

Let me say it straight out. There was a time when I would have never thought in a million years that I would be writing a book on HAPPINESS. Not that I wasn't a happy person. I was (most of the time). And not that I didn't believe HAPPINESS was a cool thing to have. I did. I loved it when it was in my life, missed it when it was wasn't, and did whatever I could to keep it around.

But, truth is? I didn't take it SERIOUSLY.

When asked to give traits that described someone powerful or highly successful, honestly, HAPPINESS would never have come to the top of my list. I just didn't view HAPPINESS as a power word. And I certainly wasn't seeing books on the Bestseller list entitled: How to Create Happy Leaders, or Making Happy Investments Work for You, or Happy Sales Strategies for Success.

Instead I'd think of characteristics such as Honest. Strategic. Committed. Trustworthy. Energetic. Responsible. Now those are the kind of amazing

qualities that just radiate SUCCESS.

But HAPPINESS? Come on. No way was HAPPINESS in the same league with the “big players,” right? I mean, happiness was always a great feeling, but just a little too much fluff for the tough, competitive world I was dealing with.

In case you don't know it, I'm an in-your-face kinda girl. Tell-it-like-it-is. No-excuses. Tough-it-out and do-what-it-takes. I considered HAPPINESS as simply an emotion or a feeling that resulted from things I had earned, accumulated, or accomplished. But one day, I realized I had all the things I thought I wanted and still was wondering, “Is this all there is?”

And I knew I was missing something really important.

Then I began to figure it out.

Truth is? I had HAPPINESS TOTALLY BACKWARDS.

HAPPINESS is what ATTRACTS everything else: health, wealth, financial security, love, peace, balance, passion, a successful career.

In other words:

Hap•pi•ness is **not**
the **result** of getting
what you want; it is
the **catalyst** that makes
getting what you want
possible.

#RedefiningHappiness

@Connie_Podesta

REDEFINING HAPPINESS.

Happiness has never quite gotten the respect it deserves. When a crisis hits, HAPPINESS is rarely the go-to feeling one grabs onto in the midst of a storm. It isn't used to being partnered with the strong players such as SUCCESS, DETERMINATION, POWER, PERSEVERANCE, ACHIEVEMENT, or INTEGRITY. Well, my friends, it is DEFINITELY time to REDEFINE HAPPINESS as so much more than simply a feeling, attitude, or emotion.

HAPPINESS is a powerhouse MINDSET: the purposeful intent of impacting every behavior, idea, action, thought, & attitude in a positive way.

CHOOSING HAPPINESS? Not always as easy as you would think. It's a mindset that requires a lot of its owner. Far from being just a cute, funny little emotion...

HAPPINESS is a firm taskmaster when it comes to the commitment it takes to truly ATTRACT the things we want, deserve, and need in our lives.

What I've noticed is that when I purposefully embrace HAPPINESS as my go-to mindset of CHOICE, I begin to

immediately ATTRACT the things I want. Need. And DESERVE in life. There's almost nothing I can't do, change, resolve, cope with, handle, understand, forgive, or embrace. Even when life throws me a curveball, I can ACT with confidence, not REACT as a victim. I can figure out how to deal with even the worst of situations head-on.

But when I FORGET and let UNHAPPINESS take over my mindset, along with things like sadness, anger, worry, irritation, insecurity, etc....

Well, that's when things begin to fall apart. That's when I start to ATTRACT exactly what I DON'T want. Then, when things go astray, I am left with no effective coping skills to solve the problem. No positive spirit to help me through. No creative ideas to get me going. No support system to push me forward. No confidence that I can do what it takes. And no hope that things will get better. UNHAPPINESS only sees what CANNOT be done. HAPPINESS sees what CAN be done.

Truth is?

Un·hap·pi·ness
is the quick route to
getting what you **don't**
want.

#Don'tGiveItThatKindOfPower
@Connie_Podesta

HAPPINESS is Job Security.

Let's talk about work for a minute. Most people don't often rank HAPPINESS as a major component of success in the workplace. How many times do people put I'm so happy on their list of résumé skills and traits? I've never seen it even once. Is your "happiness level" ranked on the yearly evaluation sheet that determines whether you get a raise or promotion? Are you attending training workshops on "Raising the Bar for Happiness" or "Exceeding Happiness Expectations"? Does your company have a five-year strategic plan for increasing happiness ratios? Probably not.

But let me tell you: HAPPINESS literally ROCKS the workplace in terms of money, success, increasing customer base, closing more deals, and expanding market share. And talk about Return on Investment! It's like the investment that never goes down in value. Believe me, in a world where competition is tough, products and prices look alike, and change happens at the click of a mouse, your best shot at success is to differentiate yourself and literally STAND OUT FROM THE CROWD in a positive way.

After interviewing thousands of CEOs, HR Directors, and business owners, I heard one common denominator: “We can teach skills, but don’t have the time or energy to turn a negative, unhappy attitude into a happy, willing, creative, and productive worker.”

They’re right. That has to start with YOU.

Want to attract the best customers, the best companies, the coolest deals, the most sought-after jobs, and the most amazing opportunities? Then your personality has to reflect a positive spirit. HAPPINESS is your best chance for job security—because it’s not just about being positive. Remember: HAPPINESS creates the energy to work harder, produce more, sell more, learn more, and create more. What organization doesn’t want that person on their payroll?

Suc•cess at work starts
by adopting a **positive**
attitude. Customers,
co-workers & bosses?
#They’llChooseThatEveryTime
@Connie_Podesta

Bottom Line? You Deserve HAPPINESS.

HAPPINESS will never be a part of your life if YOU don't believe you deserve it. It is a courteous soul who waits patiently for an invitation and won't ever crash your party. This is YOUR life, YOUR choice. Therefore, YOU must first believe with every fiber of your being that YOU—yes, YOU—are a worthwhile being who DESERVES to have HAPPINESS as a foundation for success in your life.

And you deserve to be LOVED. RESPECTED. And TREATED FAIRLY.

But here's the catch. This does NOT mean that you are ENTITLED to any of these things. You don't have the RIGHT to experience HAPPINESS without doing the work, without the willingness

to keep it alive, the determination to make it happen, the appreciation that it is a gift of your making.

**You ab•so•lute•ly
deserve happiness. When
you work for it. Choose
it. Commit to it.**
#It'sABlessingNotARight
@Connie_Podesta

Really? That's a problem for many folks. They want the results without the work. They gripe that they aren't happy, but they do nothing to change their course in life, their plans, or their mindset.

They complain that others are lucky, without looking inward to see ways that they may be sabotaging their own success. Like the guy who complains to God that he has never won the lottery, only to be reminded that he has never bought a ticket. **YOU MUST BE WILLING TO BUY THE TICKET** to your own success.

I promise you that **GREAT** things are out there, but you have to **SHOUT OUT** that you are ready, willing, and able to do what it takes. Not give up. Make it a **PRIORITY**. Ready?

HAPPINESS is Not an Insurance Policy.

Choosing to adopt HAPPINESS as your go-to mindset is NOT a guarantee that your life will go smoothly, without incident, pain, loss, or disappointment. Unfortunately, those things are just part of life.

People often think HAPPINESS will protect them against hurt or sorrow. Then when life does its thing and hands them a situation they NEVER expected, they give up on HAPPINESS and push it away, afraid to experience it again, letting it be destroyed by uncertainty and difficulty. Instead, they begin to embrace UNHAPPINESS, to accept it as their lot in life—and that choice changes everything from that moment on.

That's when UNHAPPINESS starts the cycle of creating and attracting even more of the things that they did NOT want. HAPPINESS is NOT a guarantee that things won't go wrong, but it does help when life takes a turn for the worse. You'll be more prepared to handle the situation, resolve the problem, and cope with the collateral damage. Honestly? HAPPINESS is like a life raft—it is there when you need it the most. It

Hap·pi·ness can be
a great life preserver.
Something to hold onto
when the going gets rough.

#GrabHold

@Connie_Podesta

can't keep the storms away, but it will save you from drowning when you find yourself in the deep end.

In crisis? It can help you see better, think more clearly, and find the best solution. Exhausted? It will give you energy, push you to take care of yourself, and turn fatigue into peace. Scared? It will bring you hope, challenge you to try new things, and give you the courage to persevere. Sad? It will let you see things in perspective. Create an opportunity to think things through. Give you a reason to work your way out. Angry? It will (if you let it) calm you down, interject some reason into your thoughts, and stop the blame game. HAPPINESS is an amazing natural tranquilizer, mood enhancer and fuel for the body and soul.

HAPPINESS Isn't for Sissies.

Many people fight—and I mean really resist—the option of accepting, embracing, and allowing HAPPINESS into their lives. Why? Because it takes away their opportunity to make excuses, feel sorry for themselves, blame their past or other people, rationalize poor choices, and justify inaction. It's a tough life out there without all of those as a backup, isn't it?

When you decide that HAPPINESS is your go-to MINDSET, you will change the way you think, behave, and believe, both inwardly and outwardly. And the co-dependency and enabling will STOP. There's no way others will feel a desperate need to pity you, endure your complaints, tolerate your moods, or rescue you from facing life's challenges head-on. Instead they will stand back, offer assertive, healthy support when necessary, knowing that you pretty much have your life under control—even during tough times.

Truth is? HAPPINESS is a tough partner to have on your side. That's why so many people push it away. It requires that you step up to the plate and be accountable. Make good choices and own them. Expect the

best from yourself at all times. Take charge of your future, and do what it takes to get what you want from life. It plants you square on your own two feet and says, "Get on with it! This is YOUR life. Now make it what you want."

Hap•pi•ness is a
no-excuse, take-life-by-
the-lapels proposition.
Own it. Be accountable
for it.

#It'sAChoice

@Connie_Podesta

HAPPINESS is Amazing Brain Food!

Your brain LOVES it when your MINDSET OF CHOICE is happiness. It means all systems are go! Your body can connect, communicate, and thrive. It gives you the ability to take positive action, create new ideas, find solutions, and make choices that propel you to success.

The flip side? Did you know that anger, worry, and sadness are the toughest emotions for the brain to process? They suck up all the brain's bandwidth and leave the body to just fend for itself. Every organ in your body has to make way for those emotions and pull out all the stops to keep on going. Those emotions take a huge toll on your body's resources. When your brain is so full of dealing with all the "unhappiness," there's no room left to create a positive thought, master an amazing idea, or reach out to someone you love.

**An·ger, Wor·ry,
Sad·ness—All make it
impossible to focus.**
#BeCOURAGEOUS!
@Connie_Podesta

If you want to live healthier, happier, and longer: nip those negative emotions in the bud, tell those unhappy thoughts to take a rain check, and focus on all the things that bring you joy, hope, and laughter. Because that's what fires up your brain to do the things you need it to do most—to keep you alive, well, healthy, alert, focused, and ready to cope in bad times and leverage the good times.

HAPPINESS Doesn't Settle.

When people believe that true love, more money, losing weight, a promotion, or a bigger house is the thing they need before they can be truly happy, then they invariably SETTLE for less.

In their attempt to find the solution to their unhappiness, they will grab the first thing that comes along. And they rationalize all the while about how it may not be exactly what they wanted, but...

But what? When you honestly begin to believe that this HAPPINESS thing all depends on YOU—not on other people and other things—you won't ever settle again.

I get it. Sometimes settling is EASIER. It's the shortcut. The "bird in the hand," as they say. It's choosing a partner who is not the right fit, but you think is better than being alone. Or buying a house that you hate rather than saving more money for the one you love. Or taking a promotion that you don't even want because the "better title" will hopefully bring you the validation you need at work. It's trudging through, day after day, without ever stepping up to

the plate and daring to try something new because it would be too scary.

It's all right. Sometimes *scary* can be *exciting*. Propelling. Life-changing.

Want more? Deserve better? Go for it. Don't settle.

Go after what you want and get it.

Starting now.

No more set•tling.

Not for 2nd best, mediocre relationships or job you hate. Want more?

#GoForIt!

@Connie_Podesta

The POWER of HAPPINESS.

Never give up the POWER to control your own destiny. **You have two choices.**

Option One: You can choose to believe you are POWERLESS and that life just happens to you. You can take the position that it's out of your hands, you have no control over anything. So you become a victim and simply REACT with sadness, despair, hopelessness, and anger to whatever life throws your way. As a matter of fact, that's sounding an awful lot like the definition of UNHAPPINESS, don't you think?

Option Two: You can choose to believe you are POWERFUL and that your choices make a difference. YOU get to decide who you want in your life, how you want to greet each day, and what your future holds. You choose not to let problems in the past or naysayers in the present rob you of your future potential and HAPPINESS. You

TAKE the reins—
and go after what
you want! Yeah,
that sounds more
like it, right?

Never give up power to
control your own destiny.
Take the reins!

#GoAfterWhatYouWant!

@Connie_Podesta

Often people say to me, "But, Connie, I didn't choose to have my spouse die or divorce me, to get sick, to lose my job or my money." They haven't chosen whatever the situation may be.

I know. It's true. Life throws us things that are so unfair that we can hardly breathe. But then! We have to choose whether to ACT or REACT to the situation put before us. HAPPINESS always chooses thoughtful, purposeful ACTION over angry, bitter, frustrated, irritated, and defeated REACTIONS. HAPPINESS is a powerful force to have on your side, no matter what the situation.

HAPPINESS Can Let Go.

So many times in life, we desperately try to hold on with everything we have to things that are NOT at all happy, healthy, or in our best interest. Toxic relationships. Old habits. Sad memories. Hurtful experiences. Jealousy. Worry. Grief. Loving someone who doesn't love us back. Futile attempts to change other people. The would have, should have, could have. Jobs we wished we had. Things we should have done differently. Children we should have spent more time with. Words we wish we hadn't said. The "good old days" or the "way it used to be" hangs heavy over the way it really is—right now, at this moment in time.

So what's that all about? In psychology, we refer to it as "fighting for your limitations."

In other words, stop fighting to hang onto what is keeping you down, tearing you apart, distracting you from reality, and pulling you away from what you need to succeed—namely, HAPPINESS.

Letting go can be scary, I know. But I promise you this: holding on is sucking the creative, positive, productive energy right out of your body and soul. Letting go is about HOPE, FORGIVENESS, and refusal to be

weighed down by the worry, guilt, and second-guessing.

Guess what? It is what it is... at this moment. The past is gone and the future is still YOURS—if you decide to let go of

everything that is keeping you from moving ahead so you can be focused and determined to SUCCEED. Figure out what is holding you back. What thoughts keep going through your mind that you need to shake? What people cause you sadness and stress? What negative self-talk sabotages you from the inside out?

AND LET GO! Now. Take a deep breath. HAPPINESS will take over and propel you ahead—just give it a chance. Trust me, when you do, your mind will SOAR!

Hap·pi·ness lets go.
Of old hurt, old haunts,
old habits.

#LiveInTheNow

@Connie_Podesta

It's eas•y to do the right thing when life is going your way. Real character shows when times are tough.

#CharacterCounts

@Connie_Podesta

HAPPINESS Builds CHARACTER.

Your character is measured by how you act when things DON'T go as planned. Think about it. It's easy to do the right thing when life is going your way. The computer is working. The bills are paid. The day is sunny. You feel well. These are the times when being positive and doing the right thing should be a piece of cake. But how do you act when things don't go your way?

When life throws you curveballs. When the economy tanks. The kids are sick. The deal doesn't close, or

you're passed up for a promotion. These are the times when your true character shows. When you are tired, stressed, frustrated, angry, worried, sad, or scared. That's when people watch you. Your kids watch you. Your customers watch you. Your employees watch you. These are also the times when the mindset you CHOOSE will determine how a bad day will turn out in the end.

HAPPINESS is a great catalyst for changing negative feelings into energy, creativity, action, results, options, and solutions. If you don't like the YOU that's reflected back when the going gets rough, it's time for a CHANGE.

HAPPINESS is Fearless.

FEARLESSNESS! What a cool concept. But it may be different than you think. FEARLESS doesn't mean you aren't afraid. Or worried. Or intimidated. Or reluctant. Or cautious. Or sometimes, downright scared to death.

Let's face it. Life can be scary no matter how confident and tough we are. That's just part of the journey. So what is the difference between being FEARFUL or FEARLESS, really?

FEARFUL people choose to do NOTHING when they are afraid. They use their fears as reasons to become territorial, resist change, avoid crucial conversations, display negative attitudes, blame others (or the economy, or any number of excuses) for their misfortune, deny accountability, become complacent, and fight to keep the status quo.

FEARLESS PEOPLE CHOOSE to use their fears as a catalyst to become stronger,

Fear•ful? Adopt happiness. It's like a suit of armor. You're braver, calmer & cooler with it on.
#WearItWell
@Connie_Podesta

fight harder to understand, initiate new ideas, invent new solutions, deal with change quickly and effectively, and forge ahead into unknown territory.

Again, it is YOUR choice. HAPPINESS creates a strong sense of FEARLESSNESS because of its very nature. It empowers you to be more decisive, creative, loving, productive, innovative, and optimistic. It ATTRACTS the kind of people who will help you achieve your goals. It arms you with the FEARLESSNESS to face whatever comes your way and leverage it for all it's worth. Oh yeah! Now that's the way to greet each new day!

HAPPINESS Creates Abundance.

People who have chosen a HAPPINESS mindset create their own abundance in life. They have faith that there are more than enough resources to accomplish what they want. That their success does NOT have to mean others will fail. That the more they give, the more there is to give. The more successful they are, the more they can help, mentor, and teach others to be successful.

The flip side of that coin is that UNHAPPINESS creates the exact opposite effect. It thrives on a scarcity mentality: a belief that there is a true lack of resources and we must buy, spend, grab, scoop up, and take as much as possible before someone else snatches it away from us. That's scary stuff.

Scarcity causes people to become territorial, hoard ideas, keep secrets, and concentrate power—all out of fear that someone else might get the upper hand. No wonder so many people don't get what they really want in life.

They live in constant fear and, as a result, are never open to other people, other ideas, other ways of thinking, or other opportunities.

So, where does ABUNDANCE start? By giving more. More time. More money. More ideas. More expertise.

More help. Begin to share what you do have, and you will begin to immediately ATTRACT more of what you don't have—yet! Know that there is NOT a limited amount of success; it can be achieved by anyone who goes after it.

Look, your competition does NOT have to be your enemy. Take me, for example. I partner with other speakers, and we share clients, stories, ideas, and healthy feedback. We share our successes, and it helps all of us grow, achieve more, and raise the bar. I challenge you to try the same approach.

The fact is, UNHAPPINESS is constantly trying to beat everyone, outdo them, and win at their expense.

But HAPPINESS? That's about sharing the joy, the wealth, the achievements, and the successes. ABUNDANCE takes away the fear and replaces it with

a great sense of community, collaboration,

and cooperation. Oh

yeah—and it

DELIVERS more

of what you want

every time. Now that's HAPPINESS at its best!

Hap·pi·ness is
understanding that
abundance is yours for
the taking.

#KickScarcityToTheCurb

@Connie_Podesta

HAPPINESS Forgives.

Forgiveness is not ever, ever, ever about the other person. It is all about YOU. It's about letting go of someone else's power over you. It's about making a CHOICE to move on, push ahead, and allow your own future to take shape WITHOUT their input, memories, abuse, unfairness, and hurtful messages.

We can talk all day about how "unhappy" they might be, how misguided, wrong, stupid, cruel, even sick. But IS THAT WHAT REALLY MATTERS? Learning WHY they did what they did or said what they said rarely releases you from the hurt, pain, anguish, sadness, fear or downright unfairness of the whole experience.

The only thing that can release you and allow you the freedom to move on is FORGIVENESS.

Know this: You are NOT letting go of THEM, but of your addiction to thinking about them, your inability to move on because of them, and your unwillingness to believe that YOU MATTER, all of which resulted from their part in your past.

Forgiveness allows you to FEEL FREE and experience HAPPINESS again. You have the right to CHOOSE it

over shame, pain, and sadness. And let's don't forget that often the people we need to forgive most are OURSELVES. We could have been better parents. Better daughters or sons. Friends or siblings. We made mistakes. Let someone down. Betrayed a trust. Gave up too soon. Didn't try hard enough.

STOP! HAPPINESS is forgiving—starting with YOU.

Hap•pi•ness doesn't
hurt. It empowers. It
forgives. It releases
you.

#ForgivenessLiberates

@Connie_Podesta

Gratitude: Sometimes as Close to Happiness as You Can Get.

Too sick to be happy? When you aren't feeling well, when things are going wrong, or when life takes an ugly turn, happiness can be the LAST thing from your mind. There doesn't seem to be much to be happy about.

Truth is, though? HAPPINESS can be strong medicine. Research shows that it is a powerful antidote to stress and even pain.

HAPPINESS decreases your stress hormones and increases your immune cells and infection-fighting antibodies. In other words, HAPPINESS improves your resistance to disease and helps you get well faster when you are sick. So you need to keep it right beside you, along with the aspirin, saltines, and thermometer.

Without a doubt, a positive attitude can help bring an illness to its knees (or at least cut a cold down from 7 days to 4). There are some great books about this very subject. If you or a loved one is experiencing a serious illness, keeping HAPPINESS in your arsenal of remedies can't hurt at all—and usually will help.

When my good friend was diagnosed with cancer, I marveled at her courage and her ability to find reasons for gratitude and even glimmers of happiness in the

Hap·pi·ness is strong
medicine for health,
wellness & the ability to
cure what ails you!

#StrongMedicine

#Gratitude

@Connie_Podesta

midst of turmoil.
Fear. Distress.
Was she worried?
Absolutely. But
she was deter-
mined to keep
a positive spirit
because she
knew without a

doubt that her recovery depended upon it. She purposely focused (and some days it took great willpower) on what was GOOD about such a BAD situation. She was very grateful that she had caught it in time. She was proud that she had been taking good care of herself so she had the immune system in place to fight the battle ahead. She appreciated her outstanding doctors. She counted her blessings that she was loved and supported by family and friends.

She wisely knew that negative emotions such as fear, worry, depression, and anger were not going to help her in the months ahead to get well and fight the fight. She needed to be at her BEST mentally and emotionally so she could get well physically.

Smart lady. My best prescription for finding the right answers, resources, doctors, and protocols that can bring good health back into life? GRATITUDE! It may be as close to HAPPINESS as you are going to get.

HAPPINESS Can Handle Change.

No problem. In fact, HAPPINESS thrives on change. Change is the variety and spice of life that you need in order to be creative, energetic, thought-provoking, fun-loving, intelligent, and innovative.

Maybe it's time to ask yourself: Do you deal with change, or does change have to deal with you? Perhaps it's time to change the way you look at change. Change isn't just an annoyance put on earth to make your life miserable. Change is really a necessity, believe it or not. Without CHANGE, you wouldn't even be here. Change is why you grow, learn, form relationships, move to different places, try new busi-

nesses, experiment with new ideas, and think about new ways to have fun.

Organizations today say that the number one trait they are looking for in an employee is: the ability to

Suc•cess•ful•ly
dealing with change is
in your DNA.

#You'veGotThis!

@Connie_Podesta

adopt and adapt to change quickly and effectively
WITHOUT WHINING ABOUT IT!

So there you go. We have to figure out how to make CHANGE an intriguing, exciting part of our life, or—guess what? Our jobs, careers, even our futures could be at risk. Did that sound too tough? Are you thinking, “She doesn’t understand what I’m going through at all?”

I do understand. I’m right there with you. Every time I turn around, there’s something new to learn. To do. To think about. To figure out. To accept. To do over. To integrate.

CHANGE? Can’t SUCCEED without it, so we have to learn to embrace it as QUICKLY and EFFECTIVEY as possible.

HAPPINESS is a Commitment.

Want to be happy—REALLY happy—long-term? Don't expect a cake-walk. CHOOSING HAPPINESS is a commitment. First, you have to make a conscious CHOICE that HAPPINESS is the path you want to go, even when UNHAPPINESS is pulling you hard in the other direction.

Next, you have to be willing to let go of excuses and be accountable for your own decisions, results, and future. Then you have to believe that you DESERVE to be happy, healthy, wealthy, and successful. And lastly, you must work to keep HAPPINESS at the forefront of every action, decision, thought, and attitude day by day. WHEW! No wonder many people find it easier to just crawl onto the couch, turn on the TV, eat junk food, and blame their unlucky lives.

Oh, and happiness isn't something you can just sit around, waiting for. Nope. Sometimes, you have to chase it down and fight like the dickens to own it, cherish it, nurture it, appreciate it, be grateful for it, and savor it.

You must also remember how it awesome HAPPINESS feels, so when it begins to slip away the next

time there is a crisis, you will immediately be aware of the changes—in your heart, mind, and spirit—and you will FIGHT to get it back. Unfortunately, some people have been unhappy for so long that they don't even remember what HAPPINESS feels like—let alone the power a HAPPINESS mindset has to change their life for the better and attract the things they miss, want, crave, and need to live the life they deserve.

HAPPINESS invades every pore of your being. You can smell it. Taste it. Feel it. You must be determined to NEVER ACCEPT unhappiness as part of your life EVER AGAIN. HAPPINESS is worth fighting for.

Hap•pi•ness isn't
always Easy Street.
Sometimes it's hard
work.

#ButIt'sSoWorthIt!

@Connie_Podesta

HAPPINESS is Hope!

Hope is the reason we can keep going, keep living, keep learning and growing, creating and being, when times are difficult and life isn't as fair as we would like. The opposite of HOPE is despair—which cannot attract anything good into your life.

Hope is believing that in the midst of fear, we can forge ahead and find our way. In the midst of sorrow, sadness, or upset, we can still be open to new relationships, anticipate a better ending, expect things to change for the better, or believe that what is wanted can truly be had.

In the midst of desperation, there always lies the strong possibility that we will find solutions that will lead us in new, exciting, and different directions. Hope means that for each and every problem, there is another way, another answer, another person to love, another job, another idea, another place, that can help us move on.

Hope is about believing that we are designed to hit roadblocks and find detours. Hope means NOT giving up on yourself. And the truth is?

Hope and HAPPINESS walk hand in hand, especially in tough times. That's when a mindset of HAPPINESS begins to really do its job and kick in. It's what tells HOPE to fill our minds and hearts with all the possibilities that can turn bad times into good. I love that. Don't you?

Hap•pi•ness

walks hand-in-hand
with **hope**. To find
solutions. Create
energy. Get us to the
other side.

#HopeHeals

@Connie_Podesta

HEALTH is the Heart of HAPPINESS.

Food won't ever
replace love, attention
or approval.

#BeGoodToYourBody

Connie_Podesta

Every piece of research shows that HAPPINESS can absolutely have a positive effect on your health in zillions of ways. Every organ in your body thrives on HAPPINESS. It allows you to be calmer, sleep better, eat healthier, exercise more, and make better choices all around when it comes to YOUR life.

UNHAPPINESS does the exact opposite. It attracts illness; lowers your immune system so you can't resist disease; stockpiles nature's all-natural, good-feeling chemicals, such as endorphins, instead of releasing them into your system; and it depresses your body's ability to create antibodies. Wow!

For starters, UNHAPPINESS can't get to sleep. Too much to worry about, gripe about, complain about. UNHAPPINESS eats junk and justifies every mouthful. I deserve it. I need it. Bad day, so let's eat. Good day, so let's celebrate.

UNHAPPINESS loves the 3S's: sugar, starch, and soda. Why? Because they feel so good—temporarily. That sugar high makes everything seem alright, until a few hours later, when *zap!* Down you go again. These 3 S's are killers—literally. They will add weight, zap your creativity, make you irritable and grumpy, and fill you up with wasted calories. When you eat empty calories, your body has to work overtime to compensate, and it doesn't even get any fuel or nutrients such as vitamins or minerals in return. How fair is that? The next time you eat junk, at least apologize to your body.

UNHAPPINESS also hates exercise. It's too tired from all the junk food. Too busy. Too sad. Too worried. Too little love for your own body.

Sound like it's time for a healthy change of pace? Ready to try HAPPINESS instead? Give your body what it needs. Walk. Move. Stretch. Eat well. Eat food full of vitamins and nutrients. Sleep.

HAPPINESS thrives on taking care of YOU: your body, your heart, and your health. Now that is a friend to have on your side!

HAPPINESS Doesn't PROCRASTINATE.

Procrastination is the silent killer of ambition, productivity, achievement, even peace and balance. And most importantly, it undermines your own HAPPINESS. Trust me, putting things off causes more stress, worry, and insecurity about the future than just taking a deep breath and taking the first step.

Where to start? ANYWHERE. When I find myself trying to avoid something, I look for the easiest place to start. The cheapest. The least frightening. The most accessible. The most comfortable. The least painful. And then I begin to work my way forward.

There are many ways to procrastinate. One way is to simply do NOTHING—except maybe fret, worry, feel guilty, and stress out. Doing absolutely NOTHING instead of CHOOSING to make the first move

Pro•crast•i•na•tion is
the silent killer of ambition,
productivity, peace & balance.

#LeverageToday'sResultsTomorrow

@Connie_Podesta

definitely comes from a place of UNHAPPINESS. This attitude is deadly when it comes to any form of progress, learning, development, creativity, and problem-solving. Some people procrastinate by doing other things that are totally unimportant—things that are useless, silly, low-priority, meaningless—in an attempt to convince themselves that they are indeed BUSY. Busy doing what, really?

If you're putting all the big stuff OFF day after day, I am here to tell you that you are seriously causing yourself more anxiety and slowly eroding your self-esteem and feelings of self-worth and fulfillment. Don't wait for tomorrow, next year, the kids to be grown, the new job to start, the economy to change, or your ship to come in. Make today the day YOU START—one step at a time. You can do it. I promise. And it will feel, oh, so good!

HAPPINESS Isn't Phony!

Unfortunately, many people confuse HAPPINESS with sugary, fake, over-the-top silliness. Nothing is further from the truth. HAPPINESS isn't phony. Or fake. Or contrived. That's not to say that there won't be times when you have to put on a positive face even though you don't quite feel like that on the inside.

It also doesn't mean you are always smiling. Or laughing. Or dancing. Or having fun. HAPPINESS is like a foundation of a house. The house can be torn apart by wind, aged by the sun, fall apart from neglect, but the cement foundation stays put. It forms the base from which the house can be rebuilt, even redesigned.

HAPPINESS is a place from which YOU can build your life. A place of hope where you can figure out what to do each step of the way. I've had to go on stage during terrible, heartbreaking times in my life. But there was still HAPPINESS inside. I was happy to have a job. Happy to have doctors who could help. Happy to have family by my side. Happy to have a mind that could think and plan and work to get things back on track. Happy to know that I can make it through this!

HAPPINESS is strong enough to help—no matter what happens—especially during the times when it’s all you can do to keep HAPPINESS. It’s the foundation from which you will decide what to do next, what options are available, and what resources you need to use to get through the tough times.

I don’t see that as phony. That is your amazing first step in getting well. Being okay. Learning to go a different direction. Finding answers that work. And most of all, ATTRACTING GOOD THINGS BACK INTO YOUR LIFE.

Hap•pi•ness is
strong enough to lean
on & to support you
in the tough times.

#TrustIt

@Connie_Podesta

HAPPINESS Can Hold Grief's Hand.

I know it's hard to even imagine embracing a mindset of happiness when someone you loved is no longer in your life. It seems so wrong and out of place. Unnecessary and irreverent. But in the midst of grief, there can still be so many things that can make us smile, memories that turn tears into laughter, and stories that will keep the people we love alive forever.

At my dad's funeral, my sister and I decided to make it a HAPPY event. After all, my dad could be quite the comedian. We asked everyone who spoke about him to tell funny stories, things that he had done that they remembered with fondness, and memories that still made them smile. We sang his favorite country songs, showed videos of

him with his funny side showing, and celebrated the joy of his life. It was the only funeral I've ever been to that got a standing ovation at the end.

E•ven in grief,
happiness heals. It
makes it bearable. It
helps you remember the
good.

#LeanOnIt

@Connie_Podesta

In fact, as I was standing in the reception line afterwards, an elderly man came up and asked for my phone number. When I asked why, he said, "Oh, I definitely want YOU to do my funeral!"

HAPPINESS made the grief bearable. It gave my dad's life meaning. It allowed us to remember the good times. And it even made Dad's old friend smile. Yeah, that's the kind of stuff happiness can pull off!

HAPPINESS is Happily Flawed.

Perfection? Overrated. Unreachable. Exhausting. Impossible. Obsessive. Look, I'm not saying don't stop reaching for more. Far from it. But no one—NO ONE—is perfect. Happiness is getting to that point in your life where you can say, "I don't have to have it all, do it all, be the best," and being all right with that.

You know, there's a very real difference between getting it perfect and giving it all you have. Happiness is about realizing that mistakes are part of life's crazy plan so we can learn how to do better next time. Unhappiness is about never being satisfied, a constant need for overachieving, and setting goals so high you can never win. HAPPINESS knows that life is a journey with ups and downs—and that's okay! YOU can handle it and figure it out as you go along.

HAPPINESS cares more about what you think about yourself than what others think of you. It doesn't NEED others to approve of you. Love you. Want you. Need you. Because HAPPINESS is very comfortable within itself.

And yet those are exactly all of the things HAPPINESS ends up attracting. Attraction starts with YOU. You

must love yourself and be loving in order to attract love. Respect yourself before you attract respect. Accept yourself—including your flaws—for who you are before others can embrace you. You can't and won't always be everything to everyone. Constantly searching for perfection can become very addictive. Very annoying. And very unproductive. So give yourself a break. You'll be glad you did.

Cel•e•brate your
flaws, imperfections &
differences! They are what
make you **you!**
#PerfectionIsOverrated!
@Connie_Podesta

Some•times the key
to happiness lies in how
we **communicate!**

#BeAssertive-NotAggressive

@Connie_Podesta

HAPPINESS is Assertive.

Assertive communication comes naturally from a HAPPINESS mindset. Assertive means letting others know your needs, concerns, and feelings in an open and honest way without game-playing, gimmicks, threats, manipulations, or hidden agendas. Wow! Wouldn't that be a great way to converse with people all the time?

Unfortunately, communicating assertively is not so easy. It requires a high level of confidence and self-esteem to be so honest and forthright. Often, people resort to manipulation to get their needs met instead.

UNHAPPINESS uses two basic emotions to manipulate others: HURT and ANGER.

You know the types. There are those people who use HURT—whining, complaining, and playing the victim—hoping to make us feel GUILTY enough to give in to their demands.

Or their more aggressive counterparts, the folks who use ANGER—threats, yelling, sarcasm, and put-downs—with the goal of intimidating us to the point that we will give them what they want.

My advice? Step away from those toxic people and their manipulative behaviors ASAP! Want more HAPPINESS? Use ASSERTIVENESS to create mutually satisfying solutions with win-win results.

HAPPINESS Doesn't Sit on the Sidelines.

Don't be afraid to get in the game! So many people are so afraid of losing the game that they don't even sign up to play. They sit on the bench, watching from afar, wishing they were on the field, but secretly glad they've escaped the competition of life.

Don't quit before you've even begun. Don't refuse to sign up for life because you may not come in first. Don't walk away without giving life a shot because you're afraid you might not get the job, the love of your life, the promotion, the blue ribbon, or the house you love.

HAPPINESS is a mindset that gets you through the good and the bad. The successes and the failures. That's the amazing power of HAPPINESS: it creates a healthy, positive foundation from which you have the courage to try new things, take risks, and put yourself out there.

And HAPPINESS gives you the confidence to know that you will be okay even when things don't go your way or life isn't fair. It may take a lot of tries before you get what you want. Don't sweat it! That's just

part of the deal. But sitting on the sidelines afraid to play? Gets you nothing but unhappiness. So get in the game!

Ready? Set? Go!

Hap·pi·ness is
not a spectator sport.
Want everything life
has to offer?
#GetInTheGame!
@Connie_Podesta

HAPPINESS is Grateful.

Truth be told, none of us is TRULY totally self-made. We're changed, molded, inspired, moved, challenged, and influenced by all the people and events in our lives. And I guarantee you that your favorite people—the ones who literally changed how you think, act, and believe—have discovered the power of choosing HAPPINESS as a springboard for their success.

And their HAPPINESS seeped into every pore of YOU! You may have thought it was their amazing ability to make money. Or start a new business. Or close a deal. Or get along with people. Or lead others to success. Or love without conditions. But each and every one of those abilities comes from a foundation and spirit of

H A P P I N E S S .

HAPPINESS is what attracted those things to them and what, in turn, attracted you both to each other.

None of us are “self-made.” If there is someone in your life who has made a positive difference.

#ThankThemToday!

@Connie_Podesta

**Every person, conversation, chance meeting—
are all part of what makes you... well, YOU!
Now it's your turn to pass the power along.**

I realize there are all sorts of people in your life who have affected you in both positive and negative ways. Some people need to be thanked. Some need to be forgotten. Some need to be loved. Others need to be told, "Enough is enough." And others still need to be forgiven. But for the wonderful people who truly made a difference in you becoming the person you are today, don't wait. Make today the day you say THANK YOU by modeling their behavior to others!

It's your turn to make someone else's happiness your number one concern. A little pay-it-forward. (I just bet you'll make their whole day!) What do you say?

HAPPINESS Balances Out Everything.

The question is: How does anyone stay sane in a world where no one seemingly sleeps or takes vacation time? Change happens so fast your head swims. You must learn to eat, talk, and text all at the same time! Bottom line: You canNOT manage time; you can only manage how you CHOOSE to use the time you have.

80% of people? Cell phones are never more than five feet away. On top of that, how does one ever balance work and home? Begin by REDEFINING BALANCE. The reality is, you don't have a professional life and a personal life—you have a LIFE! Achieving balance isn't about making time equal. It's about having a sense of well-being, fulfillment, respect, and of course, HAPPINESS in your life at all levels.

HAPPINESS puts balance into a recognizable perspective and offers you the reward of freedom. Freedom from trying to "have it all." Freedom of knowing when "enough is enough." Freedom from never being satisfied, no matter what. Now that's true freedom.

In fact, sometimes the best thing you can do for yourself and the people in your life is to just STOP. Give yourself a break. Nurture your own spirit. Take care of your own heart. There are times we get so caught up in taking care of the world that we forget to take care of ourselves.

“Oh,” you say, “I’m just too busy. No time today.”

I don’t buy it! Every day has a few wasted moments doing silly, totally unnecessary stuff, right? Start today to make those minutes count—for YOU, your family, your health, and your future. People often ask how they can achieve more balance in their lives. Start here. Just for TODAY, take care of you—even for just a few minutes. (The world will be okay for a little while... no worries!)

**Give your•self
a break.** “Taking
care of the world” is
exhausting. Today, just
take care of **you.**

#TheWorldWillUnderstand

@Connie_Podesta

HAPPINESS Believes in You.

And what you do. And how you look. And where you live. And what your future looks like. I come across so many people who seem to lack the confidence and self-esteem they need to move forward, make things happen, reach out, and develop new relationships. I try to figure out what will bring them a sense of fulfillment and accomplishment they seem to be lacking. They often say, "I'm just not a confident person."

So I say to them, "Then do whatever it takes to gain confidence—starting NOW!"

Look, confidence doesn't just happen. Confident people are scared and nervous and worried, just like everyone else. But they made two major CHOICES that have changed their lives.

- 1)** They have CHOSEN HAPPINESS as their go-to mindset, so they can work from that foundation.
- 2)** They won't tolerate negative self-talk from others OR from themselves!

Don't be so hard on yourself! Do you realize that other people will usually be more accepting, forgiving, and understanding of you than you are of yourself? Confidence is mind-blowingly CONTAGIOUS stuff. Your high self-esteem will always attract other

Confidence is contagious! You are the only one with your talents.

#CelebrateThem
@Connie_Podesta

people who are confident and then... WATCH OUT! You've now got a powerful team, working together to accomplish great things.

If you aren't feeling confident, then find out why. Ask yourself some tough questions. Don't cop out by making excuses or giving yourself permission to feel less than extraordinary. It starts with YOU! What is keeping you from accepting yourself as amazing—flaws and all? What is standing in your way, keeping you from being who you want to be? What choices need to be made to change your life? What people do you need to get to know? LET GO. Partner with. Stay away from.

Do it sooner rather than later! Refuse to go one day longer, living without believing in YOU. It's not healthy. And it's not okay for you to keep on going, feeling this way.

Developing confidence is hard work every day. It requires YOU to be involved and determined to feel good about yourself. Start today. Go after it. Or sometimes just do what I do: play the "confidence" game. Inside, I'm shaking, and outside—I'm a ball of fire! Remember: you're the only one in the world with YOUR specific talents. OWN THEM.

HAPPINESS Lives in the PRESENT.

Take note: your past is NOT who you ARE. Your past in no way defines YOU as a person at this moment or your potential for success in the future. The past is just a compilation of the experiences you have had—some good, some not so good. But YOU, my friend, are so much more than any set of circumstances or experiences. Lots of people have lots of things that have happened to them that weren't fair. Things that were said and done that are hard to forgive or forget. I know. I've been there.

So what's the answer? To let those people, circumstances, history, or habits have ALL the power? Are you going to let what happened in the past rob you of what could be or should be in your future? CHOOSE NOW to jump right into the driver's seat and take control—right now!

Believe me when I tell you that even though you might not have been able to control the past, the good news is that the future is right smack-dab in your own sweet, little hands.

Know this: No one is responsible for the rest of your life but YOU. You make the CHOICES now. YOU have the POWER and the POTENTIAL for ANYTHING. Let the past be a source of lessons, and then let it GO! Focus on the PRESENT!

Your future Happiness depends on it!

Your past? Not
who you are. Take the
lessons from it and

#LIVEinTheMoment

@Connie_Podesta

HAPPINESS, Thy Name is Courage.

It takes COURAGE to really go after what you want, stepping off that ledge into the uncertain, unpredictable, and unknown. Scary? Oh yeah! Worth it? ABSOLUTELY.

People ask if I am nervous before I walk on stage. "You bet! Every single time."

Then they ask why I keep doing it. And I tell them it's because the results are so worth the butterflies.

The point is, nothing amazing is ever done without nerves, a little fear here and there, and a knot in the stomach that says, "Seriously? You are really going to do this?"

And your answer is, "You bet I am."

I appreciate the butterflies: they make me realize that I am not taking life for granted one little bit. That each client is important. That each person I meet is important. That every decision I make is important. That I am important. Important enough to want to make darn sure I get it right. Do the right thing. Be the best I can be.

The opposite of this jangle of excited nerves is complacency. And that is a dull, uninspired, and even dangerous place to be. Complacency can kill a marriage. Take away a job. Zap your energy and creativity. Allow you to be satisfied with status quo. Cause you to give up fighting to be everything your amazing self can be.

The jitters are just the price we pay so we can appreciate the things we love, be with the people we love, have the job we love. No one said it would be easy. But the results? Pretty darned AMAZING!

It takes **cour•age**
to really go after
your dreams. **scary?**
Oh yeah! **Worth it?**
Absolutely!
#BeCOURAGEOUS!
@Connie_Podesta

Ev·er·y·one is in
sales. If you want
people to believe in
you & your ideas,
#SellYourselfFirst
@Connie_Podesta

HAPPINESS Sells You Like No One Else Can.

If I were to ask you to give me your job description, what would you say? Hopefully all of you shouted out, "I AM IN SALES!"

That's right. No doubt about it. No matter what you do or who you work for (including all of you stay-at-home parents), you're in the awesome and rewarding business of SALES.

Are you a parent? That's sales 24/7. Married? Definitely in sales. On a committee? Sales again.

Sales is not just about selling a product or service. SALES is the art of persuading, motivating, or

influencing others to be open to new thoughts, behaviors, attitudes, and ideas. HAPPINESS has an amazing way of being able to turn negative, non-productive, resistant thoughts into positive, creative, innovative ideas and solutions that deliver over-the-top RESULTS.

HAPPINESS radiates pride, integrity, confidence and a strong vision for the future. UNHAPPINESS exploits ideas and people through manipulation, pressure tactics, intimidation, and guilt. What's your technique?

Remember this: The very first thing you must sell in life is YOURSELF. People must believe in you in order to put their faith in you as a parent, a friend, a boss, a business owner, a spouse, or a partner. First stop: believe in yourself. Remember, confidence is contagious.

HAPPINESS Does the Right Thing.

That shouldn't be such a hard concept to follow, should it? So what's the problem? Unfortunately, doing the right thing is not always the easiest course of action. It may not produce the fastest results. Or make the most profit in the shortest amount of time. In a world where short-term results are too often the measure of success, long-term solutions may get lost in the crowd of do-it-quick answers. As a result, shortcuts are being taken, and value, integrity, and word of honor get lost in the shuffle in a crazy, insane world.

STOP! Reassess this situation. HAPPINESS assumes that doing the right thing is non-negotiable; it is the only choice to make. Often, people tell me that it is hard for them to know what the right choice really is. Try this. Ask yourself the next time you have to make a difficult decision: is my EGO or my GUT telling me what to do?

Do•ing the right thing is not a sometimes thing; it's an **all-the-time** thing.

#NoShortcuts

@Connie_Podesta

Letting our egos control our choices always gets us into trouble. Egos like to gamble on life, do stupid things, bypass the big picture, and definitely make poor choices when it comes to love, money, and jobs. Trust your instincts. If you've got a bad feeling, go with it. Instinct has been around for eons for a reason. It kept us alive. There is nothing good that comes from doing what goes against your values, your beliefs, and your instincts. Doing the right thing is not a sometimes thing—it's an all-the-time thing. No easy way out of this one.

HAPPINESS is by Invitation Only.

Ever feel when you are in your “happy place” like you just can’t stand to see anyone else out of sorts, ranting and raving, getting all down in the dumps, or feeling sorry for themselves? You feel empowered and strong, and you’re ready to CHANGE THE WORLD. Or at least all the sad souls around you. But the truth is, you can’t make anyone else happy. Kudos to you for trying—and wanting to—but cut it out. I see it all the time. Positive, happy people trying to change negative, unhappy people.

Look, choosing to adopt a HAPPINESS mindset is one of the most personal, individual choices that a person can make. And you can’t help them, force them, pressure them, or beg them to accept that choice for themselves. Or even get them to believe that they even have a CHOICE to bring HAPPINESS into their own life. Believe me, I speak from experience. As a therapist, coach, and counselor, I would LOVE to take HAPPINESS and spread it like a beam of light over and into every person’s heart and soul. But I can’t.

Take this book, for example. I can speak to happiness principles, page after page, but how you react to them? Entirely up to you.

Chang•ing negative people isn't your **job** & it's a **happiness** killer.

#TakeCareOfYouInstead

@Connie_Podesta

If you're not ready, willing, and open to taking them in, adopting them into your life, then they're just words.

BOTTOM LINE: You can't rescue people from their own journey. It is their

own journey to make—even if you disagree. You can love them. Support them. Pray for them. Choose NOT to be with them. Divorce them. Move away from them. Or just accept them. But in the end, THEY will decide how they live this one short life.

So props for trying, but do this instead: Work on being the best YOU can be. Take care of yourself. Make sure that your light, your charisma, your spirit

shines through and onto everyone you meet. And the naysayers and non-believers? The grumps and the sticks-in-the-mud? The angry and the disgruntled? Leave them be.

They will figure it out—or they won't. But you, my friend, have bigger fish to fry.

Your job is to take care of your spirit. Your happiness. Your life. And if you want to affect positive change, I say GO FOR IT—but do that by seeking out like-minded people. And maybe your HAPPINESS will spread to others around you. You will do more good by modeling HAPPINESS than by forcing it down someone's throat. Okay?

HAPPINESS Knows Its Own Strength.

Strengths are the things you were born to do. Love to do. Have a talent for doing. Feel passionate about. HAPPINESS knows that leveraging your strengths to your best advantage is one of the smartest, healthiest decisions you can ever make.

But just what exactly are your strengths? I often ask my clients to list all the things they do exceptionally well. It's amazing how many people struggle with this task. They can immediately tell me all the things they can't do, wish they could do, don't do, are afraid to do, or have done wrong. But, for whatever reason, they find themselves unable to describe the value they bring, the talents they have, and their traits that shine and put them over the top. They tell me it feels like bragging or blowing their own horn.

Match your strengths and passion to your purpose & job.

#Formula4Success

@Connie_Podesta

How sad is that? More people are comfortable listing their mistakes than their successes?

That is really upside down thinking at its worst. Believe me, there is a big difference between bragging and being smart enough and savvy enough to utilize your strengths at every given opportunity.

Bottom line: Figure out what you can do really well, what you love, what you enjoy, what comes naturally. Then match those strengths to the right job, the right person, and the right lifestyle. Now that's a formula for SUCCESS.

HAPPY Leaders are Not Wimps!

Let's get one thing clear right from the start. YOU are a leader. No matter what your job description, title or nametag says. YOU have the power to influence other people in either a positive or negative way, through your words, actions, and attitudes.

And you know what? YOU have a big responsibility to other people as a leader. So what makes a good leader? Come on. Be honest. If I asked you to describe some of the traits held by the world's greatest leaders, HAPPINESS probably wouldn't even rank in the top 20. In fact, I have leaders tell me that they see HAPPINESS as a pathetic, wimpy little emotion that has no business in a tough, results-oriented work environment. WOW!

And get this: others have told me that they try to curtail any overt happy feelings at work so they will be seen as strong, powerful, and in control.

Well, let's see how this one plays out. Think of the worst leader or boss you've ever had. Angry, intimidating, unfair, lacked confidence, didn't take charge, played favorites, wasn't a mentor, wouldn't coach, couldn't motivate—and the list goes on. NONE

Lead•er•ship is **not**
about a corner office or
title. It's a way of **life**.

#BeAGoodExample

@Connie_Podesta

of these characteristics come from a mindset of HAPPINESS, do they?

Look, HAPPINESS doesn't mean you go around telling silly jokes, or making fun of unachieved goals, or laughing when sales are down. HAPPINESS is a powerhouse mindset of STRENGTH from which come great leadership traits: Integrity. Fairness. Decisiveness. Cooperation. Collaboration. Mentoring. Accountability. Intelligence. Strength. Dedication.

BOTTOM LINE: When you are coming from a place of HAPPINESS, you make productive, profitable, long-term decisions. Close deals. Lead effectively. Model good behavior. Make good choices. Share ideas. Find appropriate solutions. Handle change.

The fact is, there is no way you can lead without respecting and embracing the power of HAPPINESS. Make HAPPINESS one of the number-one traits you seek out in the leaders you choose to follow. And definitely make HAPPINESS your own surefire mindset, so others will CHOOSE to follow and respect you.

What kind of leader are you? Hopefully, the one that others would CHOOSE to follow because your love of life shows through in everything you do.

HAPPINESS Means Loving Yourself First.

Oh, I can hear many of you now. That sounds so self-ish, conceited, narcissistic, or downright egotistical. But love through HAPPINESS isn't any of those things.

Honestly? If YOU aren't HAPPY, then you canNOT be all the things you need to be to help the ones you love. HAPPINESS, remember, is contagious. HAPPINESS will make you a better parent, friend, sibling, daughter or son, spouse, partner, colleague, and boss. There is no place in life or situation or relationship or problem where HAPPINESS won't help get you to a better place.

Sorrow, grief, fear, anxiety, disappointment—all these things and more can be given a chance to lessen and

heal if HAPPINESS can be the spark that grounds you. But YOU must love yourself, take care of yourself, nurture yourself, believe in

Mak•ing hap•pi•ness

a priority isn't selfish. It's
step one to those around
you being happy too.

#BeAPriority

@Connie_Podesta

yourself, be aware of yourself, accept yourself, give yourself a break once in a while, and consider yourself IMPORTANT enough to deserve the best.

YOU have to make yourself your number-one priority. Love yourself first. Respect yourself first. Appreciate yourself first. Be proud of yourself first. Be good to yourself first. Be kind to yourself first. Putting yourself FIRST is NOT selfish—it is the absolute most loving gift you can give to another human being. When you are okay, you give them permission to be okay as well. Your confidence, creativity, hopefulness, encouragement, and positive energy become the FUEL that can send them soaring. How cool is that?

Your Children's HAPPINESS.

When I ask parents the number-one thing they want for their children, the answer is always, "I want them to be HAPPY."

My advice? Stop it!

The truth is? YOU CAN'T MAKE ANYONE ELSE HAPPY—INCLUDING YOUR OWN CHILDREN. I know that may be hard to hear, but it is, oh, so true. So what can you give to your children that's even BETTER? Start here: Give them the tools they need to discover HAPPINESS within themselves all on their own. Now that is a gift for life.

Often in our attempts to give children what we didn't have, we forget to give them what we did have. When I first started speaking 25 years ago, parents wanted different things for their children. They wanted them to be hardworking, never giving up or quitting just because the job was hard. They wanted their children to be respectful of themselves and others. And they wanted them to be compassionate and think of others, not just themselves.

Those are awesome ideals that still apply to our own children. We are unfortunately in an age where parents want to save their children from consequences, rescue them from life's lessons, and make them

happy at all costs. Rescuing your children creates insecurity and does NOT promote HAPPINESS.

In fact, while it may keep them from experiencing negative consequences (an *F* for a paper not done, sitting out a game for classes missed, working overtime to pay a speeding ticket, etc....), it also keeps them from the lessons they NEED to learn about what really happens when they make poor choices. Those are valuable life lessons that will help them grow up and be responsible, accountable, dependable, hard-working young men and women, rather than adults who feel entitled to HAPPINESS without putting in the effort.

Giving in, giving up, and giving out to your children does NOT bring them HAPPINESS. The key? Model hard work, respect, and compassion through your own life, actions, and attitudes to your children.

Want to do something really special for your children? Give them the gift of learning the tools necessary to meet the world head-on, no matter what is thrown their way. Now that is what I call unconditional LOVE.

Love isn't moving heaven & earth to **make** them happy. It's giving the tools to **find** their **own** happiness within.

#That'sLove!

@Connie Podesta

HAPPINESS is Sexy!

HAPPINESS is Sexy! No doubt about it! When you have embraced the mindset of HAPPINESS, you radiate POSITIVE energy to everyone around you. And as a result, YOU definitely will feel sexier!

One of the coolest things about HAPPINESS is that you are so comfortable with who you are that it changes your physical appearance for the better. You don't just feel healthier, you look healthier. And there is nothing sexier than someone who radiates good, clean living and glowing skin. You are eating better, taking better care of yourself. You are more content with life. You feel confident and ready to take charge. You are open to new ideas and opportunities.

You look in the mirror and love what you see. The wrinkles? Laugh lines. Cellulite? Don't see that anymore. Need to lose ten pounds? Maybe. But just look at the glow on my face.

So many couples who came to me for

Hap·pi·ness is
sexy. It's confident. It's
the pep in your step
& the twinkle in your
eye.

#TryItOnForSize

@Connie_Podesta

counseling had literally stopped touching, hugging, cuddling, and even being romantic. Why? Because they didn't like themselves.

And when you don't like who YOU are, it is very hard to be loving and warm and nurturing to someone else. Sexy means YOU enjoy looking good—not to impress others but because it makes you feel special. Sexy is sitting outdoors with a cappuccino, watching the world go by. A whiff of cologne with a fragrance you love. A touch of sun on your face. A flirty piece of jewelry. A new tie that makes you smile. A twinkle in your eye that hints of fun and laughter. A joyful stride when you walk. A promise of excitement in your personality. And a confidence that attracts others because YOU are a delight to be with, know, and love.

Look at Betty White. 90 years old, and she is as sexy as can be! Nothing sexier than a person who radiates HAPPINESS!

HAPPINESS is FUN!

Good, old-fashioned LAUGHTER may be just what you need in your life, especially during the times when it seems as though nothing at all could make you ever smile again.

First, laughter relaxes the entire body. Research shows that you can relieve physical tension and stress for up to 60 minutes after a good, hearty laugh.

Why? Because laughter releases a flood of well-needed endorphins, which are our body's all-natural, feel-good chemicals. These chemicals have one goal: to help us cope, feel better, relax, and—here's the best part—even relieve pain! Now those are some chemicals we all need to tap into, and they are legal, free, and there for the taking.

And how about laughter and relationships? There is no doubt that couples who can laugh together stay together longer and enjoy each other more. Shared laughter adds a dimension of vitality and joy that help relationships through good times and bad.

Guess what else laughter can do? It can dissolve negative feelings and emotions and help you look at

the world from a different perspective. Think about it. It is impossible to frown, sulk, get angry, or be sad WHILE YOU ARE LAUGHING!

Go a•head! Let the
fun in. Laugh a little.
Or a lot.

#It'sGoodForYou!

@Connie_Podesta

So how can you bring more FUN and LAUGHTER into your life? First, surround yourself with people who have a joy for life. Remember, you pick up on all the emotions that surround you. Who do you hang out with? IF they are angry, grumpy, whining, disgruntled,

bitter or sad, then guess what? You will be too! Move on. In other words, when you hear and see laughter, move towards it, not away from it. And laughter does even more. It will help you be more spontaneous, less defensive, less inhibited, and more confident, and it will keep things in perspective.

HAPPINESS is Prosperity.

HAPPINESS most definitely attracts wealth. But perhaps in a different form than you are thinking. Money? Sure, HAPPINESS will attract that. But true prosperity is much more than money. I've met and counseled people both rich and poor. And I've learned one thing: that money is only a part of what makes them who they are.

Being rich is not just about having money, or things, or property, or objects. The wealthiest people in the world are RICH in mind, body, heart, and spirit. HAPPINESS knows the difference between a bank account and an acceptance of oneself, pride in one's accomplishments, a sense of balance in one's life, and a gratefulness for living that comes from inside.

Prosperity is about wisdom and compassion. Thankfulness and appreciation. Joy and laughter. Healthy relationships and love. A healthy body and the energy and drive to create.

HAPPINESS does not spend more than it has and knows when enough is enough.

Want more prosperity? Surround yourself with people you love, a job you enjoy that uses your talents, a life that is healthy and focused, and a sense of pride in the choices you make, and you will find the wealth that you are searching for was there all the time.

Pros·per·i·ty is
more than a big bank
account. It's healthy,
happy, smart choices in
every area of your life.

#HappinessIsRich

@Connie_Podesta

HAPPINESS is Heaven on Earth.

HAPPINESS is powerhouse MINDSET that can literally make all the difference in the world. In summary, HAPPINESS doesn't settle for less than you deserve. It builds character. It's accountable, productive, and fearless. Doesn't procrastinate. Is the real deal, not phony. Accepts imperfections. Needs an invitation. Personifies ABUNDANCE. It's great medicine when you are sick. It's grateful for what you have. It believes in you, provides balance in your life, and helps you make good choices. It helps you stay in control of your life and your future. It's a key ingredient to your job success. Happiness creates great leaders. Embraces change. It is the foundation for great relationships. And it is fun-loving and sexy!

All good things
in life find their roots
in **happiness**. Love.
Success. Wealth.
Health. The Works.

#AdoptIt&See!

@Connie_Podesta

HAPPINESS Covers All the Bases.

This little emotion we had all fluffed up and taken for granted really is the secret and most powerful ingredient to love, life, success, health, and wealth.

So what have we learned? What's the secret ingredient? Biggest take-away? Exciting game-changer?

HAPPINESS isn't the RESULT of getting what you want; it's the CATALYST that makes getting what you want possible.

And to get it—and keep it? We have to remember that HAPPINESS MUST COME FIRST!

HAPPINESS Must Come First! It took me a while to understand HAPPINESS, but I'm glad I finally figured it out—and even more glad still to share it with you.

I've been SO blessed throughout the years to have the ability to share so many "light-bulb" moments with people all over the world. I see it in their eyes when they GET IT, when something said gives them hope, motivation, and courage to make changes, take action, ACT rather than REACT when life is tough, and create the life they want, need, and DESERVE!

Because they see another way. A new perspective. An opportunity they couldn't embrace before. A joy they've never known before. An outlook or perspective they never considered. And a chance for a different, better life than they had ever imagined. Or thought they deserved.

So go grab yourself some HAPPINESS. Believe me, there is more than enough to go around. Take a deep breath and charge right in. You really don't know what you've been missing.

Already happy?

Believe me, there's more where that came from. Kinda happy? Who wants to be mediocre in the HAPPINESS game. Don't settle for a little bit. Not happy at all? Well, bless your heart, it's about time to change that, don't you think? But you've got to want it, grab it, fight for it, and embrace it as though there were nothing in this world that you deserved more.

As for me? I'm thinking the whole world could use a lot more HAPPINESS—starting with each and every one of us. Remember, HAPPINESS is super-contagious.

World peace? Probably not. But we can each do our share to carry a little light from inside around with us to touch the people we meet, love, work with, and know. Think about it. We've got enough stress-makers out there already. Let's change things up a bit, step-by-step and person-by-person, and learn to really love this "little" BIG thing called HAPPINESS.

Starting with YOU and me!

What do you say? You in?

Visit me online at [Facebook.com/ConnieSpeaks](https://www.facebook.com/ConnieSpeaks), where HAPPINESS is the go-to mindset every day. We laugh, learn, explore, share, connect, and create—and that's only half of it!

So don't be a stranger!

Warmest Wishes,

- Connie

Hap•pi•ness is not
the **result** of getting
what you want; it is
the **catalyst** that makes
getting what you want
possible.

#RedefiningHappiness

@Connie_Podesta

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for valuable quizzes, posts, strategies, ideas, solutions,
sharing, and more! I can't wait!

