

QUINN O'FLYNN



8 WAYS TO BE
HAPPY

CHANGE YOUR LIFE IN 30 DAYS

8 Ways to Be Happy: Strategies Guaranteed to Increase Your Happiness

Copyright 2022 John “Quinn” Flynn

ISBN# 9 781365 301995

I Just Want to be Happy!

“Positive thinking is powerful thinking. If you want happiness, fulfillment, success and inner peace, start thinking you have the power to achieve those things. Focus on the bright side of life and expect positive results.” Germany Kent

I’ve heard people say over and over again, “I just want to live a happy life.” Have you ever thought this? Have you ever voiced this? If so, this book is for you!

Many things can give us brief moments of happiness:

- An unexpected gift
- Physical attention from a loved one
- Money, particularly when it’s unexpected
- A career that you love
- Completing a goal

But do these things make us “happy?” If so then why don’t we say, “I just want to live a life where I get unexpected gifts?” The answer is simple... inside our hearts we know that our happiness isn’t conditional. Let me give you another example.

Have you ever been in love with someone and thought or said, “I would be happy anywhere with you?” This feeling of love that we are getting is giving us so much happiness that we’re willingly saying that we don’t care about money or stature or fame, just being with the person we love!

Let’s try an experiment...

Remember an experience where you were so happy and content that everything else faded away.

Maybe it was a camping trip with your family and in the quiet of the night you're all sitting around the campfire and your family is just laughing and spending time together. Phones off and forgotten... marshmallow sticks out and ready.

Think of your specific experience and feel yourself in that moment again...

Your worries are gone. The stress is gone. Your problems are gone. You're just "happy" right there in that moment. Now, imagine that you could lead every moment of your life feeling this way...

The good news is that you can!

Over the last several years I have developed a way to make myself happy in every situation no matter how bad it may seem. People who knew the old "me" are amazed when they see the current "me!" Everything has changed! I now live a peaceful, positive life, filled with gratitude and love.... I am finally "Happy."

In this little book I am going to share my exact method for attaining perpetual happiness and I promise you that if you put all of these strategies into practice for 30 days you will radically change your life and become a happier person.

Now, you might be thinking, "I don't know if this hocus-pocus is going to work!" That's ok, I would be skeptical too. However, let's face it... you've been trying lots of other stuff that doesn't work. What's the worst that could happen if you try my strategies for 30 days? You certainly won't be worse off, right? But what's the best that could happen? I could be right and your entire life will change.... Take a ride with me.

Understanding How Happiness Works

"You own your feelings. You own your thoughts. You control both. No one has the right to any of it—to any of you without your permission." Carlos Wallace

Happiness is an emotion and like all of our emotions it is controlled by many things. Luckily for us, we can control many of those things, thereby influencing our emotions. To understand this, let's look at another emotion, "Anger." If you wanted to control your anger what are some steps you might take to do so? Think of 3 right now...

I'm not going to give you the answers to this question because frankly it is irrelevant. The point is that I asked you a simple question and your brain immediately came up with 3 things that you could do to control that Anger emotion. Now, let's take it one step further....

If I gave you an exact blueprint of how to control your anger and you followed that blueprint for 30 days do you believe you would be more successful at controlling your anger? Of course you do! In fact, ask yourself another question. Do you believe that if you successfully did this for 30 days straight that you could control your anger 100% of this time? How about if you worked on this for 3 months? 6 months? You could literally train yourself to never respond with anger for the rest of your life!

Happiness works the same way! But wishing for it or desiring it absolutely will never make this happen. That would be like wishing you could get large, well-defined muscles but never going to the gym!

I teach a lot about the 4 Pillars of Well-Being. Each of these Pillars represent one quarter of who we are as people and all of our activities can be classified under one of these. The 4 Pillars are:

- Physical
- Mental
- Spiritual
- Emotional

People who are well-adjusted have a more equal distribution of these 4 Pillars than others; sometimes we use the term "well-rounded" to describe this.

Imagine that you went to the gym and you just worked out one of your arms everyday. You would look like a freak! How about if you just worked out your right arm and your left leg? Freak! We all know that when we physically work out we need to have a balanced approach so how come we do not approach the 4 Pillars in the same way?

Think how much time we spend on Physical, Mental and Spiritual activities verses how much time we spend on our Emotional well-being. We literally have College degrees for

Mental! We have 40 hour a week jobs for Physical and Mental! There are Churches on every corner in every town in our country! But what do we do for our Emotional side? How do we train ourselves, educate ourselves and become better at dealing with our emotions?

Now, imagine that for the next 30 days you decide to take this seriously and spend 25% of your time awake building and strengthening your emotional state. Don't you think that this would work in the same way as the other Pillars? Wouldn't you become more skilled at doing controlling your emotions??

You're taking the first step by reading this book and putting these strategies into place. It's just like going to the gym. At first it may seem strange, uncomfortable and you may be "sore," but as the 30 days go on, each day you will be stronger emotionally and more able to control not only your state of Happiness, but all of your emotions!

Motion Brings Emotion

"Emotion is created by motion. Whatever you're feeling right now is related to how you're using your body." Tony Robbins

Pretend for a moment that you are a Hollywood actor and you're trying out for a movie. In this movie the character needs to be sad and depressed. Think how you would represent this character and get the job. Did you think of things like this?

- Slumped over
- Head hanging down
- Furrowed brow and downcast eyes
- Hugging yourself
- Rocking back and forth
- Quiet, meek tone
- Closed and shut down

Now, how about if the character is supposed to be Happy and Excited? How would you play that character?

- Good posture
- Squared shoulders
- Looks you in the eye
- Smiles and laughs

- Confident, friendly tone of voice
- Open and inviting

The reality is that we all know what happy people act like and what sad people act like. If you want to be happy then start acting like it! Consciously change your appearance to what you think a happy person looks like. Perhaps when you're happy you always wear bright colors. Then go put some bright colors on! Perhaps you eat ice cream when you're happy. So go eat ice cream! In other words, duplicate the motions of the emotion that you are striving for.

For the next 30 days you're going to practice this. Anytime you are not happy for whatever reason, simply take a few minutes, close your eyes, slow your breathing and picture in your mind what you look like when you are happy. Now consciously change your body to match this picture. As you do you will start to feel more positive and happier.

Stop Being Afraid

"Worrying is carrying tomorrow's load with today's strength — carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength." Corrie ten Boom

Listen, life is going to suck sometimes! You're going to get hurt and unfair shit is going to happen to you. Your husband may cheat on you, your girlfriend may leave you for another guy, your car will break down at exactly the wrong time, people will be mean to you and you will be unjustly fired from a job because your boss sucks. Blah, blah, blah. Listen, you said, "I just want to live a Happy life," you didn't say "I just want to live a life free of pain and heartache," right?

However, in spite of that we're afraid of things all the time! Because we don't want to be hurt, we think of bad things that COULD happen and then we protect ourselves against those possible future occurrences by shutting down. Many times when we've shut down our emotions we literally create the problem we were afraid was going to happen! This is a crazy way to live life!

Ask yourself this.... Are you ever happy when you're afraid? Probably not. So, one of the things we need to do to be happy is to stop being afraid. The solution to this is simple, but not easy.... We need to replace Fear with Vulnerability. In other words,

simply surrender to the indisputable fact that sometimes life is going to suck, sometimes we're going to get hurt and sometimes this absolutely will not be fair. Why do we question this?

Listen, it would be really cool if we could breathe underwater like fish but we all know that we can't but we don't walk through life bemoaning this simple fact. Why would we do that about any other simple fact of life? You're going to be hurt... it is a fact of life and you will succeed at getting through these moments one way or another. Why not face them with Happiness instead of Fear?

For the next 30 days I want you to focus on getting rid of your fear and instead, boldly seek your happiness! Here's how you're going to do this...

Find a quiet place to sit. Think about the things in your life that bring you worry and fear. Let them roll through your mind for about 30 seconds one after another. Now go deeper into each of these and imagine the worst case scenario to each of them.

Let me give you an example:

Let's say that you're afraid of not making enough money this month. Now, imagine the worst case scenario to this situation.

"If I don't finish that project in time then I won't get paid and I will have my water bill shut off and then I'll have to pay a \$50 fee to reconnect it and once I get paid my whole check will go to the water bill and I won't have anything left for food!"

Now, let's look at this situation. If you do not want this dire situation to occur then look at it this way instead:

1. I'm so glad that I have the skill to do this project and that I got hired for this job!
2. I've been in this situation before and I had to work extra hard on projects in order to get paid on time and although it was difficult I got through it.
3. I think I will be more efficient at completing this project if I am in a state of happiness instead of a state of fear and worry.

Do you see the difference in those two approaches?

Try this positivity building approach everyday for 30 days. If during the day you feel anxiety, fear or worry simply take a few minutes to meditate on this and restructure your response. This will be very difficult at first because our minds find it far easier to think of negative things than positive things. However, the good news is that you can train your brain to do this and it will become more and more natural as the month goes on. When I started doing this several years ago it would take me 10-15 minutes to change my emotional state. Now I can literally do it at will within 10-15 seconds!

Replacing Offense with Empathy

“The wise man can never be offended. If the comment mirrors a truth, or an aspect thereof, there can be no offense whatsoever. To the contrary, such thing will be welcomed with delight! And even if a discourteous person attacks the wise man with lies and profane language, either because of malice or because of ignorance, there is absolutely no reason for the wise man to be disturbed. Understanding and compassion for this unfortunate fellowman will be his most probable response.” Giannis Delimitsos

One of the best things you can do to increase your happiness is remove “offense” from your life and replace it with “empathy.” Let me explain.

People are going to offend you. They’re going to do and say horrible things to you. They’re going to believe in things which you find disgusting and unpalatable. Nothing will change this fact. You have absolutely zero control over what other people do or say, but you absolutely have control over the way you react to it.

When you choose to be offended by someone else then you are allowing THEM to control the situation, not you. You are literally deciding that someone else should be in charge of YOUR happiness! How crazy is that?

Remember when you were young and your mother said something like, “Well don’t let them push your buttons.” This was actually very wise advice but because we were young and not developed yet we had such a difficult time controlling our emotions that this seemed like an impossible task. This is completely understandable for children to act this way, of course, but you are an adult now. Why would you continue to emotionally react to situations like you did when you were a child?

So, how do we stop becoming offended? We replace “offense” with “empathy.” In order to do this we must first realize that “offense” is rooted in insecurity and lack of approval. In other words, we are concerned with what other people think about us. You might be thinking to yourself, “I don’t care what other people think!” Ok, if that’s true then why are you offended?

Allow me to give you an example of how this is true.

Let’s say that you have a family member who is a devout evangelical Christian and firmly against homosexuality. You, as a homosexual, are often subjected to his judgment. At a family gathering he says to you,

“Being gay is immoral and sick. You will realize this when you face judgement!
Disgusting Faggot!”

Now, I hope we can agree that this is not a nice thing to say to someone. But the question is, “Would you be offended if someone said it to you?” No one would blame you if you were! However, what if I can show you a better way?

When someone says something offensive recognize that feeling that wells up. It’s the “defend myself” feeling that we all know so well. But ask yourself this... “What are you defending yourself against?” You see, if you don’t defend yourself then nothing is going to happen. In fact, everything that is going to happen in this situation already occurred! How will you getting offended change this in any way? The answer is that it won’t. In fact, the only person it’s going to hurt is you because it is ruining your happiness! That doesn’t make sense at all! Hurting ourselves because someone hurt us is not exactly a healthy response is it?

So, what can we do instead? Once you stop caring about being offended you leave room for other responses and the best one to master for these situations is “Empathy.”

Here’s how the thinking changes in the above situation:

1. Someone says something offensive to you.
2. Because you no longer take offense you think, “Wow, what would cause this person to act this way?”

3. You start to think things like “Maybe they had an abusive parent” or “They must be going through something horrible to act like that,” or even “That’s so sad that this person has been taught such hate by their Church.”
4. You realize that this person must be miserable to live like this and you are grateful that you’re not like them at all!
5. You feel sorry for them and hurt for them and wish for them to heal this awful brokenness.

Do you see the difference in those two reactions?

Here’s a secret...

9 times out of 10 when you respond without becoming offended and instead show empathy, your attacker is completely befuddled! They realize very quickly that nothing they can say will offend you and that you will only respond with love. In that moment you have beat them... and educated them. Most will quickly realize they are the problem and apologize to you!

For the next 30 days you’re going to practice this. Anytime you start to get offended, for whatever reason, simply take a few minutes, close your eyes, slow your breathing and picture in your mind why this person would say something so offensive. Do you think they’re happy being awful? Did someone speak like this to them? I wonder what they’re going through to act in such an awful way? They must be so unhappy living this way. That’s so sad.... As you do you will start to feel more positive and happier and you will actually develop empathy for this broken person, feel sorrow for them and feel gratitude that you are not like that!

Be Your Own Cheerleader

"I can buy myself flowers, write my name in the sand. Talk to myself for hours, say things you don't understand. I can take myself dancing and I can hold my own hand. Yeah, I can love me better than you can!" Miley Cyrus

Everybody needs a cheerleader to affirm them and encourage them and too often we depend on other people to do this for us. The problem with this is that we are expecting 3 things to happen in order for them to become successful cheerleaders for us.

1. They will be able to read our minds and know what we need to hear in order to be encouraged.

2. They will have enough positive mental energy to care more about us than themselves and be able to give us what we need.
3. They will care enough to do so.

The issue with that is that at every one of these stages people are going to disappoint us. This then causes us to have our feelings hurt and even misread these 3 items. For example, let's say that your partner doesn't give you what you need. Your first assumption is always #3, they just don't care! But the reality is that most often the reason they didn't is #1 and #2, they simply didn't know what you wanted or they were too broken in their own lives to give it to you! Then you accuse your partner of not caring about you and they think, "What the hell, I tried so hard!" Now you have weakened them in area #2 and because they are hurt or frustrated they are now less able to give you what you want! Do you see the insanity with this type of thinking?

We literally go around and around in circles and as a result we never get the kind of cheerleading that we need! The simplest solution to this is to become your own Cheerleader. After all, you are the one who knows best what you need! You are the one most able to give yourself what you need! You are the one who cares most about what you need! By the way, if you're not then we need to work on some other stuff...

So, how do you become your own cheerleader?

I remember when I first moved to Texas. I was a young man, newly married with a couple of small children. I was really started to develop my career and really excited about it but my boss at work was not a nice guy. Although he was highly intelligent and a good man, this intelligence got in the way of his social skills and instead of encouraging people he made them feel dumb and inept. His negativity was like a dark cloud that came over me and crushed my spirit. I was trying so hard to do a good job and because I respected his intelligence I desperately wanted to hear "Well done!" from him. The situation got worse and worse and I dreaded going into work. Finally, out of frustration one night I took a radical step. I called my own work voicemail and left myself an amazing message:

"Hey Quinn, I just wanted to call quickly and let you know that I am so impressed with you! You are working so hard and accomplishing so much! Your presence here has completely invigorated our community and we would be lost without you! Keep your chin up and know that we support you!"

I promptly hung up the phone, went back to my family and forgot about it. When I arrived at work the next morning I checked my messages and as that one played back I just grinned from ear to ear! Even though it was my voice the sentiment was exactly what I needed to hear and I felt peace rush over my soul. I ended up laughing so hard that my coworker thought I was crazy! It was in this moment that I realized the benefit of being your own cheerleader and I immediately launched a campaign to do that!

I started writing messages to myself on little sticky notes and putting them all over the house. In the fridge, on the microwave, on the mirror in the bathroom, I couldn't go anywhere in my house without seeing a positive message!

- You got this rockstar!
- You're so amazing!
- You have so many creative ideas!
- People love being around you!
- You look so handsome today!

Whatever I needed to hear went on those sticky notes and as silly as it seems I felt so much better! I left work everyday inspired and fulfilled and ready to tackle the world and after a day of negativity from my boss I would come home with a smile on my face to see my notes!

The crazy thing about this is that because I was focused on changing myself and not changing my boss, I ended up changing him also. I now responded to him with a smile and just got to work and at first my cheerfulness annoyed him and he got worse. However, finally he realized that I was going to be happy and cheerful no matter what and his thoughts had no hold over me. He started to look at how he was acting and finally sat me down one day and made an apology to me! For the rest of the time we worked together he continued to try and get better and he made remarkable improvements!

When we focus on changing ourselves and giving ourselves what fuels us we become a catalyst for other people to do so. Start today... be corny... be silly...take care of yourself and your needs and become your own cheerleader!

For the next 30 days, work on this! Make a list of things you need to hear or have happen and then complete the list yourself! Heck, buy yourself flowers!

Live the “Dolce Far Niente” Life

"Self-care is giving the world the best of you, instead of what's left of you." - Katie Reed

I remember being in one of the lowest points of my life and how a simple Italian phrase changed my life. Everything in my life had disintegrated and I had no idea what my purpose was anymore. I was on my way to Europe but had stopped by to visit my parents in Longboat Key, FL. It was a beautiful place, right on the Gulf of Mexico, and everyday I had nothing to do but stroll down to the shores. But, I was lost.. so lost. I remember sitting on the beach and just thinking, "For the first time in my life I don't have the answer!" I was so stressed out and left the beach in frustration but as I was walking home I was struck by the beauty and smell of the tropical flowers along the path. Curious, I stopped and leaned into them, breathing deeply of their aroma and in that moment I found peace. A smile came over my face and I thought, "How silly!" But again, I leaned forward and stared deeply at this beautiful flower, took another breath and started laughing.

I sat down right there and thought back to a movie I had watched the night before, "Eat, Pray, Love." One of the sections of that movie was about the Italian phrase, "Dolce Far Niente" and in that moment I truly knew now what it meant.

The phrase is literally translated to "The Sweetness of Nothing" and it is the mantra of Italians everywhere. In short, it means that we are to celebrate the simple things in life and find joy, beauty and inspiration from them.

Sometimes we over complicate things. In fact, most of the time we do! When we start to appreciate the simple, beautiful things around us our hearts become peaceful and happy.

Now matter how tough your life is, no matter what is weighing you down, the flowers are blooming somewhere! Take the time to smell them! The next time you're in a situation where you are not happy and peaceful, take a deep breath and close your eyes. Now open them and look around.... What do you see that is beautiful? What do you see that brings you peace? What do you see that makes you grateful? Dolce Far Niente!

Reduce Negativity with the 9x Rule

"Always turn a negative situation into a positive situation." – Michael Jordan

Listen, here's the deal. Life sometimes throws curveballs and it really sucks. We've all experienced having shit dumped on us...heck I just got caught in a flood in Costa Rica and my phone was ruined. I lost everything on it and had to figure out how to find an extra \$500 in my budget for a new one. Not exactly a good day...

However, no matter what obstacles we face in life the stark reality is that 90% of life is pretty damned good for most of us. It's just that the other 10% sucks so badly that we tend to focus on it. But there is a simple trick to making these tough moments better which enables us to live a happier life.

I remember this time that I got some bad news. My 1991 Chevy Suburban had a flat tire which couldn't be repaired. Worse still, when I took it in the mechanic told me,

"Bad news, these tires are all shot and way past their lifespan... you need 4 new ones and I wouldn't drive this thing far until you get them."

\$500 later and I had my new tires and no money left in the bank until payday. Now the fact is that those tires said 50,000 miles right on the sidewall and I had this little device in my vehicle called an "odometer." I knew those tires were going to wear out, I just didn't plan for it. Instead of saving up a few bucks every month and being ready for this to happen I did what most of us do... feigned surprise when they wore out and I needed to pay for new ones with a budget I didn't plan on. Life is like those tires.

Shit IS going to happen. We KNOW this without a shadow of a doubt. Why are we surprised when it does? Why do we feel victimized? Why are we upset? Frustrated? Angry? Listen, 90% of the time I had those tires was perfectly good and I was happy with them. The only bad thing was when something happened which I didn't expect but should have.

In the same way we need to expect that 10% of life is going to suck. We need to be prepared for this and instead of framing an emotional response which triggers stress and deflates our happiness, we ought to be perfectly ok with this. Why? Because the other 90% is great!

Have you ever met someone who just doesn't get flustered no matter what happens? Would you rather live your life this way or the way you're currently living it? My guess is that most of us would love to live the stress free life and just let problems roll off.

There's a simple trick to do this and I call it the 9 times rule.

All you need to do is give the same energy to the good parts of life as you do to the bad. This means that when a negative, stressful thought enters your mind, you need to immediately think of 9 positive things in your life. Another negative thought? Another 9 positive things.

Now, I said it was simple.... I didn't say it was easy. You're going to fight yourself on this because it is in our nature to focus on the negative. But as you force yourself instead to concentrate EQUALLY on the positive what happens is that you become more grateful. Your mood improves immediately and you're quickly able to develop a habit of this which will 100% change your life and make you happier.

I'm not suggesting that you walk through life without a care in the world. I am simply telling you that if you will logically approach this and follow the 9x rule then your life will change and you will become a happier person within days.

This needs to become a habit for you to see real success and that means that you have to stick with it everyday, all day. In the beginning what will happen is that you will try this and think of 2 or 3 positives and then your brain will come up with another negative thought. This is because you have trained your brain to do this and it is only doing what you taught it to do. So, obviously, if we can train our brains to be negative then we can train them to be positive. But it's just like exercise...

When you first start working out again your muscles are sore, you're down in the dumps, you're negative about your weight or strength or a million other things. But within a couple of weeks the muscles have been trained... they no longer hurt, you're actually enjoying your workout, you're proud of yourself for sticking with it. See the difference that "Habit" makes?

Our brains are the same way... in the beginning it will be foreign and your brain will resist and for most of us, our brains do a damn good job at resisting. But within days of applying the 9x rule your brain will actually change and it will become easier and easier everyday.

So, think about this and take the 9x Rule Challenge... try it for 30 days. Every single time you have a negative thought, force your brain to come up with 9 positive thoughts. I promise you... by the end of the 30 days you won't even have to think about it anymore.

A negative thought will come into your mind and BOOM, 9 positive ones will cover it right up and you will be that happy, unflustered person that you admire. Try it!

Change the World

“The best way to find yourself is to lose yourself in the service of others. “ Mahatma Gandhi

I have a convenience store near my house that I drive down to almost every single day and I look forward to seeing my favorite store clerk there. She doesn't realize that she's doing anything special but she impacts me daily with her friendliness and smile. Have you ever met anyone like that? Maybe their job isn't super important but they are literally changing people's life by simply spreading happiness and positivity!

Virtually every interaction that we have has the potential to change the world! As you've worked your way through this little book my hope is that you have become a more confident, secure, peaceful, positive and happier person. It's now time to share that with the world!

Imagine the joy you can bring to another person with just a simple smile or a caring look, a nice compliment or simply the effort of spending some time talking with them and making them feel important. This person has an encounter with you and then takes your positive energy with them throughout the day, inspiring them to be nicer, happier and more caring to their fellow citizens.

If you doubt this effect simply look at it in the opposite way. Have you ever been in a situation where the energy is negative? People are not being nice to each other, maybe subtly digging at one another or being outright cruel? Maybe they're making hurtful jokes or spewing negativity and everything in you just screams, “Yuck, get me out of here?” If we can acknowledge that negative energy can effect us then surely we need to acknowledge that positivity also can effect us right?

The little things you do are hugely important and can quite literally change the entire world. Imagine that you meet someone you don't know and have a brief encounter and a conversation. Further imagine that this person will go forth from this moment with you and they will be affected in either a positive or a negative manner.

- What if the person just lost their wife and they were up all night drinking and thinking of killing themselves?

- What if the person has been being abused by their spouse and hasn't heard anything positive about themselves in a long time?
- What if the person is struggling financially and about to lose their home and feels like a complete failure?

Do you understand what your happy smile does to those people? Do you understand the impact that your friendly greeting has on them? You are literally taking this newfound happiness and peace and passing it on to them. They, in turn, can receive that and pass it on to someone else!

Now imagine that the person contemplating suicide is inspired by your small interaction and starts getting their life together. They end up remembering their dream of being a doctor, go back to school and end up coming up with a cure for Cancer. Now, there are probably many factors for how they were able to do this, but the one that got it started was your happy smile.

When you bring positivity and happiness into the world you are doing your part to make the world a better place. Imagine how great life would be if we all realized this!

Putting it all Together

"Small disciplines repeated with consistency every day lead to great achievements gained slowly over time." John C. Maxwell.

You now have eight proven strategies that will change your life and make you a happy, cheerful position but only on one condition... you actually have to use these strategies daily and train yourself to quickly and efficiently deploy these new skills in any situation to immediately change your emotions. This takes time and discipline.

You will start to see results immediately but you will have road bumps along the way and the secret is that the moment you fall, go back and reread the chapter on that subject. These chapters are specifically designed and written to be simple and repetitive so that you will be able to educate and train your mind to give you exactly what you need at any given moment.

Within about a week of steady work you will see remarkable changes and many of these strategies will become daily habits that you have started to employ. Within 30 days of consistent, daily work with these you will have literally changed your life and be happier!

It is incredibly important that you follow all of the directions given and take the time to work through these and train yourself. You will need to do more than simply read this book.... it's not a magic book, it's a set of strategies and tools that you need to master and employ!

I advise meditating on this for 15 minutes in the morning before you do anything else. Go through the 8 strategies and think deeply about them, read through a specific chapter you may have struggled with the day before and finally set some goals for yourself today.

Throughout the day, work on employing the strategies. Processing different experiences and how you handled them is worthwhile work in your growth plan. If you fail at something then be your own cheerleader and get to work again!

Before you go to bed, meditate again and use the following worksheet to assess how you did and what you can do better tomorrow. You got this rockstar!

Meditation Worksheet

The 4 Pillars of Well-Being

How much time today have I spent on each of the 4 pillars? Am I evenly spread out or is my focus unbalanced? What can I do tomorrow to make myself more balanced?

Reducing Worry and Fear

What worried me, gave me anxiety or made me afraid today? How did I handle those situations? Did I follow the formula and fix it or did I allow it myself to go down the rabbit hole? What can I do better tomorrow in this regard?

Motion brings Emotion

What did I look like physically today? Was I smiling? Head back? Confident? When I started to feel emotionally drained or sad did I meditate and get myself out of this funk and change my body posture? What can I do better tomorrow?

Replacing Offense with Empathy

Was I offended by anyone today? Did I calm myself down and increase my empathy or did I respond with hurt and anger? What can I do better tomorrow?

Dolce Far Niente

Did I take time today to just sit and experience the “Sweetness of Nothing?” What can I do tomorrow to more fully live the Dolce Far Niente Life?

Be Your Own Cheerleader

Was I a good cheerleader to myself today? Would I want me as a friend? What can I do tomorrow to be an even better friend to myself?

Replacing Negativity with Positivity

How did I manage my negative thoughts today? Did I employ the 9x rule? Did it work for me? How can I do better tomorrow?

Changing the World

What did I do nice for other people today? What goodness did I put back into the world? What can I do better tomorrow?



About Quinn

John "Quinn" Flynn, known as "Quinn the Eskimo" on TikTok, has been traveling the world and sharing his thoughts, experiences and teachings for many years. Quinn has been a ski instructor, firearms instructor, high school teacher and youth pastor and has a way of taking complex subjects and teaching them in a simple, down to earth way that creates results. He writes about travel, self-help topics, history, theology and spirituality. He's the father of 8 children and resides in Cortez, Florida when he's back in the U.S.

Visit Quinn at WWW.QUINNTHEESKIMOROCKS.COM

