



Taking the First Steps is the hardest, but without action there can be no change.

Happiness may be just around the corner, but you will not find it if:

- you never turn that corner
- you don't know what happiness looks like when you get there

Knowing you are not fully happy with life as it is and recognising your inner urge to effect change and bring more happiness is great news. Struggling on and making do is a waste of a life, especially when real happiness rests often on gaining a new perspective, changing a habit or a belief that no longer serves you, or adjusting an attitude.

Effecting major change will likely take a little more planning but when you set happiness as your goal, you know that when you turn that metaphorical corner and greet your happiness, it will be no stranger to you – but happiness by design.

1) The power of words – Write for at least 10 minutes (preferably 20) how you feel now.

Don't think about it for too long, don't edit it as you go and don't worry about spelling and punctuation. Remember, your writing in this instance is for your eyes only.

You may not feel like talking about it, but writing down your feelings really does benefit you in both the short and long term. Putting your thoughts down on paper, by hand or on your computer helps to unburden your already stressed being. In this dialogue with yourself you can pull out all the stops. Express any emotion that arises at the time and empty those negative emotions out onto the waiting paper – with no recriminations.

Read more at: [The Benefits of Writing](#)

Writing will continue to heal, even though the events that caused you to be unhappy may have happened long ago. Here is an example of retrospective writing that I finally wrote when the time felt right. It had a massive healing effect and brought closure to that part of the past which wrenched me from the previous happiness I had known.

You can view [An Unhappiness Story](#) here.

2) What makes you happy? - What definition of happiness most resonates with you?

You've probably never thought about it before. Being truly happy has not been high on your agenda, what with career and job, family and home commitments and keeping it all together in life in general. Afford yourself the luxury of taking charge of your own happiness. It is not a dream, it is a goal and goals are easier to score when you adopt a positive attitude and put yourself in the winning team.

'You don't have to be ecstatically happy, but are you satisfied with your life, do you feel you are growing and changing, do you get on well with other people. Are you comfortable with yourself, do you have a purpose in life?' ~ Dr Timothy Sharp

For more definitions see: [Happiness Definitions](#)

3) Define your own happiness? Design your own Personal Feel-good Inventory!

Now you have some sense of how you define happiness, it is time to hone in on your own personal definition. This will uncover and confirm your current values and beliefs, which may not be the ones you grew up with. Through this simple process YOU will discover the key elements of your own personal happiness. Bring it on!

Visit: [3 Easy Steps in Pursuit of Happiness](#)

Thankyou for visiting Happinesspages. [I'd love to hear from you.](#)~ Pauline Oliver