

HAPPINESS

HOW TO BE HAPPY AND MASTER YOUR EMOTIONS

By Simon Jacobson

MyLife ^{B"H}

Chassidus Applied

www.chassidusapplied.com



KEY POINTS

- Joy and happiness are the natural and inherent state of every person.
- Children are naturally happy. Unhappiness is acquired due to adult and social influences.
- Happiness is not created; it emerges.
- The challenge is to remove negative influences and uncover your natural joy.
- You access your inherent happiness by connecting with your soul and life purpose.
- Awareness of being chosen by G-d triggers your natural self-esteem and joy.
- Happiness is not a product of acquiring any commodity – money or objects.
- Happiness is not an act but a state of being; not a verb but a noun.
- Happiness and confidence is not determined by any outside forces or factors.
- Happiness and confidence is in your control: It's in your mind, defined by your attitude.
- Happy actions lead to happy feelings.
- Positive energy creates a platform for happiness.

FOUR DAILY EXERCISES

1. **Good Morning (Modeh Ani):**

Every morning when you say *Modeh Ani*, concentrate on the words *she'hechozarti bi nishmosi*, thank you for returning my soul to me, and for renewing my life to fulfill my unique mission in the world. Every single day, you receive G-d's vote of confidence.

2. **Pay it Forward:**

Seek out ways to do uplift the spirit of another – say a kind word, smile at a stranger, offer a helping hand. Making another person happy draws out your own inner happiness.

3. **Be Proactive:**

Make a point every day to actively think about the blessings in your life that are worth celebrating. Celebrate and appreciate your blessings.

4. **Goodnight (Krias Shema):**

Every evening before bedtime, when you say *Krias Shema*, focus on the words *b'yodcho afkid ruchi podiso oisi ka-yl emes*, I entrust my spirit into Your hand, You will redeem me, G-d of truth. Go to sleep with the thought that G-d watches over your special soul and empowers you with the ability to fulfill your calling.