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**Create the Happiness Habit**

**By Donald Schnell**

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Do it Now!

Procrastination has to be the public enemy number one. It is a career killer.

It seems like an easy enough problem to overcome, doesn't it?

When you have something to do, do it now! This idea isn't new, intellectually challenging or in any way detrimental to your health or well being.

## Create the Happiness Habit

But, are you using the "do it now" philosophy? Are you creating the habit of 'do it now'? The "do it now" habit is a universally accepted foundation of success. You will not find any success author selling, "Do it Tomorrow!" as a way to success."

You can't argue with the soundness of this philosophy if you desire success and personal achievement.

Most people have no difficulty with accepting the idea, the problem lies with the implementation. Right now you have

something on your desk that needs your attention. It is a psychic weight that is hanging over you and compromising your ability to bring your full attention to the other matters at hand. When you finish this e-mail you will be able to tackle it and remove it from your life.

Imagine how much better you are going to feel, knowing this problem is now out of your life?

Why procrastinate? Why do we do it, in spite of the nervous tension we feel when we delay?

I believe you need to reset the switch within your subconscious that is purposely turned off to the task. You may have feed your mind unconscious suggestions that the task is going to be unpleasant. And guess what? Your subconscious is making it so.

No one wants to work on a task! It is boring and it is human nature to avoid that which is boring.

You must link your mind to the success and happiness you are going to feel when you put this particular project behind you. Take a minute and invest some emotional energy in the successful outcome of this project and its benefits. Think what you will look like and more importantly, what you will feel like when you have put this project behind you.

When your anticipation and excitement for the completion of the project is greater than your imagined "pain of the task", you will see that procrastination dries up. You have to stop feeding the procrastination beast.

## Create the Happiness Habit

Stop giving your mind procrastination thoughts. Your mind is working perfectly and only providing you with what you've desired, 'procrastination'.

Imagine you have a "DO IT NOW!" switch within your mind. Turn the switch on.

Stop reading and immediately go to the project and work on it for 7 minutes. A current of ideas, energy and accomplishment will flow in your direction.

**DO IT NOW!**

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Dr. Donald Schnell co– founded with Marilyn Diamond

of Fit For Life, the Spiritual Java Coaching Program, that is transforming individuals. The New Spiritual Diet, Incredible Value, Amazing Results.

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### **Create More Happiness–Practise Extreme Self–Care**

**By Lisa Branigan**

#### **Create More Happiness–Practise Extreme Self–Care by Lisa Branigan**

EXTREME is not a term usually connected to self–care. Self–care usually portrays a picture of gentleness, kindness, loving self or being nurturing. People don't consider it necessary to take extreme action when it comes to self–care. Why?

First the word extreme is often only associated with dangerous sports or foolish actions when in reality it relates to any area where you try something new or push your personal limits to experience the fullness of life.

Second, most of us don't know what self–care is really like or we may feel we will begin practising self–care when we have enough material security that allows us time to be so indulgent. You put your needs second for many years and then if and when the time comes you may not know how to do it because you haven't developed the habit of self–care.

## Create the Happiness Habit

In reality practising extreme self-care actually produces more time, space and money in our lives. When we truly care for our own needs first, we build a reserve of energy and resources that enables us to sustain extreme self-care in our own life with enough left over to care for others.

I challenge you to choose one thing this week that demonstrates extreme self-care in your life. (Have a massage, read a book, get a house cleaner, do your favourite whimsical thing, have a check up at the dentist, stretch, say no). Notice the happiness, energy and well being you create by practising extreme self-care.

Lisa Branigan is a Stress and Energy Life Coach working with busy women who are stressed, tired and overwhelmed. Her coaching sessions provide women the necessary support, encouragement and understanding needed to create changes and bring balance to their life and health. Lisa is the publisher of "Life Solutions" a free monthly e-zine providing tips and information on self-care and wellbeing for women. Visit Lisa at [www.quantumcoaching.com.au](http://www.quantumcoaching.com.au)

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