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**Make Room For Happiness**

**By Kathy Gates**

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Close your eyes and visualize this. (Ok, bad idea...since you can't read with your eyes closed). So instead, just clear your thoughts for a minute and get this picture in your head.

I've been painting my den. All the furniture is crowded together in the middle of the room. I expertly (yeah right) organized the space where we could get to the couch to watch TV...except of course anything we need, which is always seems to be clear across the room. It's jumbled, and crowded, and out-of-sync. Nothing's easy, nothing's within reach, and I spend way more time doing simple things than I normally would.

Sound familiar? That's a very accurate description of Everyday life for many people. A crowded up, jumbled up, not-in-sync quadrant of time and space.

Not a pretty picture. Now imagine that you wanted to ADD something to that space. Maybe you really really wanted a new couch, or new TV, or even just a new rug. It would only crowd things that much more. It would only make you more uncomfortable, and out of sync.

As a Life Coach, people come to me every day wanting to ADD something to their lives...starting a new business, finding a relationship, writing a book. But their lives are like my den...crowded and

## Make Room For Happiness

"unfunctionable". Adding something would only make them more uncomfortable than they already are.

If you want something new and different in your life, you must first make ROOM. Make room for happiness by moving OUT the old.

Where do you start to begin to make room for happiness?

1. Time. How do you spend your time? Is it wasted time, or refreshing time? Are you consciously spending

time, or just letting it happen?

2. Environment. What no longer is working for you in your environment? Are there unfinished projects that were important at one time, but no longer intrigue you? When you look around, does your environment make you feel good?

3. Relationships. What relationships are no longer effective to your happiness? Do the people in your life support you? Are you are proud to introduce them to others?

4. Thinking. Do you talk to yourself like your best friend? Or do you talk to yourself like someone who you despise? Pay attention to how you treat your mind.

5. Work. Do you feel fulfilled and happy about your work? Or do you dread going to work, and just count the minutes until Fridays?

Once you have made the ROOM for success, adding what you really want will give you pleasure and fulfillment. If you try to add it on top of what you already have, it will become just another source of aggravation. First, you must set up your life to support success.

Just as in my den, as I begin to rearrange the sofa and chairs, the rest of the room became easier and easier. So it will be with your life.as you change one part, each will be easier and easier.

## Make Room For Happiness

Kathy Gates, Professional Life Coach, can help you restructure your life so that it's easier, more fun, and a more genuine expression of who you are. She is the author of an Ebook and several Email Coaching Programs available at [www.reallifecoach.com](http://www.reallifecoach.com), call 480.998.5843

improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.

### Three Inspirations for Happiness

By David Leonhardt

The following three inspirations were adapted from A Daily Dose of Happiness, and they represent three key ways to increase our happiness.

#### 1. FORGIVING FOR HAPPINESS

We like to think we are better than our friends below us in the food chain, such as the octopus and the snail. After all, we have love. We feel happiness. We have empathy. We have a conscience. We can reason.

We can also hold onto grudges.

Grudges are, in fact, prickly little creatures that worm their way into our hearts. Holding onto them is a self-defeating exercise.

Fortunately, forgiveness is also uniquely human. Forgiveness cleanses the spirit. Forgiveness let's us get on with enjoying our lives instead of being preoccupied with someone else's. Forgiveness opens the door to happiness.

#### 2. SUPPORTING FOR HAPPINESS

When things seem to be very bleak, it does not take much to lift someone's spirits. Sometimes all it takes is to let somebody know they are not alone.

That is why it is so important to smile at people, especially if they look down. And if you know what is weighing the person down, let them know they are not alone. Don't go burdening them with all your miseries, but let them know you have been there.

Guess what? You will feel happiness for having helped them, too.

#### 3. ACCEPTING FOR HAPPINESS

There is no such thing as happiness if you are not at peace with yourself. Too many people just don't know how to make peace with themselves.

Peace begins with acceptance. Whether we agree with everything we do (like the environmentalist

## Make Room For Happiness

who sometimes throws out a recyclable container), it is important to accept what we do.

Do we always make the best choices? No. But they are the choices we make.

Do we always treat people with the most respect? No. But it is how we treat people.

Can we improve? Yes, and we should. But that is a project for the future. First we must accept who we are now, rather than condemning ourselves. Then we can move to improve the person we will be tomorrow. Both acceptance today and improvements tomorrow will increase our happiness.

This inspiration first appeared in A Daily Dose of Happiness:

Get the best Daily Doses in a free ebook:

, or visit David Leonhardt's home page

on happiness:

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Three Inspirations for Happiness

Where Do We Find True and Lasting Happiness?

The Year Of Happiness

A Happiness Poem

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Online Dating Secrets Revealed!

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