

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**What Makes a Person Happy?**

**By Michele Webb**

**What Makes a Person Happy? by Michele Webb**

Research studies have shown that happier-than-average people have a lot of the same traits and characteristics in common. Here are five top traits of happy people:

1. **Social Butterfly.** Happy people tend to go out of their way to be with other people and to spend time with family and friends. When they are sad or anxious, they will seek out others for solace and comfort.
2. **Keeping Fit.** Happy people keep their moods elevated, and more active, by keeping fit and healthy. You do not have to be a marathon runner or body-builder to receive the benefits from exercise.
3. **Never in a Rut.** New experiences will keep you from getting in a rut and becoming depressed, restless or unhappy. Try new things, explore new places, meet new people, sample new foods and try new activities. Never let yourself get into a rut.
4. **Put on Those Rose-Colored Glasses.** Depressed people tend to view themselves and their lives fairly accurately. The happier-than-average person tends to see themselves and their circumstances as better than they really are!
5. **Maintain Your Perspective.** Unhappy and depressed people tend to blow, even the little things, out of proportion. They see every little setback as something that will affect them, and others, for the rest of their lives. But, happy people tend to tackle and work through everyday problems and tend to not view a problem as the end of the world.

**Publishing Rights:** You have permission to publish this article electronically, in print, in your ebook or on your website, free of charge, as long as the author's information and web link are included at the bottom of the article and the article is not changed, modified or altered in any way. The web link should be active when the article is reprinted on a web site or in an email.

The author would appreciate an email indicating you wish to post this article to a website, and the link to where it is posted.

## What Makes a Person Happy?

Copyright 2005, Michele Webb. All Rights Reserved.

Michele Webb owns her own website and is a member of a number of organizations for women Netpreneurs and business owners. She currently lives in Las Vegas, Nevada USA with her two dogs.

### **Reap Your Own Happiness**

#### **By Deanna Mascle**

One of my favorite expressions is that "you reap what you sow". While I often hear it used negatively by someone who expects some "chickens to come home to roost" I prefer to think of it as something positive. How comforting to think that all our hard work and toil will be rewarded with a crop of something good? How wonderful to think that putting love and care into some project or person will indeed be rewarded.

Of course, while most Americans give lip service to the notion of our right to pursue happiness, all too many people do not really believe it applies to them. Many people simply believe they don't deserve happiness. And even those few who do believe it seem to accept unhappiness as simple bad luck.

Every person does indeed deserve happiness and what is more happiness is contagious. The more happy people there are around then even more people will find happiness. We owe it ourselves to work on our own happiness and we owe it to society as well. Our own happiness will help others and inspire others to find happiness. If we are unhappy then we are likely making others unhappy as well (even if unintentionally) and it is extremely unlikely we are doing much to contribute to the happiness of others.

So how do you become a happy person? You simply reap your own happiness. But how? Take these four simple steps:

#### **Step one -- Ready Yourself For Happiness**

You can accomplish this step by first determining that you want to be happy. Part of being happy is wanting to be happy. Once you have committed yourself to the course of finding happiness for yourself then you must rid yourself of the notion that happiness is luck or based on possessions or persons. No thing and no one can make you happy. Happiness comes from within yourself.

#### **Step two -- Envision Yourself As Happy**

Every day when you first wake up and at various points during the day spend some time envisioning yourself as a happy person. Picture yourself laughing, smiling, relaxing. Imagine yourself as happy. The more you can fix this image of yourself as happy in your mind then the easier it will be for you to truly become happy.

#### **Step three -- Assume You Will Be Happy**

Many people tend to assume that they will spend much of their lives either unhappy or at least not

## What Makes a Person Happy?

really happy. However we have all seen those people who do seem to be genuinely happy with their lives. They smile frequently, laugh often, and seem to be in good humor most of the time. Yet this is not because they are richer or more successful. Sometimes these people were just born with the good fortune to have an optimistic outlook that life has not yet knocked out of them, but often these people have simply chosen that they will be happy and they recognize that there is always something about their lives that makes them happy. You know this is true of yourself as well. Concentrate on the areas of your life that give you happiness whenever you feel unhappiness seeping in and no matter what

assume that you will be, you can be, a happy person.

### Step four -- Pursue Your Happiness

Happiness is rarely a wonderful accident of fate. Happiness is rarely found by accident. While you may find happiness in unexpected places you must first open yourself to the possibility of happiness and prepare yourself to accept it when you find it. Some people are so miserable that they step right around happiness when they encounter. Don't let this happen to you. What is more, don't simply sit at home waiting for happiness to come knocking on your door. Go out and live life. Think about what currently makes you happy and spend time in those activities and think about what might make you happy and spend time experimenting. The more time you spend actively living your life then the more likely that you will also lead a happy life.

Remember, you deserve a happy life and you can lead a happy life, but in the end you reap what you sow. If you are sowing happiness in your life then you will reap happiness as well.

Deanna Mascle shares more inspirational writings in her blog at

What Makes a Person Happy?



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**