



# HAPPINESS FASTLANE

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**47 Tips To Unlocking  
A Joyful Life**

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# INTRODUCTION

## A Word Ahead

This book was born from an idea we had after going through life and learning some of its mysteries. From my experience and the experience of other people we know, we gathered some information and we thought it right to share it with the world. We are born with a tremendous amount of knowledge, though we lack the words to express it. As we learn the words, we begin to forget that information and, after a while, we simply forget how to be happy. Have you ever wondered why most of the children are so happy? It's because they possess a simple knowledge of life that makes them enjoy every single moment of their life.

This book is a reminder of that simple knowledge and its role is to provide people with some tips in order to access that primordial knowledge and make their lives better. Consider this book as your map on the path of happiness. And, if we are starting this journey together, you should be aware of a few simple facts:

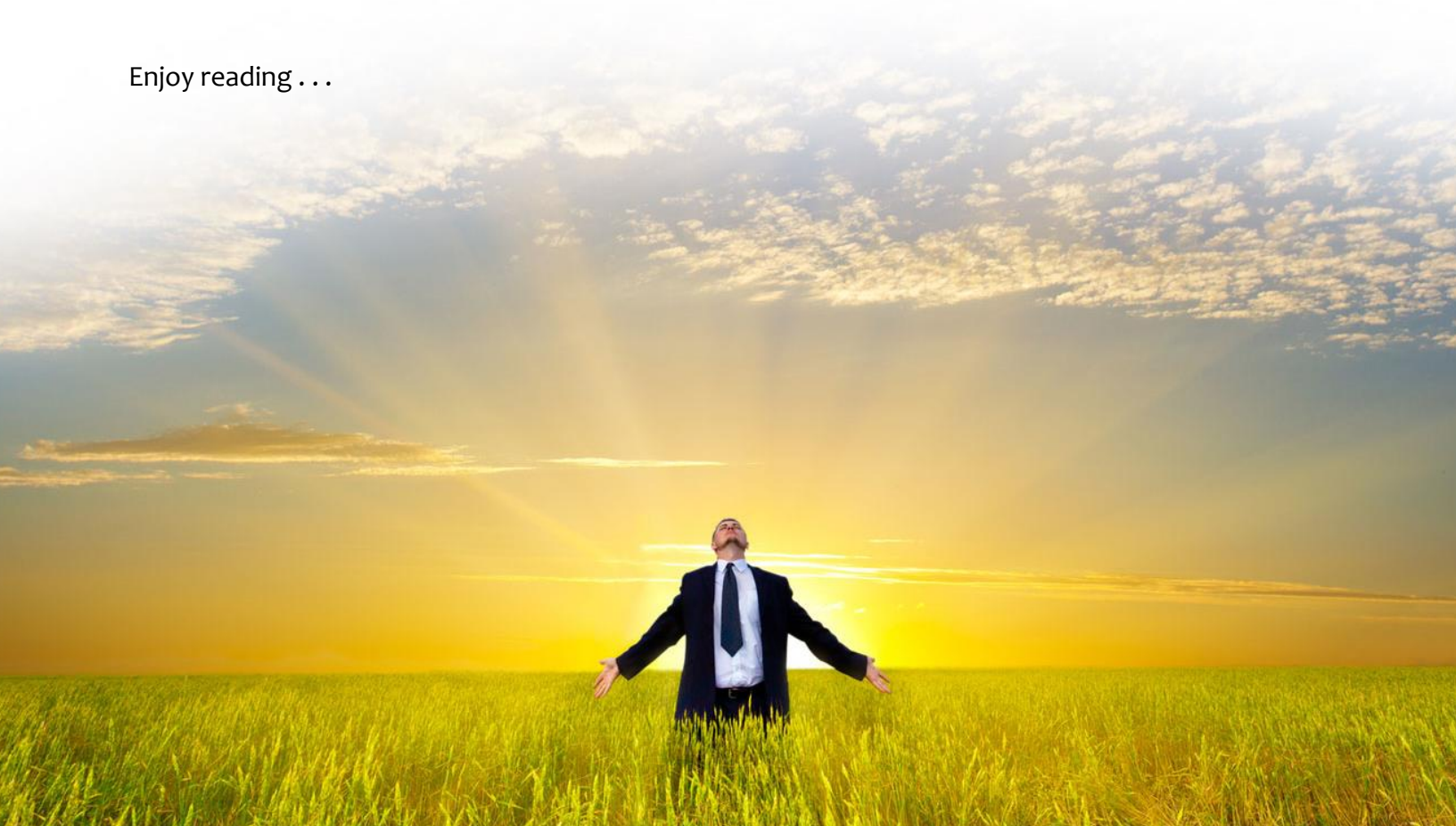
- This is not a step-by-step guide; it is a constant reminder of the knowledge within yourself and, thus, some of the tips may not apply to you. You should only try to apply those that are close to your heart. Create your own path on the map, according to your personality and needs.

- It may become overwhelming if you try to adopt all those tips at once. It is better to choose one of them and try to apply it in your life. Only after you've mastered it, go to the next one and so on.
- Regard this knowledge as an experiment. Experiment with yourself and with your life and if something doesn't work for you, it probably means that you should try something else.
- There is no guarantee that those tips will work. However, there's no harm in trying them and it is most likely that they will help you on your path to a happier life.

This book is not some math exercises. The tips you will find in it are not in order, so you should read it entirely to discover which are the most important ones for you.

This being said, we will let you discover this book and enter a world where primordial knowledge is buried between words. After all, the key to happiness is made of things we have forgotten about and we need only to remember them. We wish you best of luck on this road of discovery.

Enjoy reading . . .



# HAPPINESS IS WITHIN YOUR REACH

## 47 Tips To Access It

1

**Rise early and shine!** We all know that feeling when we are lost in our dreams and the morning sun comes scratching at our window. Don't pull the curtains. Rise up and embrace the morning. It may be hard at first but it will help you have more time in your life for the things that matter and it will help you make the most of your day.

2

**Less is more.** This is a simple truth that we sometimes forget about. Don't overburden yourself, just focus on the essential tasks, be careful with your time and, thus, you will gain time for yourself and get rid of the stress in your life. If you offer yourself the patience and the time to do an important task, you will be more effective and you will feel happier knowing that you did a good job. If you overburden yourself, no matter how many tasks you get done, you'll always feel like you didn't do enough. Prioritize and feel like a success in everything you do.

3

**Pace yourself.** Have you ever watched sports? If you did, you surely saw how the athletes are always slowing down and keeping their energy for the final line. They do that so that they can keep their strength for what is truly important. I think that for a happy life, everybody should learn this lesson. We don't have to be running around always worrying that we are not fast enough.

Actually, it's quite the opposite. We need to slow down, enjoy the scenery and learn. There is much happiness to be gained from driving slower, walking slower, eating slower and so on. It makes one focus and enjoy everything one's doing.

4

**Be patient, for patience is, indeed, a virtue.** The main problem with our society is that we don't have patience anymore. We lose our temper quickly and this makes us and people around us extremely unhappy. Try to practice patience; this is a skill you can exercise and it will help you in having a more balanced and happier life.

5

**Reach out to you inner being and be compassionate.** This tip is one of the most important things we can learn in this life. We are born as compassionate beings and empathy is really what makes us human. Most of the conflicts we have in life are caused by the fact that we don't understand each other, meaning that we lose our empathy towards each other.

Try to understand how the other one is feeling, try to imagine the pain they are going through, try to relate to their emotional background. Then you will be able to understand them and reach out to them.

Afterwards, compassion will come natural to you; by understanding them you will know how to help them and how to make their lives and your life easier. Be kind and kindness will surround you and your loved ones. Exercising your compassion and your empathy will bring happiness into your life.

6

**Search for your true passion and stick to it.** By doing what you love most, you will be able to give 100%. You will not feel stress and you will not feel like you're wasting your time. You will find true happiness in your passion and, though it may be hard at first, if you keep fighting and never give up, results will follow.

What is the point in doing something that you don't really love? Of course, there may be financial rewards, but, on the long term, it will bring you only sorrow and stress. And if you find your true passion and stick to it, you will achieve excellence and rewards will follow; not only financial rewards, but also personal ones.

7

**Exercise regularly.** You know that when you exercise, your brain produces endorphins and this substance will help you feel happier. Exercise will give you more energy and more confidence. If you do your exercises in the morning, you will have more energy for the day and you will feel happier the whole day.

8

**Healthy food means happy life.** You don't have to start a very strict diet; I don't think that following a strict food plan will help you. Instead, try and make changes to your diet. Be careful about what you eat, read about healthy food and always keep in mind that vitamins and minerals are in charge of the balance in both your body and your brain. Find balance through healthy food and feel the difference in your life.

9

**Relax and meditate.** I'm not talking about professional meditating, I'm just talking about a great way to let the stress out and focus on the important things in your life. You don't need to be into this kind of stuff to appreciate the value of meditation. Just take 30 minutes of your time to relax, to think about your life and about your goals and to find the calm within yourself.

10

**Be organized in your own way.** Some people are very organized and some are chaotic. But who said there can't be order within chaos? Find your own order and stick to it. You don't have to plan your every action; you just need to have in mind your ultimate goal and how you can achieve it. Bringing a little bit of order into your life will give you more time for the important things and will let you focus better.

11

**Be positive; don't let yourself fall into the pit of desperation.** This is one of the most important lessons I've learned in my life. It may sound vague, but it is actually quite simple. In life, we face many difficulties and sometimes we lose our confidence.

Instead of thinking of all the stuff that can go wrong, we should focus on thinking about all the stuff that went right in our life and try to extract the knowledge from them. If you can teach yourself how to have a positive outlook on life, beautiful things will come to you.

12

**Make your finances simpler.** Sometimes we can get lost in financial stuff. We own too many accounts, too many credit cards, we spend too much and we are left with too many bills. We don't need to do all that; this is just a trend of the consumer society. We don't need as many things as we think we need. If you simplify your finances, you will eliminate a lot of stress from your life.

13

**A simpler life is a happier one.** You don't need a complicated life to be happy; quite the opposite. You just need to find out which are the essential things in your life and let the other ones go because they will distract you, consume your time and let you feel like you can't break through. Start with simplifying the space around you and then go on simplifying your relations and your work.

14

**Consider what you have and accept it.** We all have certain goals in our minds and we are struggling to achieve them. It is within our human nature to strive for more; no matter how much we have we always try to surpass our limits. While this might help us evolve, we should never forget about the things we already have.

Don't compare yourself to people who have more, compare yourself to those who have less. This will help you realize the important things in your life and the many ways you have been blessed. Accept what you have in life and focus both on achieving your goals as well as on cherishing what you already have. As soon as you realize the importance of the things you have, you will feel happiness all around you.

15

**See the picture of the perfect life.** Have you ever thought how would your perfect life be like? I'm sure that you did; however, in order to make it happen, you have to see it in details. Think about the place you would live, think about what would you do and how you would spend your days, think about the people around you. Now, write all those details down and be aware that you are one step closer to achieve your perfect life.

16

**Have long-term goals in your mind.** This tip is related to the previous one. Now that you have that picture in your mind, you need to focus on how to become part of it. Think about some long-term goals that will help you achieve it; then pick one of them and give yourself a deadline of one year to accomplish it. Afterwards, set a medium-term goal to accomplish within the next few months and then decide your short-term goals for this week and for today that will help you reach your medium-term goal. Carefully choose one goal at a time and set your energy and your focus on it.

17

**Think about your mission in this life.** Though this tip is related to envisioning your perfect life, the substance is much deeper and requires more focus. When you're thinking about your mission in this life, you're actually thinking about the way you would like to be remembered. This is about giving an ultimate purpose to your life and waking up every day with this purpose engraved in your mind. You are destined for greatness; it's up to you how to achieve it.

18

**Consider what big tasks you have for the week and for the day.** We all have tasks to do during the week and during the day. The key to productivity and to happiness is to select the three most important things you can do in a day and focus on accomplishing them. Afterwards, do the same with your week and carefully schedule those tasks that represent a priority for you.

19

**Stay focused.** We live in an era where we easily get distracted. Too much information and too much stress can lead to losing our concentration. Keep in mind that, in order to achieve your goals, the most important thing is focus. So, once you've selected one goal, keep reminding yourself about it. You can print it and place it in your room or on your computer so that, every time you look upon it, you are reminded what you are working for. This is a great way of staying focused and it will prevent you from getting distracted by the events around you.

20

**The journey is half the fun; remember to enjoy it.** You need to maintain a balance between knowing your goals and being happy while you're advancing towards them. Sometimes we forget to just be happy because we are so busy planning our journey. We can stay focused and also be happy for the things that happen to us. If we are grateful for the little things we achieve, bigger things will come easily.

21

**Follow your own personal morning and evening routine.** If you design your own routine for your mornings and evenings, you will never lose focus on your goals and you will always be aware of your progress. If you have an evening routine, you not only get relaxed and review your day, but you also get to prepare yourself for the next day. The morning routine can help you start the day with energy and positivity, making you feel happy and blessed.

22

**Have deep, meaningful and profound relationships.** You don't need to have a deep relationship only with your significant other. If you have met that special someone, make sure that you spend enough time developing the bond. But, whether you have that special someone in your life or not, you must be aware that meaningful relationships can be developed with people you know, with your family, friends and co-workers.

Take time to understand them, take time to feel their emotions. Let them into your life, rely on them, be open towards them and try to seek that common thread you have. If the relationships with the people in your life are deep and full of meaning, you will find yourself surrounded with love and respect. After all, love is our engine and makes us move forward. The more you love, the more you are loved and the happier you get.

23

**Pay your debts.** When, financially speaking, you are in debt that is a huge stress placed upon your shoulders. You are constantly thinking on how you are going to pay your debt. Get rid of your credit cards, make a plan to pay all your debts and keep in mind that, after you are debt-free, you will have less stress in your life. This may take some years, but it's worth it.

24

**Remember to enjoy the little pleasures in your life.** You know what I'm talking about. A beautiful scarlet sunset on the beach, the smell of grass after rain, the rainbow emerging from the sea, your favorite cake, a rhythm that makes you want to dance in the middle of the street, an interesting book or a movie – all these things represent simple pleasures that are crucial to our happiness. Write down some of your simple pleasures and remember to do some of them each day. If you can find happiness each day, even in the little things, you are on the right path to greater happiness.

25

**Have an empty inbox and a clean desk.** It may sound basic, but there is much to be gained from having a clean desk and an empty email inbox. The psychological effect of not having many things pressing you is quite beneficial for your happiness. And, if you manage to do these simple things, you will form a habit of keeping your work space free of pressure. Thus, you will learn how to eliminate the pressure in your life and move forward on your road to happiness.

26

**Have an emergency fund.** There is an immense security in having an emergency fund. I know it may be difficult to build one at first, because the tendency is to spend as much as we have. But, once you've established a safety net you will see that your life will be less stressful and it will give you a lot of freedom. You don't need to worry about the amount you manage to gain; just start by cutting out some of your unnecessary expenses and save the money into an emergency fund. You will end up by making a habit of it and your fund will grow with time. Psychologically speaking, knowing that you are assured on the financial side will offer you a feeling of freedom and relief.

27

**Write in a journal on a daily-basis.** You may not be a person who is inclined towards writing and literature but, nevertheless, you should try to keep a journal. You don't have to fill pages; you just need to write a couple of sentences or just one in order to establish the most important things that happened to you during the day. This is a great way of finding out which are the most important things for you, so that you can discover your heart's desire.

28

**Rely on the people around you.** You are not alone, so don't act as if you were. Trust the people around you, let them know what you want to do and rely on them to offer you support, advice and even some positive pressure sometimes. They can help you stick to your goals and you can learn from their experience.

You've got a lot to learn from each individual as you have a lot of knowledge to pass on. I know it is difficult, sometimes, to follow advice but if we can manage to trust people, we may benefit from a different perspective that may really help us in accomplishing what we want to accomplish.

29

**Extend your knowledge by reading; read to others.** A wise man once said that one has as many lives as the books one has read. By reading you discover universes, ideas and gain access to a deeper knowledge. It is the knowledge of other people who, going through life, decided to share it with the world. Pass this knowledge around by reading to other people. It is a great way of bonding with those around you and it will strengthen your relations with them. And, when you finish a great book, you will feel your head pumping with ideas and thoughts that will help you in achieving your goals.

30

**Take care what kind of information you internalize.** We live in the era of communication and, though it is great to have access to all kinds of precious information, it can also become quite distracting. Receiving so much information can be time consuming and it can make you lose your focus. Knowledge is the greatest power but information without knowledge, just for the sake of communication is toxic. Get control over the information you receive and select only what is relevant to you and to your goals.

31

**Don't forget to relax.** We all know that, no matter how hard we try and no matter how much we want to reduce the stress in our lives, there can be times when stress is unavoidable. It's okay, we all go through stress. The important thing is to remember that you need to unwind. So you need to make time to decompress after a stressful event in order to wake up the next day with a smile on your face.

32

**Your life is happening now, not yesterday, not tomorrow.** The Romans used to say Carpe Diem. They were very wise men for they knew the importance of being present in your life. Time is not patient, it goes by quickly and, if we are not careful, we may one day wake up and realize that our life has slipped us by.

Of course, you need to think about the future in order to achieve your goals; sometimes it is inevitably to think about the past, for memories are important parts of our lives. What I'm trying to say is not to waste too much time thinking about the past or the future. Cherish every moment you have and enjoy life.

33

**Build yourself a fort of equanimity.** Life can be challenging and we are constantly faced with difficulties. You know what I'm talking about. Mean people, rudeness, people who simply don't understand you and so on. It is within the human nature to be judgmental. You shouldn't take it personal and you should try to live your life without hurting others and without letting others hurt you. It takes a lot of practice, but it is worth it. If you manage to do so, you will benefit from a happier life and maybe you will manage to make a change around you.

34

**Take the time to bond with your family and loved ones.** No matter how busy we are, no matter how many pressing deadlines we are facing, we should never forget about the people we love. They nourish us with energy and life force.

One of the best things you can do in order to have a happy life is to take as much time as possible to bond with your loved ones, to listen to them and to cherish every moment you spend with them. Be there for them; don't think about the things you need to do, just listen to them and enjoy the time you have together.

35

**Be your own hero.** I once read in a book that there is no one on this earth to save you but yourself. It is true. We all get moments in life where we feel depressed. Things that will shake our confidence may happen. It is important to know that you have the ability to heal and that you are the only person that can do that. Other people may help you but, in the end, you are your own hero. Knowing this, being aware of this reality will give you a tremendous amount of power and you will conquer your goals.

36

**Stop comparing yourself to others.** We have the tendency to compare ourselves to other people, usually not to our benefit. Cherish your individuality and realize that you have been blessed with a unique set of skills and emotions.

37

**Keep in mind that benefits are important, not difficulties.** There are things in life that can be difficult. At some point, we all have to do tasks that are hard. We may not enjoy them, but they will surely help us along the way. The best attitude towards a difficult task is to concentrate on the benefits it will bring and not on its difficulty. Yes, it may be hard, but you need to do it because it will help you a lot on the long run.

38

**Don't forget about romance.** Being romantic is a great way of showing that special someone that you care for them. Make little gestures every day and work to maintain a healthy romantic relationship. Express your love and receive love back.

39

**Pick your battles and learn how to lose.** What I'm trying to say is that not every argument won means, automatically, a battle won. We get into arguments on a daily basis and this can really consume our energy. What you need to do is find a way to select the battles that are worth your energy and learn how to lose some of them, just for the sake of letting the other know that you truly understand him or her.

40

**Enter the flow.** You may have heard of this term, but I will explain it anyway. Whenever you are working and you are 100% focused on what you are doing, it means that you are in a state of flow. Being active, always seeking the next challenge and eliminating all the distractions around you will help you reach that state of flow. This will make you feel that there's nothing that you can't achieve and will raise the passion within that enables you to conquer the world.

41

**Frugality is the answer.** The society we live in has mastered the art of making us think that we need more than we actually need. Based on the impulse of spending, this society controls us. It is a vicious circle. We work to make money, we use the money we earn on things we don't really need and, afterwards, we need to work more so that we can have more money. I'm not talking about being cheap; I'm talking about finding out what you really need and controlling your impulses. You will see that you will get happier with fewer things.

42

**Small and slow but efficient.** The point of starting small and slowly is to set goals for yourself of which you are sure that you can achieve. From the psychological point of view, if you start with small goals and manage to accomplish them, the success will nourish you. You will get your energy from them and, thus, be able to work on bigger goals. You don't need to hurry, it is more important that you do it right.

43

**Find a way to deal with detractors.** There are people in our lives who, without meaning to be mean, can make us lose our confidence. They may be negative or make fun or simply don't believe in our cause. Whenever you find yourself in this situation in which somebody causes you to lose confidence, just remember that nobody possess the ultimate knowledge and people may be wrong. Just imagine how the world would be like if John McCarthy listened to the people who told him the internet was a utopia.

44

**Spend some time outdoors.** Nature is a never-ending source of beauty. You should take the time to value this beauty. Let yourself be drawn to the natural spectacle of a perfect sunset and, on the way, stop to sense the fragrance of pink roses. Spend as much time as you can in the nature and learn from it. For, aside from being a source of beauty, nature is also a source of deep knowledge.

45

**Stop and enjoy the little things.** Sometimes we do things but we are not present. While we are eating, we keep thinking about what we have to do next; while we are walking through the park, we keep thinking about where we want to go and so on. A great way of bringing more happiness into your life is to focus on the things you are doing at the exact moment when you are doing them. Enjoy the silky grass in the park; enjoy the food you are eating.

46

**Get lazy sometimes.** Yes, we have talked about productivity and goals; we have talked about planning and the importance of your time. However, you should never forget to just be lazy sometimes and savor the picture of your current life.

47

**Offer your help to those in need.** I saved this tip last because it is one of the best I can give you. Never forget that you are human. You shouldn't offer help expecting something in return. Offer it because it is the humanly thing to do. Nourish your inner self by helping others and that warm and fuzzy feeling you will feel inside is your soul thanking you for never forgetting who you truly are.

# YOUR LIFE IS YOUR PAINTING

## Paint It In Your True Colors

Happiness is made of all the moments in our lives in which we are true to ourselves and towards others. The essence of our soul is made of little silvery threads that need to be nourished constantly through our actions.

If you've reached the end of this book, you should be aware that each and every one of those tips represents a way of nourishing your soul. As I stated in the beginning, some may not apply to you. It doesn't matter. You need only to select the ones that bring out your true colors and apply them as much as possible. This is not some new tool; this is an ancient knowledge written inside our human essence and you need only to scratch the surface and let it out.

There is an old legend about happiness. In the Ancient Greece, the Gods wanted to hide happiness away from people. One of the Gods wanted to hide it on the tallest mountain but they soon realized people would be able to get there. Another God came with the idea to hide it on the bottom of the ocean, but it still wasn't good enough.

So, the third God decided to hide happiness in the heart of every person and they all agreed that was the best place possible. And, from that moment, happiness hides in our hearts and all our lives we seek it without knowing we already have it.

The purpose of this book is to help you reach within yourself and find happiness in your heart. Discover yourself through these tips and let the happiness emerge from the deep waters of your soul.

And, if right now you are smiling, after you've read this book, then we know that we have accomplished my mission.

All the best,

*Samuel. H*

**Samuel.H**

Life Coaches

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