

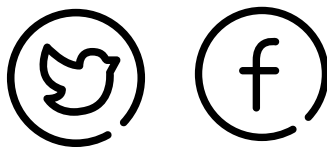
# HOW TO MAKE CHOICES THAT MAKE YOU HAPPIER



**BY: LEE RICHTER**

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The question I am faced with the most in regards to how happiness can give us a true advantage is: “How do I stay positive in frustrating situations?” My answer is to choose happiness and focus on what you “DO” want, rather than what you “DON'T” want.

Here are three things you can do to choose happiness and make better decisions everyday.



## Keep a Daily Gratitude Journal

Keeping a daily gratitude journal helps me increase my happiness dramatically. Each day, compile three things you are grateful for, which will allow you to set your focus for the day. It gages your mindset to look for the good around you and in your life.

When we commit to this daily positive practice, we are happier. It takes 21 days to form a new habit, so give yourself time to integrate and observe these positive changes in your life.





## Cancel out the 'noise' for two minutes everyday.

When we block out the noise around us, we are developing a habit called “attention training.” This practice teaches our brain to focus on the good in our lives. If you need support to get to a quiet place, put on some noise- canceling headphones.

Here are some useful questions to determine the 'noise' in your life.

- Is this information useful in the moment?
- Is this information relevant to my life?
- Is the timing good?

If the answer to any of these questions is NO, then it is 'noise.' Give yourself two minutes daily to turn off your brain from unnecessary noise and chatter. This can make a huge difference in your life and can lead to making smarter and better decisions.

A chalkboard with the words 'HAPPY' and 'HOUR' written in white chalk. To the right of 'HAPPY' is a simple smiley face drawn with a circle and two dots for eyes. To the right of 'HOUR' is another simple smiley face drawn with a circle and a cross for a mouth. The chalkboard is set against a background of wooden planks.

HAPPY  
HOUR

## Create your own personal Happy Hour!

During your own personal "Happy Hour", try an interesting activity. This could be something new or simply something you have not done in the last three months.

Here are some examples:

- Read a poem and memorize it.
- Organize some of your photos in an album.
- Write a short story and read it aloud to someone.
- Sit by the lake and watch the sunset while listening to an inspiring TedTalk.
- Sit in the grass or in a special spot and watch the sunrise or sunset.
- Meditate in a quiet space for 5 minutes in the morning.

By creating these personal and positive spaces for ourselves, we will see a positive shift in the ability to make better decisions in our lives!





## Recommended Reading

Each of these items are clickable and will take you to Amazon where you can purchase the books

### **Flourish: A Visionary New Understanding of Happiness and Wellbeing**

Daniel Kahneman is a Nobel laureate, founder of behavioral economics, and one of the most prominent psychologists in the world. There are dozens of gems in this talk but for me, the one with the most impact is the one about how our "experiencing selves" and our "remembering selves" perceive happiness differently. I've listened to it several times and each time there were very specific ways in which it affected choices I made to be happier.

### **The Happiness Project One-Sentence Journal: A Five-Year Record**

365 days. 5 years. 1,825 moments captured. In her best-selling book *The Happiness Project*, Gretchen Rubin discovers the pleasure of writing just one sentence every day. The *Happiness Project One-Sentence Journal* helps you to make a fascinating and revealing time capsule of the next five years of your life. Simply turn to today's date, reflect on the quote at the top of the page, and jot down just one sentence (perhaps about something good that happened that day). This daily ritual is highly do-able and provides a striking sense of accomplishment, and as the years go by you can see how your entries evolve.

### **The Power of Habit: Why We Do What We Do In Life and in Business**

Written by award-winning New York Times business reporter Charles Duhigg, this book is an awesome mix of research, stories, and revelations about habits: how we form them, how we can change them, and how knowledge about human habits is transforming everything from the way companies are run to where fruits and vegetables are placed in the grocery store.

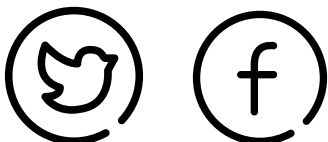


## ABOUT LEE:

Lee Richter is an award winning, dynamic business innovator and a visionary recognized again by the San Francisco Business Times as one of their Top 100 Women Business Leaders in 2015. For more than 25 years, she has launched a dozen successful businesses in the financial, education and lifestyle sectors. Her pioneering vision and powerful drive revolutionizes business as her companies produce hundreds of jobs, educate tens of thousands of people and make millions in revenue.

Lee is a business strategy genius. As the CEO of Richter Communications, she is passionate about designing and launching marketing campaigns and products that represent her mission and her values. Lee is passionate about helping people follow their dreams and their passions while sharing their meaningful message with the world.

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