

TWENTY LIFE PHILOSOPHIES

For Extreme Happiness

ALAINBELAND.CA

Clarity	03	Visualization	13
Journalling	04	Higher Self	14
Emotional Mastery	05	Better Versions	15
Manage Expectations	06	Explore Your Past	16
Beliefs	07	Learn From Failures	17
Meditations	08	Celebrate Victories	18
Gratefulness	09	Master Your Physiology	19
Physical Activity	10	Manage Addictions	20
Energy and Balance	11	State of Mind	21
Incantations & Affirmations	12	Ask For Assistance	22

Contents

Clarity

Clarity is probably the most important component for Extreme Happiness. Clarity about who you would like to become, what kind of career would make you happy, the kind of relationships and friendships you would like to grow. We rarely ask ourselves that question. Clarity Tools are available to assist you in getting clear about your true purpose.

*"Clarity of vision is the key to achieving your objectives."
- Tom Steyer*

“Journal writing gives us insights into who we are, who we were, and who we can become.”
– Sandra Marinella

//04

Journalling

One of the tools that could change your life: Journalling. Pen and paper is always the best since there is a level of intuitiveness, connection and private. Worst-case scenario, apps that are password protected are also an option. Apps are also great because you can add photos while journalling. Journalling is meant to be a learning and growth experience by having a private and honest conversation with yourself. However, if you are lying to yourself, writing it down is just another way to record your weaknesses for a future you.

Emotional Mastery

Learning the difference between feelings and emotions is critical for your well-being. Feelings doesn't = emotions. There is a disconnect, or gap, between the two. Mastering that gap is key. You may get a feeling about a situation, but you can choose the emotion you use when reacting to the feeling. Use the gap between the two to control your impulse to act too quickly to outside influences. Take the fraction of a second to: "Think like a man of action, act like a man of thought"

*“The emotionally intelligent person is skilled in four areas: identifying emotions, using emotions, understanding emotions, and regulating emotions.”
— John Mayer and Peter Salovey*

“Expectations were like fine pottery. The harder you held them, the more likely they were to crack.”

— Brandon Sanderson

Manage Expectations

Managing expectations will set you up for gratefulness and happiness. High and unrealistic expectations will set you up for disappointment, pain and frustration. Low expectations will set you up for mediocrity and sadness.

Beliefs

//07

Challenge your Beliefs - we have a combination of issues with our beliefs:

- a. The way we are raised
- b. Life's indoctrination
- c. Society
- d. Media & advertising
- e. Well meaning friends and family providing us with a steady stream of advice and opinions

Once your beliefs are challenged, the ones that do not serve you and your happiness should be replaced by some that does. Time, life and maturity will also affect your beliefs as time goes by, therefore challenging your beliefs is a lifetime journey.

*"It's not the events of our lives that shape us, but our beliefs as to what those events mean."
- Tony Robbins*

“Meditation is like a gym in which you develop the powerful mental muscles of calm and insight.”
– Ajahn Brahm

Meditation

Meditation is one of the most powerful tool that dates back to 5000 BC. This tool has been around for millenias and still serve us today. The most powerful and/or happy individuals to walk the planet were using meditation. Anyone can do meditation, but it can sometimes be tricky, fortunately, today we have online platforms (Youtube, Vimeo) and apps that can assist you in your journey. Take advantage of those tools or join a meditation group.

//09

Gratefulness

Gratefulness Exercises - Gratefulness Journal. Everyday, write what you are grateful for. Gratefulness forces your mind to see the positive and opens your mind for “Love”. This is probably the most powerful tool at your disposal.

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” – Melody Beattie

ALAINBELAND.CA

Physical Activity

Physical activity focused on your posture and strengthening muscles that are weakened by your lifestyle or career choices. Yoga is a great activity to assist in this area and can be done from home using a subscription on an online program, or use online platforms (Youtube, Vimeo) to find videos. A combination of an proper Osteopath, Chiropractor and Massage Therapist can assist you - make the appointments now!

"Training gives us an outlet for suppressed energies created by stress and thus tones the spirit just as exercise conditions the body."

-Arnold Schwarzenegger

"Every single human being can achieve a perfect vibrational balance between their positive and negative energy." - Noel Edmonds

Energy & Balance

Energy Contact Exercises - Getting in touch with nature (plan camping, hiking, canoeing or kayaking activities). Grounding Techniques are also great to boost your energy (Youtube). Everything is made of energy (no bs: research it online). Use the world energy to assist you in being the best and most powerful version of yourself.

Incantations & Affirmations

An affirmation is when you repeat a phrase to yourself, embedding it into your mind, until you believe it is true. Incantations are like supercharged affirmations. When saying an incantation, the key is to get in tune with the emotional charge of what you are saying. Make a short affirmation or incantation of who you are, who you want to be, what you want to achieve in your professional and personal life. Repeat it everyday, you can even write it in your journal if you are more of a visual person so it sticks to your subconscious.

//12

*"You will be a failure, until you impress the subconscious with the conviction you are a success."
- Florence Scovel Shinn*

ALAINBELAND.CA

Visualization

Visualization exercises: Visualize where you want to go and who you would like to be in the future. If you stick to thinking about where you are and/or your problems, you will stay where you are, and get submerged in your problems. Making this visualization as real as possible will trigger your emotions are triggered and increase the intensity of the experience.

*"Visualization is daydreaming with a purpose."
- Bo Bennett*

Higher Self

*"When your higher self is present, it always promotes peace."
- Wayne Dyer*

Always strive to be your higher self; a better version of who you are. In a perfect world...deep down...who would you want to be? Once you find who you would like to be, cement the feeling and the reason with WHY you would like to be that way. Is it because you want to be a better person, a better father/mother, spouse, etc. Attaching a meaningful WHY will give you the energy and power to commit to becoming your higher self.

"I don't believe in trying to be somebody you're not - just be a bigger, better version of yourself."

- Neon Hitch

Better Versions

Similar to becoming your higher self, striving to be a better version of yourself is all about looking within and adjusting your mindset, attitude and lifestyle. This is a simple but powerful tool: each day, always strive to be better than yesterday. You made a mistake yesterday, or could have done something differently, no problem, do better today.

Explore Your Past

Explore your past and make peace with it. This can take years but will ultimately set you free. Everyone has been wronged by someone or had past issues with something or someone, it doesn't need to define you for the rest of your life. Remember, you do not need to be a victim. Past outcomes may never repeat itself. Being a victim all your life and blaming others will just extend and amplify the suffering. Instead, explore the positive from your past and use Gratefulness to give you the energy and power to take on future challenges and obstacles.

*"You can't let
your past hold
your future
hostage."
- LL Cool J*

//17

*"Do not be embarrassed by your failures, learn from them and start again."
- Richard Branson*

ALAINBELAND.CA

Learn From Failures

Learn from your mistakes and do everything you can not to repeat them. If you do, apologize, learn from it and try again. Rinse-Repeat. Being afraid of failure is like living only a percentage of your life. Some of the most powerful and known individuals have failed repeatedly before succeeding to become who they are today. As a matter of fact, a study has shown that it takes them an average of 3.6 business failures to become highly successful. Like they say: "Fail forward".

*"Acknowledge all your small victories. They will eventually add up to something great."
- Kara Goucher*

//18

Celebrate Victories

Congratulate yourself on victories, write it in your journal so it stays on your mind. Treat yourself to a victory dance or lap. Get yourself something nice.

Celebrate with your loved ones. This will anchor your success into your subconscious mind as a beautiful and positive moment in your life.

Celebrate - You deserve it.

“Physical activity promotes high productivity.”
- Lailah Gifty Akita

ALAINBELAND.CA

Master Your Physiology

Learn about your physiology and what affects your body in a positive and negative way. This includes the food and liquids you ingest. Is what you consume good for your future mind and body? Going on a bender every weekend maybe fun now, but how will it affect your body in the future? You are not invincible. Your body is flesh and bones. Stop treating your body like a temporary object. Brief: less like an amusement park - more like a temple. Some people treat their iPhone better than their bodies.

//19

Manage Your Addictions

Most individuals in today's Western societies are addicted one way or another whether they are conscious of it or not. I will enumerate the different addictions we now face, take a look on where you stand: Alcohol, Gambling, Sugar, Caffeinated Products, Drugs, Prescription Drugs, Shopping, TV/Streaming, Social Media, Electronic Devices, Sex, Violence, Pain (yes, pain), Money, and Lifestyle. I'm not telling you to stop all of those things this moment. What I'm telling you is to be aware of: what affects your life, how it affects it (positively or negatively in the present and future), who it affects beyond yourself (spouse, children, etc.), what you can do to change the current pattern. In short: Manage your addictions.,

“An intelligent person can rationalize anything, a wise person doesn't try.”
— Jen Knox

//21

State of Mind

Learn about your state of mind (we could call it attitude or mood) and how it affects your everyday life. We let outside influences, events out of our control and past problems/mistakes, attack our peaceful and stable mind before we ever interact with others. That is one of the main reason you should stay away from your phone and social media in the morning. It sets the tone for part of the day, if not the whole day. Remember this important piece of knowledge: You and only you can dictate and set your State of Mind. No one else.

"What we focus on we become. If you are just focusing on unhappy things, you will become unhappy. If you focus on happy states of mind, then it will grow in you." - Frederick Lenz

Ask For Assistance

Asking for help from others when you need it. Don't be shy and retreat. Help can come in different forms. You can ask your spouse, family or friends. You can look for answers online. You can find a mentor. You can seek professional assistance. As a matter of fact, I use a combination of all of the above and it has served me incredibly well.

Ask for help, and ask early.

“You can do anything but not everything.”
– David Allen

ALAINBELAND.CA

Contact Information

EMAIL ADDRESS

alain@alainbeland.ca

LINKEDIN PROFILE

<https://www.linkedin.com/in/alain-beland/>

WEBSITE

alainbeland.ca