

Happiness Is A Choice

By Brian Hazelgren

The Decision to be happy can liberate you with the infinite joy to help you more fully enjoy each moment of every day. We make hundreds if not thousands of decisions each day, so our very lives are fashioned by choice. If that is the case - then our choices make us - or what we truly have become.

Choosing to be happy is the end result of certain thoughts and activities, which actually bring about a chemical reaction in the body. This action results in a euphoria, which may be elusive to many, but can be totally under your control. Yes, **you have the control of whether or not you are happy.**

One very simple but highly effective little exercise is to ***greet each day with laughter.*** Laughter is an outward expression of enthusiasm, and enthusiasm is what moves the world in a positive direction. Enthusiastic people are capable of rallying others around them - sometimes simply based on their enthusiasm alone.

An enthusiastic person does not need to hold several degrees...they don't need to be the smartest or wealthiest person in the room...they just need to carry a confidence and excitement about them that others will pick up on and follow.

If you make a conscious effort to laugh throughout the day you will notice two things taking place in your life: 1) You'll feel better, and 2) You'll start to feel more positive in your life because you are building a habit. Try laughing for 7 seconds and notice how much better you feel.

Fast Fact: When you choose to be happy, you smile at people, and say "hello" and "thank you" more often. People will be drawn to you like a moth to a flame - and they won't be able to resist you.

When you choose to be happy, you smile at people, and say "hello" and "thank you" more often. People will be drawn to you like a moth to a flame - and they won't be able to resist you. It's been said the world belongs to those who are enthusiastic, and people will follow you anywhere!

This is the type of person that others like to hang around and spend time with. Some people have a certain "calling card" like being funny, smart, witty, athletic, compassionate, attractive. What if your calling card was your smile? Now that would be cool - because people usually smile back and they will engage with you more openly and honestly.

When you choose to smile more, you become the master of your emotions. Your conscious choice of showing off your pearly whites tells others that you enjoy being positive - and yes, that you Make Things Happen!

The best remedy to make despair, fear and frustration wither away is to smile and carry a positive attitude. It takes mature emotions and a strong self confidence to smile at others throughout the day, but it is worth the effort.

Feeling discouraged is the worst, and it allows us to sink to depths that are not only beneath us, it opens up the door wide for the fiery darts of any adversary to penetrate our personal fortress.

One thing that I have learned over the years is that when you feel and show gratitude, it is impossible for despair and discouragement to take root and have any effect on us. We cannot allow the enemy to win and make us sink down from being overwhelmed with despair.

When we remember to be grateful and to express that gratefulness to God and to others, then the magic of a grateful spirit blossoms in us and guards us against the enemy.

A popular song about being happy is not just a great tune, it bears a great message. The song was produced by Martina McBride, one of my all time favorite singers and a very talented entertainer. She has brought joy to millions with her songs and messages. I am personally grateful for her angelic voice and have listened to her songs over the years - probably thousands of times to bring me joy, solace, and hope. Martina recorded "Happy Girl" back in 2007, and the message is solid for all of us to take into our daily routine. Part of the recurring melody has a powerful message as well:

*Oh watch me go
I'm a happy girl
Everybody knows
That the sweetest thing that you'll ever see
In the whole wide world
Is a happy girl*

Here are all of the lyrics:

HAPPY GIRL

by Martina McBride

I used to live in a darkened room
Had a face of stone
And a heart of gloom
Lost my hope, I was so far gone
Crying all my tears
With the curtains drawn
I didn't know until my soul broke free

I've got these angels watching over me, yeah

Oh watch me go
I'm a happy girl
Everybody knows
That the sweetest thing that you'll ever see
In the whole wide world
Is a happy girl

I used to hide in a party crowd
Bottled up inside
Feeling so left out
Standing in a corner wearing concrete shoes
With my frozen smile
And my lighted fuse
Now every time I start to feel like that
I roll my heart out like a welcome mat

Oh watch me go
I'm a happy girl
Everybody knows
That the sweetest thing that you'll ever see
In the whole wide world
Is a happy girl

Laugh when I feel like it
Cry when I feel like it
That's just how my life is
That's how it goes
Oh watch me go
I'm a happy girl

And I've come to know
That the world won't change
Just 'cause I complain
Let the axis twirl
I'm a happy girl
Oh watch me go
I'm a happy girl

Everybody knows
That the sweetest thing that you'll ever see
In the whole wide world
Is a happy girl
Oh, yeah oh, yeah
I'm a happy girl

I started off this segment by stating that Happiness is a choice, and we will end with it as well before we jump in to the Action Plan.

Happiness isn't just an emotion that can happen upon us once in a while. Happiness is a choice and is the end result of certain thoughts and activities that bring about a chemical reaction in the body. It literally is based on the science of chemicals that produce a reaction, and is fully in our control.

You and I need to choose to be happy, and greet each day with laughter and a grateful heart. You have it within you to be in control of your own happiness. Take the reins, and steer that stallion where you want it go. You are in control of your Happiness!

*Brian Hazelgren is a Best-Selling author, Motivational Speaker, Podcast Host, and CEO of RX2Live - a medical services company. This excerpt is from his book **Mastering Positive Thinking**. To learn more about this training system please visit www.positific.com or www.rx2live.com.*