



MONDAYS

with Mike

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Getting back to happy

New York Times best-selling authors, Marc and Angel Chernoff, wrote a book titled *Getting Back to Happy*. In this book, they list 5 character traits that make us happy. These were derived from a decade of one-on-one coaching experiences with students and clients. They are now convinced that these traits will have the greatest impact on our happiness.

Courage – fear is the thief of happiness. Courage, on the other hand, is fear's great nemesis. It allows us to challenge our comfort zones, approach people and situations, embrace life and accept the pain that's inevitable in all of our lives.

Patience – impatience is a major bully to happiness. Learn to accept uncertainty and buddy up to the unpredictable. Breathe. Relax. Take it in.

Gratitude – to be grateful is to notice the good amid the bad, the color against the backdrop of gray, the lovely even as it's surrounded by the ugly. We must see what isn't always on the surface.

Love – the more that love beats in your heart, the happier and more buoyant your heart will be. The more you love life, the more life will love you back. It overlooks weakness. It accepts, seeks, and empowers what's best in others.

Forgiveness – people who hold on to pain, who nurse their wounds, who call out the troops to seek vengeance for the wrongs done to them, may win battles here and there. But the war against unhappiness will largely be lost before its even started. Refusal to forgive leads to self-imposed imprisonment. Open your heart and free yourself.

As we encounter the happenings of life this week, let's engage as many of these traits as possible. Our journey along the trail to happiness will be guided well if we do.

Have a great week!