

Part VII Happiness



18. Celebrate

Celebrate your loved one! Celebrate your relationship! Minimize regret and maximize memories by being present and finding joy every day.

- 1. Make today a celebration. What can you do today to celebrate your time with your loved one?**
- 2. Remind yourself regularly to be in the present moment and decide to notice the good things happening in your life.**
 - ✿ You might set an hourly reminder to tune into your surroundings and look for something positive.
 - ✿ The moments pass quickly, adding to days, weeks, months, and years of missed opportunities if we don't act.
- 3. When a negative thought emerges, say "Thank you for sharing" or "Cancel!" and dismiss it with a wave of your hand.**
- 4. Keep a gratitude journal. Write down three things you are grateful for every day—anything. Repetition is allowed. It can be a person, place, thing, or anything else. No limits to your imagination, no wrong answers.**

Daily gratitude journaling is proven to boost your happiness level. More happiness = more focus on celebrating.

- 5. Reflect and write down your successes or wins throughout the day. Share them with someone you love. Ask the other person to do the same.**

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6. When you are passionate about something, you become unstoppable. Become passionate about creating moments with your loved one to appreciate today and treasure tomorrow.

7. List what is not working in your life or the worries draining you of joy, happiness, and celebrating.

- ▶ Make the list as extensive as you can.
- ▶ What is draining your energy in relationships, the environment, career, finances, home, and health?
- ▶ Identify the items that you cannot control.
- ▶ Set an intention to let go of them.
- ▶ Regularly review your progress.
- ▶ Identify the things in your control and take action toward resolving the issue.
- ▶ Change what you can change.
- ▶ What's the next step to resolve a worry? And the next step? And so on.

8. Get creative or ask a friend or family member to help you find ways to celebrate relationships, history, and family. Document the small joys daily by photographing to record fun moments or journaling the highlights.

9. If you are overwhelmed with worry or sadness, ask for help. Reach out to a friend or professional and explore your feelings so that you can begin the shift to gratitude, joy, and abundance. Who can you reach out to for support?