



10 Steps to Finding Your Happy Place (and Staying There)

Galen Pearl

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If someone asked us if we want to be happy, most of us would say yes. But we are lousy predictors of what will actually make us happy. Many of us hold our happiness hostage to some future circumstances: "I'll be happy when I get a job, when I lose weight, when my kids shape up, when I meet the right person..." But happiness is, as they say, an inside job. Happiness is not a destination, not something to be pursued. It is the way we live. Happiness is a choice we make every moment, and each moment is a new opportunity to choose. If we choose repeatedly to be happy, it becomes a habit, our default position. 10 Steps to Finding Your Happy Place (and Staying There) demonstrates how to create these joyful habits, and in truth, each of these steps will bring us back to where we started: ourselves.

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