

**When the World Around You Is In CHAOS ~ Discover
the POWER How to Be Happy Living In It ~ And
Survive...**



by Terry D. Clark

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1. You Can Be Happy As Want Too Be

Almost everyone have heard the hit single 'Don't Worry, Be Happy' by Bobby McFerrin. The song has a very catchy way of conveying its message of being happy to everyone. Bobby McFerrin's simple message surely made a lot of people by telling them not to worry.

Living a happy, resilient and optimistic life is wonderful, and is also good for your health. Being happy actually protects you from the stresses of life. Stress is linked to top causes of death such as heart disease, cancer and stroke.

One of the better things ever said is - 'The only thing in life that will always remain the same is change', and in our life we have the power to make the necessary changes if we want to. Even if we find ourselves in an unbearable situation we can always find solace in the knowledge that it too would change.

Social networks or relationships are essential to happiness. People are different, accept people for whom or what they are, avoid clashes, constant arguments, and let go of all kinds of resentments. If arguments seem unavoidable still try and make an effort to understand the situation and you might just get along with well with

Happiness is actually found in everyone, increasing it is a way to make a life more wonderful and also healthier.

To be happy is relatively easy; just decide to be a happy person. Abraham Lincoln observed that most people for most of the time can choose how happy or stressed, how relaxed or troubled, how bright or dull their outlook to be. The choice is simple really, choose to be happy.

There are several ways by which you can do this.

Being grateful is a great attitude. We have so much to be thankful for.

Thank the taxi driver for bringing you home safely, thank the cook for a wonderful dinner and thank the guy who cleans your windows. Also thank the mailman for bringing you your mails, thank the policeman for making your place safe and thank God for being alive...rather you believe or not!!

News is stressful. Get less of it. Some people just can't start their day without their daily dose of news. Try and think about it, 99% of the news we hear or read is bad news. Starting the day with bad news does not seem to be a sensible thing to do.

A religious connection is also recommended. Being part of a religious group with its singing, sacraments, chanting, prayers and meditations foster inner peace.

Manage your time. Time is invaluable and too important to waste. Time management can be viewed as a list of rules that involves scheduling, setting goals, planning, creating lists of things to do and prioritizing. These are the core basics of time management that should be understood to develop an efficient personal time management skill. These basic skills can be fine tuned further to include the finer points of each skill that can give you that extra reserve to make the results you desire.

Laugh and laugh heartily everyday. Heard a good joke? Tell your friends or family about it. As they also say -'Laughter is the best medicine'.

Express your feelings, affections, friendship and passion to people around you. They will most likely reciprocate your actions. Try not to keep pent up anger or frustrations, this is bad for your health. Instead find ways of expressing them in a way that will not cause more injury or hurt to anyone.

Working hard brings tremendous personal satisfaction. It gives a feeling of being competent in finishing our tasks. Accomplishments are necessary for all of us, they give us a sense of value. Work on things that you feel worthy of your time.

Learning is a joyful exercise. Try and learn something new everyday. Learning also makes us expand and broaden our horizons. And could also give us more opportunities in the future.

Run, jog, walk and do other things that your body was made for. Feel alive.

Avoid exposure to negative elements like loud noises, toxins and hazardous places.

These are the few simple things you can do everyday to be happy.

And always remember the quote from Abraham Lincoln, he says that, "Most people are about as happy as they make up their minds to be."

2. Genuine Happiness Comes from Within

Life isn't the sweetest candy. Sometimes, when I feel like the world is just too heavy, I look around and find people who continued to live fascinating and wonderful lives. And then thoughts come popping into my mind like bubbles from nowhere – "How did their life become so adorably sweet? How come they still can manage to laugh and play around despite a busy stressful life?" Then I pause and observed for awhile... I figured out that maybe, they start to work on a place called 'self'.

So, how does one become genuinely happy? Step 1 is to love yourself.

My theology professor once said that "loving means accepting." To love oneself means to accept that you are not a perfect being, but behind the imperfections must lie a great ounce of courage to be able to discover ways on how to improve your repertoire to recover from our mistakes.

Genuine happiness also pertains to contentment. When you are contented with the job you have, the way you look, with your family, your friends, the place you live in, your car, and all the things you now have – truly, you know the answer to the question "how to be genuinely happy."

When we discover a small start somewhere from within, that small start will

eventually lead to something else, and to something else. But if you keep questioning life like it has never done you any good, you will never be able to find genuine happiness.

I believe that life is about finding out about right and wrong, trying and failing, winning and losing. These are things that happen as often as you inhale and exhale. Failure, in a person's life has become as abundant and necessary as air. But this should not hinder us from becoming happy.

How to be genuinely happy in spite all these? I tell you... every time you exert effort to improve the quality of life and your being, whether it is cleaning up your room, helping a friend, taking care of your sick dog, fail on board exams and trying again, life gives you equivalent points for that.

Imagine life as a big score board like those which are used in the NFLs. Every time you take a step forward, you make scoring points. Wouldn't it be nice to look at that board at the end of each game and think to yourself "Whew! I got a point today. I'm glad I gave it a shot.", instead of looking at it all blank and murmur "Geez, I didn't even hit a score today. I wish I had the guts to try out. We could have won!" and then walk away.

Genuine happiness isn't about driving the hottest Formula 1 car, nor getting the employee of the year award, earning the highest 13th month pay, or beating the sales quota. Sometimes, the most sought after prizes in life doesn't always go to the fastest, the strongest, the bravest or not even the best. So, how do you become genuinely happy? Every one has his own definition of 'happiness'. Happiness for a writer may mean launching as much best selling books as possible. Happiness for a basketball rookie may mean getting the rookie of the year award. Happiness for a beggar may mean a lot of money. Happiness for a business man may mean success. So, really now, how do we become genuinely happy? Simple. You don't have to have the best things in this world. Its about doing and making the best out of every single thing. When you find yourself smiling at your own mistake and telling your self "Oh, I'll do better next time", you carry with you a flame of strong will power to persevere that may spread out like a brush fire. You possess a willingness to stand up again and try – that will make you a genuinely happy person.

When you learn to accept yourself and your own faults. You pass step 1 in the project "how to become genuinely happy". For as long as you know how to accept others, you will also be accepted. For as long as you love and know how to love, you will receive love ten folds back.

Again, throw me that same question “how to become genuinely happy?”. I’ll refer you to a friend of mine who strongly quoted- “Most of us know that laughter is the best medicine to life’s aches and pain. But most of us don’t know that the best kind of laughter is laughter over self. Coz then you don’t just become happy... you become free.”

3. The Powers of a Positive Attitude

I am going to ask you to something very weird right now. First of all, I want you to listen to your thoughts. Now tell me, what thoughts fill your head? Would you label them as positive, or negative?

Now let’s say you are walking down the street with these thoughts. Do you think anyone who would meet you would be able to tell you what’s on your mind?

The answer to number one is up to you. But, the answer number two can be pretty generic. Although people will not be able to tell you exactly what you think, they will more or less have an idea of how you are feeling.

Here’s another question. When you enter a party filled with friends, do they all fall silent as if something terrible had happened? Or does everybody there perk up as if waiting for something exciting to happen?

You know what? The answer to all these depends on your frame of mind.

Thoughts are very powerful. They affect your general attitude. The attitude you carry reflects on your appearance, too – unless, of course, you are a great actor.

And it doesn’t end there. Your attitude can also affect people around you.

The type of attitude you carry depends on you. It can be either positive or negative.

Positive thoughts have a filling effect. They are admittedly invigorating. Plus, the people around the person carrying positive thoughts are usually energized by this type of attitude.

Negative thoughts on the other hand have a sapping effect on other people. Aside from making you look gloomy and sad, negative thoughts can turn a festive gathering into a funeral wake.

A positive attitude attracts people, while a negative attitude repels them. People tend to shy away from those who carry a negative attitude.

We can also define attitude as the way of looking at the world. If you choose to focus on the negative things in the world, more or less you have a negative attitude brewing up. However, if you choose to focus on the positive things, you are more likely carry a positive attitude.

You have much to gain from a very positive attitude. For one, studies have shown that a positive attitude promotes better health. Those with this kind of attitude also have more friends. Projecting a positive attitude also helps one to handle stress and problems better than those who have a negative attitude.

A positive attitude begins with a healthy self-image. If you will love the way you are and are satisfied, confident, and self-assured, you also make others around feel the same way.

A negative attitude, on the other hand, has, of course, an opposite effect. So, carrying a negative attitude has a twofold drawback. You feel bad about yourself, and you make others feel the same way.

If you want to have a positive attitude, you have to feature healthy thoughts. This is probably very hard to do nowadays since, all around us, the media feeds us nothing but negative thoughts. A study shows that for every 14 things a parent says to his or her child, only one is positive. This is truly a saddening thought.

If you want a healthier outlook in life, you need to think happy thoughts, and you have to hear positive things as well. So, what can you do? Well, for starters, you could see a funny movie, you could play with children, spend some time telling jokes with friends. All these activities fill you with positive stimuli, which in turn promotes positive attitude.

Although it is impossible to keep ourselves from the negative things around us, you can still carry a positive attitude by focusing on the good things, the positive things in life.

And this positive attitude you now carry can be of benefit to other people. Sometimes when other people feel down, the thing people mostly do is try to give them advice. But sometimes, all they need is somebody to sit by them, and listen to them. If you have a positive attitude you may be able to cheer them up without even having to say anything.

If positive attitude is really great, why do people choose to adopt a negative attitude instead? One who carries a negative attitude may be actually sending a signal for attention. Before you get me wrong, feeling sad, angry, or gloomy is not wrong itself. But dwelling on these thoughts for far too long is not healthy either. There is a time to mourn.

As always, if you are beset by troubles, even in your darkest hour, focus on the good things in life, you will always have hope. Problems become something you can overcome.

You do not have much to lose by adopting a healthy, positive attitude. Studies show that such an attitude actually retards aging, makes you healthier, helps you develop a better stress coping mechanism, and has a very positive effect on all the people you meet every day. So, what's not to like about a positive attitude? Adopt one today.

4. Impossible is Just a Word

Everyone, at some point of his or her life, has dreamed of being somebody special, somebody big. Who hasn't fantasized about being the one who hits the game-winning homer? Who hasn't dreamed of being the homecoming queen? And how many times have we dreamed of being rich, or successful, or happy with our relationships?

Often, we dream big dreams and have great aspirations. Unfortunately, our dreams remain just that – dreams. And our aspirations easily collect dust in

our attic.

This is a sad turn of events in our life. Instead of experiencing exciting adventures in self actualization, we get caught up in the humdrum of living from day-to-day just barely existing.

But you know what? Life could be so much better, if only we learned to aim higher.

The most common problem to setting goals is the word impossible. Most people get hung up thinking I can't do this. It's too hard. It's too impossible. No one can do this.

However, if everyone thought that, there would be no inventions, no innovations, and no breakthroughs in human accomplishment.

Remember that scientists were baffled when they took a look at the humble bumblebee. Theoretically, they said, it was impossible for the bumblebee to fly. Unfortunately for the bumble, bee no one has told it so. So fly it does.

On the other hand, some people suffer from dreaming totally outrageous dreams and not acting on them. The result? Broken dreams, and tattered aspirations.

If you limit yourself with self-doubt, and self-limiting assumptions, you will never be able to break past what you deem impossible. If you reach too far out into the sky without working towards your goal, you will find yourself clinging on to the impossible dream.

Try this exercise. Take a piece of paper and write down some goals in your life. Under one header, list down things 'you know you can do'. Under another header, write the things 'you might be able to do.' And under one more, list the things that that are 'impossible for you to do.'

Now look at all the headers strive every day to accomplish the goals that are under things 'you know you can do'. Check them when you are able to accomplish them. As you slowly are able to check all of your goals under that heading, try accomplishing the goals under the other header-the one that reads 'you might be able to do.'

As of the items you wrote under things I could do are accomplished, you can move the goals that are under things that are 'impossible for you to do' to the list of things 'you might be able to do.'

As you iterate through this process, you will find out that the goals you thought were impossible become easier to accomplish. And the impossible begin to seem possible after all.

You see, the technique here is not to limit your imagination. It is to aim high, and start working towards that goal little by little. However, it also is unwise to set a goal that is truly unrealistic.

Those who just dream towards a goal without working hard end up disappointed and disillusioned.

On the other hand, if you told someone a hundred years ago that it was possible for man to be on the moon, they would laugh at you. If you had told them that you could send mail from here to the other side of the world in a few seconds, they would say you were out of your mind. But, through sheer desire and perseverance, these impossible dreams are now realities.

Thomas Edison once said that genius is 1% inspiration and 99% perspiration. Nothing could be truer. For one to accomplish his or her dreams, there has to be hard work and discipline. But take note that that 1% has to be a think-big dream, and not some easily accomplished one.

Ask any gym rat and he or she will tell you that there can be no gains unless you are put out of your comfort zone. Remember the saying, "No pain, no gain"? That is as true as it can be.

So dream on, friend! Don't get caught up with your perceived limitations. Think big and work hard to attain those dreams. As you step up the ladder of progress, you will just about find out that the impossible has just become a little bit more possible.

5. Creative Notions

People seem to have the misconception that only a select few are able to unleash a steady flow of creative genius. That is not true at all. The fact is, creativity is very much like a muscle that needs to be exercised in order to

consistently give out great results. If you don't practice harnessing creative thinking, this skill will very much atrophy into inexistence. But keep working and this skill will soon come to you in a snap.

So how do you unleash your creative thinking? Well, the first thing is to become a human leech. No, we're not talking about just sucking the blood out of every living being available, we're saying that you should take in as much knowledge and learning you can find. Read everything available -- good and bad, and keep your mind open to the infinite possibilities of the universe. The more you know, the more you'll want to know, and the more your faculty of wonder will be exercised. Prepare to be amazed at little facts that add a bit of color into your life.

Focus on a creative activity everyday. Yes, it's an effort. Even doodling is a creative activity. Don't let anything hinder you. Mindlessness may be a creative activity, but for people who are just starting out to unleash a little bit of creative thinking in their lives, it is helpful and encouraging to have concrete evidence, that, "hey, what I'm doing is getting somewhere." So why don't you try it. Practice drawing for a couple of minutes each day. Bring out your old camera and start snapping photos like crazy. Keep a journal and make a point to write in it religiously. Another cool idea is to write by describing something with your five senses. Try to avoid vague adjectives like "marvelous," "amazing," and "delicious." Before you know it, you'll have built yourself a tiny portfolio, and you'll be amazed at the growth you've undertaken after amassing all those works of art. Who knows, you might actually take to liking those things you do everyday. Pretty soon those things will become a part of you and you'll be addicted to these creative exercises.

Think out of the box -- or don't. Sometimes, constraints are actually a good thing. Limitations discipline you to work within your means. It enables you to be more resourceful. Creative freedom is great, but limitations enforce discipline.

Try something new everyday and let your experiences broaden your perspective. Explore a new district in your neighborhood. Spend an afternoon in a museum to which you've never been before. Chat up someone on the bus. Open up to the people around you. As you thrust yourself out of your comfort zone more and more each day, your sense of adventure grows and so does your zest for life. Think about it. When was the last time you did something for the first time? If it's been a while, I tell

you, you've been missing out on a whole lot of experiences that could've added to your growth, emotionally, mentally, physically, or spiritually. Why don't you try bungee jumping today? Not only will you learn, but you will also have plenty of stories to share, enabling you to practice your storytelling skills and making you the life of the party.

Embrace insanity. No, not to the point of practically admitting yourself into the mental ward. As John Russell once said, "Sanity calms, but madness is more interesting." Exactly! Every creative thought was once deemed insanity by other "normal" people at one time or another. Luckily, that didn't stop the creative geniuses from standing by them. The thing is, sanity or being normal confines people to think... well, normally. Withink limits. Creativity is essentially breaking through barriers. Yes, this includes the bizarre and the downright strange. I'm not saying that you yourself should develop a creative personality.

That might go haywire. An example of a creative personality would be George Washington, who often rode into battle naked, or James Joyce, who wrote "Dubliners" with beetle juice for an intense fear of ink, or Albert Einstein, who thought his cat was a spy sent by his rival (or in thinking creatively in this case, the term could probably be "archnemesis.") It's important that your creativity doesn't get you detached from the real world completely.

I hope this article has inspired you to start thinking beyond your "limits." If you follow these steps pretty soon you'll be living a life full of interesting adventures. Unleashing your creative thinking will bring about a new zest for living life.

6. More than One Way to Skin a Cat: Adventures in Creative Thinking

How many times have you caught yourself saying that there could be no other solution to a problem – and that that problem leads to a dead end? How many times have you felt stumped knowing that the problem laying before you is one you cannot solve. No leads. No options. No solutions.

Did it feel like you had exhausted all possible options and yet are still before the mountain – large, unconquerable, and impregnable? When encountering such enormous problems, you may feel like you're hammering against a steel mountain. The pressure of having to solve such a problem may be overwhelming.

But rejoice! There might be some hope yet!

With some creative problem-solving techniques you may be able to look at your problem in a different light. And that light might just be the end of the tunnel that leads to possible solutions.

First of all, in the light of creative problem-solving, you must be openminded to the fact that there may be more than just one solution to the problem. And, you must be open to the fact that there may be solutions to problems you thought were unsolvable.

Now, with this optimistic mindset, we can try to be a little bit more creative in solving our problems.

Number one; maybe the reason we cannot solve our problems is that we have not really taken a hard look at what the problem is. Here, trying to understand the problem and having a concrete understanding of its workings is integral solving the problem. If you know how it works, what the problem is, then you have a better foundation towards solving the problem.

Not trying to make the simple statement of what problem is. Try to identify the participating entities and what their relationships with one another are. Take note of the things you stand to gain any stand to lose from the current problem. Now you have a simple statement of what the problem is.

Number two; try to take note of all of the constraints and assumptions you have the words of problem. Sometimes it is these assumptions that obstruct our view of possible solutions. You have to identify which assumptions are valid, in which assumptions need to be addressed.

Number three; try to solve the problem by parts. Solve it going from general view towards the more detailed parts of the problem. This is called the top-down approach. Write down the question, and then come up with a one-sentence solution to that from them. The solution should be a general

statement of what will solve the problem. From here you can develop the solution further, and increase its complexity little by little.

Number four; although it helps to have critical thinking aboard as you solve a problem, you must also keep a creative, analytical voice at the back of your head. When someone comes up with a prospective solution, try to think how you could make that solution work. Try to be creative. At the same time, look for chinks in the armor of that solution.

Number five; it pays to remember that there may be more than just one solution being developed at one time. Try to keep track of all the solutions and their developments. Remember, there may be more than just one solution to the problem.

Number six; remember that old adage, "two heads are better than one." That one is truer than it sounds. Always be open to new ideas. You can only benefit from listening to all the ideas each person has. This is especially true when the person you're talking to has had experience solving problems similar to yours.

You don't have to be a gung-ho, solo hero to solve the problem. If you can organize collective thought on the subject, it would be much better.

Number seven; be patient. As long as you persevere, there is always a chance that a solution will present itself. Remember that no one was able to create an invention the first time around.

Creative thinking exercises can also help you in your quest to be a more creative problem solver.

Here is one example.

Take a piece of paper and write any word that comes to mind at the center. Now look at that word then write the first two words that come to your mind. This can go on until you can build a tree of related words. This helps you build analogical skills, and fortify your creative processes.

So, next time you see a problem you think you can not solve, think again. The solution might just be staring you right in the face. All it takes is just a little creative thinking, some planning, and a whole lot of work.

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