

7 Insanely Simple Happiness Strategies Every Princess Must Know





Bonjour Princess! You're my kind of FABULOUS! I absolutely LOVE you for being a loyal member of the Von Brainisfried kingdom, and thus I'm thrilled to share with you my GIFT of this FREE REPORT:

"7 Insanely Simple Happiness Strategies Every Princess Must Know"

By grabbing this FREE REPORT, it's clear you are an ENLIGHTENED and SELF-MOTIVATED MOVER AND SHAKER who believes in TAKING ACTION for a happier life! You should be super proud of yourself! {Insert royal trumpet fanfare.} You are *definitely* not the type whose motto is, "Don't just do something, *sit* there!"

About my FREE REPORT

Inside this FREE REPORT are solid gold treasures in the form of strategies for happiness and optimism. I selected them from among tons -- and by tons I mean three days of sitting-on-my-duff-worth of fabulous ideas, research, tips and secrets for happiness from some of the world's foremost HAPPINESS HACKS, HEROES and HOO-HAHS. They were gathered for WOHASU, Miami's first World Happiness Summit on happiness and positive psychology where I was incredibly honored to be a facilitator.

How I decided which strategies to share from the Happiness Summit

Let me tell you, it was harder than a woodpecker's lips to choose from all the FANTASTIC INFORMATION from this three-day intensive. I decided to select those strategies that really RESONATED WITH ME, that I believed were EXTREMELY EFFECTIVE, that were SUPER EASY to implement, and above all,

they had to make a whole lotta HORSE SENSE. And of course, I had to be able to READ MY NOTES.

Why being happier is a big deal

There's a general understanding, though correct me if I'm wrong, that happiness feels a palace pant load more pleasant than wallowing in the pits. But that's not all. Research shows that happier people are more productive, can handle stress better, connect better with others, are more hopeful, more creative, they're healthier -- and happier people are more likely to make a positive contribution to society, which is a front and center principle of my princess credo! For more info on my Princess Credo, you can go to www.princessdianevonbrainsfried.com/the-princess-credo.

And here's a powerful princess perk: happiness acts like a positive contagion. When *you* get happier, you make *others* happier! When you're happy, your happiness ripples throughout your kingdom. By becoming happier, you become a catalyst for transforming your kingdom into a happier, more positive, more peaceful world! You become a *Happiness Ambassador for a better world!*

Happiness Strategy #1

Happiness starts with a smile.

Sri Sri Ravi Shankar

Have you ever been in a good mood and you get one nasty phone call, or somebody gives you the stink eye, and your good mood scampers like Peter Rabbit in Farmer McGregor's garden, when the dude's aiming his shotgun?

Shankar explains that's because happiness can be exceedingly fragile. Thankfully, he proffers a solution: wisdom. If you cultivate the wisdom to put happiness into a bigger context than yourself, you'll find a meaning to happiness that's beyond the *temporary* feel good experience of happiness.

How does Shankar propose you get the wisdom to put happiness in a bigger context than yourself? He says that you should see happiness as a sort of giving. Put happiness in the bigger context of lifting up others.

And here's where the smile comes in! Shankar explains that when you smile, your very presence can bring a change in vibration to a conversation or situation, the way you can feel the vibration shift suddenly when a baby or a puppy enters the scene. So, if you lift others up when you smile, by smiling, you are helping others, and if helping others creates your more meaningful life, and if meaning brings happiness, you can see why Shankar says happiness starts with a smile. Shankar recommends that you commit to happiness as being part of a bigger goal in your life to serve others.

So do yourself a Princess solid. When you're happy... *make sure to notify your face!* Remind yourself of the power of your smile to light up the world. When you understand that your smile helps make the world a happier place, you're gonna feel, as Carol King says, "some kinda wonderful."

Pithy Princess Pontification: "Make like a tennis match and *serve* with your smile!" - Princess Diane Von Brainisfried

Happiness Strategy #2

Stress isn't the problem. Lack of a recovery is. Tal Ben-Shahar

Lots of people think that if they're stressed, happiness is not within their grasp. But research shows that stress is not the problem. Lack of recovery from stress is the problem. According to Ben-Shahar, people who see stress as the problem are less likely to be happy and healthy. He states that if you're stressed, it's imperative to take what he calls "recovery breaks."

The good news is, these recovery breaks can be super short and still be effective. Ben-Shahar cites an experiment where a gaggle of extremely stressed out financial types (who insisted they couldn't devote more than 30 seconds away from their screens), agreed to commit to 30 seconds of three deep breaths at intervals throughout the day. After adopting these pint-sized stress recovery practices, they reported experiencing a significant decrease in their stress levels!

The moral of the story is, even if you're a princess who's so busy your poodle has a personal assistant, you can still find time to adopt quick "recharging" practices that can help you de-stress.

It's also important to remember that you want to shift your attitude toward stress. According to Ben-Shahar, if you view stress as your problem, you'll be less likely to be happy and healthy. Thus, don't make stress out to be The Big Bad Wolf. Let's face it, you wouldn't want to remove *all* stress from your life or you might end up as mushy and wiggly as soba noodles in a crock pot. And between you, me, and the compost, not much good was ever done in a crock pot. That's what reservations are for.

So next time you're stressed, remind yourself that stress isn't your problem, but your lack of recovery is. Understand that stress is not an impediment to your happiness. Even if you're as busy as a one-armed pickpocket at a kangaroo convention, you can feel a whole lot happier if you make time for short stress recovery breaks.

Pithy Princess Pontification: "It ain't the stress that's making the mess, so make recovery your new discovery." – Princess Diane Von Brainisfried.

Happiness Strategy #3

Joy can be experienced even when life isn't pleasurable. Shawn Achor

Renowned author Shawn Achor acknowledged renowned author Brene Brown when he stated that "it takes a kind of bravery to be happy." This is especially true when things aren't going so well for you. But Achor says that if you wait for all problems to be solved to be happy, you will miss opportunities to be happy. The key lies in Achor's statement that "joy can be experienced even when life isn't pleasurable."

Here's why. Achor teaches that the definition of happiness is "the joy you feel moving toward your potential." For example, he told how a marine carrying a heavy backpack, slithering on his belly through the mud during a military exercise, still described himself as happy because he felt he was upholding the

safety of the United States. That makes total sense considering Achor's worldview that, "Our goal is joy and meaning in our life and how we can help other people."

So princess, the next summer night you're volunteering at the local soup kitchen, you're knee deep in potato peels and sloppy stew, the air conditioner's busted and it's hot as Hamilton tickets, *and* you're covered in sweat and horseflies, yet...you're happy as a manatee in a mangrove...you'll know why.

Pithy Princess Pontification: "You don't have to be all ships and giggles to be happy if you're pursuing a princess-worthy goal." - Princess Diane Von Brainisfried

Happiness Strategy #4

Don't pursue happiness directly. Tal Ben-Shahar

According to Ben-Shahar, happiness is a paradox. It's often the people who pursue happiness directly who wind up the most depressed. They'll often do things in the pursuit of happiness that are counterproductive to happiness.

Ben-Shahar asks, what's the solution? Should you stealthily pursue happiness, when no one's looking? Should you give up on happiness completely? Nyet! He proposes you pursue happiness *indirectly*.

So Ben-Shahar explains, the same way you can't look directly into the sun, you don't want to directly pursue happiness. You should pursue happiness *indirectly*, by pursuing *wholeness*, or being whole, which he believes is the definition of happiness.

How do you pursue wholeness? Ben-Shahar says you pursue wholeness by focusing on the Spiritual, Physical, Intellectual, Relational, and Emotional areas of your life, represented by the acronym "S.P.I.R.E." By becoming stronger in those areas, Ben-Shahar teaches that happiness shows up as a byproduct.

So get out there and exercise those S.P.I.R.E muscles! But make sure to drink plenty of fluids.

Pithy Princess Pontification: "On whole being or wholeness you should abide, and happiness will show up for the ride." - Princess Diane Von Brainisfied

Happiness Strategy #5

Choose a happiness strategy that fits you; you'll get more from it. Sonja Lyubomirsky

Sonja Lyubomirsky teaches that you can use happiness strategies to become happier, but that a happiness strategy that works for one person, might not work for another. Happiness strategies are not one-size-fits all.

What's a happiness strategy? Happiness strategies are activities that boost well-being. Some really popular happiness strategies are keeping a journal to record moments of gratitude ("journaling"), writing gratitude letters or emails to people, regularly committing acts of kindness, savoring positive experiences by using your five senses, positive self-talk, etc.

Lyubomirsky teaches that it's super important that you choose the right happiness strategies so you can get the most out of the practice. And if one doesn't work for you, don't get discouraged. Here's how I see it. Like Dolly Parton in a strapless bra at a sock hop, fit is critical.

For example, counting one's blessing is a well-known strategy to increase happiness. But Lyubomirsky doesn't like to count her blessings. When she uses this strategy, it doesn't help boost her happiness quotient. But she does like to send people emails about why she is grateful for them in her life. That *does* make her feel happier. The moral of the story as I see it? Make sure you don't stop trying different happiness strategies, even if a popular one that works for a lot of people doesn't work for you.

Note that it doesn't take much for a strategy that fits to be effective. Just a little boost of happiness from one happiness strategy that you turn into a habit can

lead to durable and important consequences for your happiness. Lyubomirsky calls that experience an “upward spiral.” One good thing can lead to another good thing and then you got the engine, the dining car, the cargo, the caboose, and then the whole happiness train with you chugging down the tracks!

Pithy Princess Pontification: “When it comes to happiness strategies, be like Goldilocks. Keep trying until you find one that’s “juuuust right!” – Princess Diane Von Brainisfried

Happiness Strategy #6

Learning how to reframe challenges as opportunities is essential to living a happy life. Maureen Healy

Maureen Healy believes that the ability to look at challenges and reframe them as opportunities is the key to bolstering optimism and happiness.

Healy specializes in children’s emotional health and happiness. She tells of a little girl who was bullied by a boy in her class. The little girl was encouraged to look at the situation from another perspective. Perhaps the boy was troubled? Perhaps there were problems at home? Perhaps the little boy was going through a tough time? The little girl learned to reframe the situation as an opportunity for compassion. Instead of feeling sorry for herself, she felt sorry of the little boy and the problems he might be having.

As it turned out, Little Boy Bully was having problems. When the little girl began to have compassion for him and treated him in a compassionate way, he stopped bullying her. They ended up becoming friends! Healy points out that the bullying situation held an opportunity for compassion, which held an opportunity to make a better situation for them both.

Pithy Princess Pontification: “If someone makes you miffed, reframe it as a gift. An opportunity for compassion, which never goes out of fashion.” – Princess Diane Von Brainisfried

Happiness Strategy #7

Make creating happy moments for yourself your aim. Ismael Cala

Ismael Cala suggests that you focus on making happy moments a life goal. Cala advises you to adopt the worldview that life is not a destination, nor is it merely a journey. He recommends you look at life as “a collection of happy moments that I create.”

I like to picture Cala’s idea of collecting happy moments for a happy life as creating a beautiful mosaic, where each glimmering piece of glass, pebble or porcelain contributes to a glorious piece of art.

Note the proactive element to creating happy moments. You behave like those infamous turkey roaster hawkers on the old infomercials imploring us to just “set it and forget it.” You need to make an effort to think about what makes your moments happy, and then bake those happy moments over and over again into beautifully crafted days.

Pithy Princess Pontification: A happy life is like a mosaic; select the beautiful stones, place them piece by piece, and in the end, you’ve created something beautiful. – Princess Diane Von Brainisfried

Et Voilà ! There you have it! Seven *insanely simple* strategies for happiness from a gathering of the world’s foremost HAPPINESS HACKS, HEROES and HOO-HAHS at WOHASU, Miami’s first World Happiness Summit on happiness and positive psychology.

But wait. There’s more! Because I love you, and because I can do whatever I want in my own FREE REPORT, I just *had* to throw in not one, not two, but THREE BONUS HAPPINESS STRATEGIES!

BONUS #1 Happiness Strategy

Build tiny daily rituals of quiet and withdrawal from technology to continue peak performance. Find the lowest possible threshold and commit. Gopi Kallayil

Gopi Kallayil is a brand marketing guru at Google. He says it can feel like technology is taking over your life. Thousands of emails, phones ringing in your pockets, computers making work deadlines crunchier, how do you handle technology overwhelm and still operate at peak performance?

According to Kallayil, it's not technology that's the problem, it's your *relationship to technology* that's the problem. The solution? Incorporate *daily mindfulness rituals* into your life like yoga, meditation and breathing. You don't have to be a dressmaker to notice a pattern here! But wait, you're *not* a dressmaker; you *have* a dressmaker. Any questions, ask her.

Kallayil suggests you start small and *commit to one small thing* in the beginning. With respect to himself, Kallayil thought there are at least 1,440 minutes in one day. He could give at least give *one* of them to himself. To get himself started, he committed to one minute of breathing because, as he put it, he was "such an overachiever." He then upped it to one minute of yoga in the form of two sun salutations and one minute of six to eight breaths. He gradually took more and more time for himself.

Kallayil recommends you build tiny daily rituals of quiet and withdrawal into your day, and then build on *them*. He suggests a great way to accomplish this: Find *the lowest possible threshold* of daily rituals of quiet and withdrawal that you can, and commit to it. Kallayil says if you're really overwhelmed, *just start with one breath!*

Pithy Princess Pontification: "If you ain't got the time to take a rest, one minute of breathing is always best. Start from there and then add more, you'll find a ritual there for sure." - Princess Diane Von Brainisfried

BONUS #2 Happiness Strategy

Your default state is happiness. Sometimes you need a reset. Use distraction.

Mo Gawdat

Gawdat believes that happiness is your “default state.” In the absence of unhappiness there is happiness. He analogizes to that new cell phone you purchase that has a long battery life. But then of course you go and load it up with a gazillion new apps and your new cell phone chokes and dies.

What happened? Adding all those apps slowed everything down! So smart princess that you are, you remove the apps, do a reset, and woohooty hoo! You can order from Tiffany’s while you’re in the limo again!

Gawdat explains that the long battery life was the phone’s default state. It just gets mucked up when you overload it with apps. Analogously, happiness is your default state. You just get mucked up with when you get overloaded with challenging circumstances.

Like your cell phone, sometimes you need a RESET to get back to your default state of happiness. Your castle cat ran away with the egg farmer’s rooster. You chipped a front veneer on a plate of pasta Primavera. (Not on the plate itself. The pasta. It was *al dente*.) Stink bugs invaded your cavernous closet and settled in Row 5 B of the Jimmy Choo section. Just how does he expect you to RESET?

Here’s the key: DISTRACTION. Gawdat teaches that *distraction* is the human version of a RESET to put us back to our default state of happiness. Distraction gives the mind relief.

Give it a whirl. Try and think of something that makes you unhappy. Polishing off a whole Carvel in one sitting, and it’s not even *your* birthday? Forgetting to rent a U-haul for the llama for your Petting Zoo Gala, and she’s now riding shotgun in your Escalade? Oops. *He* is. Your steamer trunk stash of Petrossian is all gone and *doggonit*, you suspect the dog!

Now, as Gawdat instructs, imagine a white screen with numbers on it. Try adding up the numbers in your head. You’ll notice something amazing. You can’t hold

that unhappy thought while you're trying to add up the numbers in your head. I smell a RESET!

Pithy Princess Pontification: "When sadness starts to get some traction, do a RESET. Use distraction." – Princess Diane Von Brainisfried

BONUS #3 Happiness Strategy

A mantra of forgiveness for inner peace: "They're doing the best that they can." Princess Diane Von Brainisfried

Inner peace is a huge component of happiness. If you harbor anger at people who miff you off, *you're* the one who loses...by losing your inner peace!

Here's an insanely simple strategy that I use to keep my inner peace when someone royally "ticks me off." I repeat to myself, "He's doing the best that he can. Or, she's doing the best that she can." I repeat it to myself till the tick that's really bugging me falls off.

For example, I think my French Bulldog, Lalo, has one of the cutest little faces in doggie land. Some people think it's okay to laugh at her and call her ugly. Doggie ridicule...it oughta be outlawed! But then I remember my goal is to keep be happy, which I won't be if I give them the power to steal my inner peace. So my secret is, I repeat to myself that "they are doing the best that they can," over and over, until I'm able to make like Queen Elsa in the movie "Frozen" and "let it go."

SUMMARY OF HAPPINESS STRATEGIES

Happiness starts with a smile. Sri Sri Ravi Shankar

Don't pursue happiness directly. Tal Ben-Shahar

Joy can be experienced even when life isn't pleasurable. Shawn Achor

Stress isn't the problem; lack of recovery is. Tal Ben-Shahar

Choose a happiness strategy that fits you; you'll get more from it.

Sonja Lyubomirsky

Learning how to reframe challenges as opportunities is essential to living a happy life. Maureen Healy

Make creating happy moments for yourself your aim. Ismael Cala

Build tiny daily rituals of quiet and withdrawal. Find the lowest possible threshold and commit. Gopi Kallayil

Your default state is happiness. Sometimes you need a reset. Use distraction.

Mo Gawdat

A mantra of forgiveness for inner peace: "They're doing the best that they can."

Princess Diane Von Brainisfried

CONCLUSION

I hope you enjoyed my FREE REPORT.

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LOVE,

PRINCESS DIANE VON BRAINISFRIED

"Live your royally happy life!™"

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