



100

FEEL-GOOD HABITS

**Bliss
Out**

Are you ready to get your Bliss On?

The pandemic was revealing for most people. For me, it created intense inner upheaval. I headed straight for my meditation mat, and in one moment of clarity, I understood what was going on.

The result is the book:

Bliss Out

Feel-Good Habits to Lift Your Hustle Hangover

The book will guide and inspire you to Bliss Out. You need the book to understand the power and purpose behind your bliss. Purchase it at Amazon.com or your favorite online bookstore.

This guide will give you 100 feel-good habits to get you started.

The feel-good habits that evolve inside these pages are designed to nudge you towards feeling great. I invite you to take a break from dissecting complicated issues in life and bliss out in happiness instead.

Every single habit will point you to one life-changing habit: Bliss Out in the present moment.

I will encourage you to take your goals out of your future & unravel their Bliss in you right now.

Happiness is not a goal; it's a feeling. It's not something you have to earn in the future; it's something you have right now.

Goals require hustle and demand future results while feeling good does not.

Every habit is designed to help you feel better. It won't be an action (like running, dieting or getting more sleep). Instead, it will move your feelings forward.

These habits will never require your effort, just a slice of your attention.

Every feel-good habit is fun and simple.

I hope you join me to discover that happiness (and every feel-good emotion) is right there; waiting for you, no matter how messy your life is. All it requires is your attention.

Happiness just wants you to Bliss Out on it for a while.

Let's turn our attention away from stress and conflict and turn it towards your Bliss.

Are you ready to get your Bliss On?



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**Bliss
Out**

HABIT

You don't learn in the past or the future; you learn something right now. Likewise, things aren't happening to you yesterday or tomorrow; they are happening now.

Putting thoughts to things will turn ideas into future goals. Thoughts search through memories for evidence to support those ideas.

None of this is now.

Thoughts can't get you to the same place feelings can. You feel insight in the present moment.

Everything unfolds in the present moment. Your assessments and thoughts cause you to dig around in the past and project ideas onto the future.

You feel inner wisdom. The way to know you're in the moment is to take the time to feel it. It will always feel good.

If it feels bad or neutral, you're assessing it (past/future), not feeling it now.

FEEL-GOOD HABIT

Instead of thinking about things you want in the future, feel what it would be like to have them now.

HABIT

When you are looking for something you don't believe you'll find, you can't find it.

Your disbelief will ensure it.

If you don't believe you'll find a great job, you won't. If you don't believe you'll find a great spouse, you won't. It's about the belief in you, not your surrounding circumstances.

There are no circumstances that can compensate for a lack of belief.

FEEL-GOOD HABIT

Think about something you want but can't seem to get. Now stop looking for it and assume you have it.

If you want to find something, get your mindset straight first. Stop looking outside yourself and believe in yourself instead.

HABIT

Right now, notice how you feel. Good or bad? If you say bland, neutral, or just okay—tune in more deeply to your feelings.

Get used to feeling emotions instead of thinking about them.

What I've learned most from Blissing Out is this: You live your life through feelings, not goals.

Life is meant to be experienced, felt and lived right now, not analyzed and sorted into future piles of good and bad.

Life is not a future goal but a current feeling inside you. When you feel good, this is how you know you're living your life—living in it, not analyzing it.

When you feel good, you feel life inside you right now; you don't pick it apart to assess its future value.

If this doesn't make sense to you, stop thinking about it and feel good about something instead. You will feel the difference.

FEEL-GOOD HABIT

Bliss Out. It will all make sense.

HABIT

Your feelings give depth to your experience.

It's like being in the middle of a forest and touching, smelling and feeling it instead of simply looking at a picture of a forest.

Life is interpreted and lived through your senses and emotions.

Many things may seem stiff or one-dimensional until you feel them, and they come to life. Most people ignore their feelings because they are too busy conquering future goals.

However, your feelings in the present moment are giving you direction- they either move you forward or hold you back.

The way you interpret your world is the way your life unfolds. Make sure that interpretation isn't based on a flat picture but a deeper meaning instead.

FEEL-GOOD HABIT

Do something you enjoy and briefly pay attention to how you feel from time to time.

Feelings aren't meant to be analyzed; they are meant to be felt.

Disengage from any internal dialogue and instead feel the good vibes explode within you.

HABIT

Does work hang over your head from one day to the next, draining you?

If so, you have a hustle hangover.

You can hustle hard so that you can feel better later, or you can give in to your inner passion right now.

Doesn't that sound more rewarding?

The cure for this hangover is not less work, it's feeling better about the work you do. When you start to feel good about your work, you will have more clarity & time will fly by.

When you immerse yourself in the work you are doing at the moment, it moves forward through your inspiration, not your effort.

FEEL-GOOD HABIT

Immerse yourself in your work. Think less about the goal of getting it done in the future and more about how you feel doing it right now.

When you feel inspired, you know you're doing your best work.

HABIT

Feeling Bad? Sad? Angry?

Don't take these heavy emotions too seriously. They will pass. I know they feel righteous and necessary, but they have very little value.

Your attention to these draining feelings is what keeps them in your life.

It's tough to let go of anger because you may replay past events or circumstances in your mind. Any relief you can find from these thoughts will bring clarity.

Understanding any of these difficult circumstances and having hope or compassion for yourself or others will help.

FEEL-GOOD HABIT

Drop a negative thought today.

Consider forgiveness and give everyone the benefit of the doubt so you can move on.

HABIT

When times are tough, we are taught to be strong, but nobody teaches us to be compassionate.

Kindness and compassion will change the world.

The only reason we have conflict is we can't see other perspectives. Our way is good, and someone else's is not.

It's because our brain can't see conflict and compassion (understanding) at the same time. They are polar opposites. However, conflict cannot move forward until we understand each other's perspectives.

If you can soothe conflict with compassion, it will reveal insight. Compassion turns on the learning center in your brain, which allows you to move forward. You can learn from differing perspectives instead of having to fight against them.

Compassion turns off your fight or flight stress cycle and turns you towards hope, opportunity or potential.

It's all you ever wanted.

FEEL-GOOD HABIT

The next time you think you are right and someone else is wrong, search for understanding.

You could consider another person's perspective to balance your own, and this would definitely help you.

But it would be easier to go straight to the source. Soothe the conflict inside you with self-compassion first, and you will be able to relate to how the other person feels instantly.

It's not about right or wrong; it's about understanding.

You both want the same thing anyway. Everyone wants hope, opportunity, compassion, happiness or success. If you both want this, why not unite and go and get it?

Together you are stronger.

HABIT

Cut off one emotion, and you cut them all off

If you cut off the bad feelings, you cut off the good ones too.

You need your emotions to interpret your life. They are a vital source of inner wisdom. Denying or repressing emotion never works because it cuts off this life source.

It's much better to tune into the way you feel and use this insight to give you direction.

Feelings often seem complicated or messy, but they really aren't.

Your emotions only go in one of two directions—good or bad, happy or sad. You don't need a therapist to tell you if you feel happy or sad. You always know. This is why it is so vital to use inner wisdom instead of relying on others to tell you what to feel.

Nobody knows how you feel better than you (your feelings are inside you).

Your feelings are guiding you; you just need to pay attention. Don't push them away. Listen.

FEEL-GOOD HABIT

A couple of times a day, tune into the way you feel.

When you feel good, know that you are thinking and doing something worthwhile. It's giving you life and vitality. Focus on that good feeling, and you will find yourself doing more of these good-feeling actions. You are moving forward.

When you feel bad, that feeling is trying to get your attention. And it's working. That's why you feel bad. Your attention to bad feelings (or circumstances that cause bad feelings) is what holds you back.

Feel-Good Habits will always help you feel a little bit better so that you can feel even better than that, and then you'll feel a lot better until you Bliss Out and feel really, really good.

HABIT

Your greatest asset is your attention. You can always choose to focus on good or bad things.

This is where your true power lies. Focus on what you want, not what you don't want.

You can't be positive and negative at the same time. Nor can you focus on a problem and its solution at the same time. You can't worry about the future and feel hopeful all at once.

But you have to choose which direction you'll go—towards the positive or negative.

FEEL-GOOD HABIT

Feeling bad? What were you thinking about? If you can, either stop thinking about that thing or look for ways to gradually feel better about it.

HABIT

Alcohol-induced hangovers feel bad as a result of too much alcohol.

Hustle hangovers make you feel horrible as a result of too much critical thinking.

The original use of the word hangover was work hanging over your head from one day to the next. It had nothing to do with the workload and everything to do with how you felt while doing your work.

Hustling can never bring you happiness. That's because hustling is about your future results, and happiness is about how you feel in the present moment.

FEEL-GOOD HABIT

Immerse yourself in your work and feel good about it.

HABIT

If you want to go beyond where you're at, you need to imagine it. It's far more potent than effort.

You can't get fresh insight by looking at old results. Instead, give it over to hope, possibility and belief. These are feelings, not goals. They are your inner wisdom.

Rational thought is not enough to inspire. Those thoughts are recycled from previous experiences and marred with past results.

If you want the same results, that's great, but you need to imagine if you're going to go beyond where you're at now. The surprising insight will emerge when you give your thoughts rest and zoom in on inner passion.

FEEL-GOOD HABIT

Move any problem you have forward with steady inspiration.

HABIT

Irritation exists to guide you. It's trying to give you information. Your emotions are the interpreters of your world.

Does something consistently irritate you? A person, circumstance or policy? Inside that irritation is a great lesson.

What's the lesson? To find it, don't analyze it or slice it and dice it. Instead, feel it.

Just listen to the irksome feeling without judgment. It may reveal you're holding your life up with critical thoughts.

FEEL-GOOD HABIT

Listen to what even the slightest irritation is telling you. Just observe it. Once you start to feel better, inner insight will clarify your path.

HABIT

When you label something, people also see its opposite.

When you see a sign—wet paint, don't touch—what do you want to do? Touch it.

When you suggest good behaviour it also reminds people of bad ones.

They get to decide which direction they want to go.

Labelling good and bad behaviour can become complicated. It's because you really can't control people. They get to decide their perspective based on a lifetime of experiences. One simple sign or directive can't compete with a lifetime of familiarity.

It's far better to inspire people. Help people see the value in your ideas and feel good about them instead of trying to get them to comply.

FEEL-GOOD HABIT

When you decide to call out something—an ideal or behaviour—as good or bad, always consider its opposite first. You may choose not to say anything at all.

HABIT

Give it over to passion.

In a world where goals are a priority, feelings seem intangible, yet they are your most rewarding path to everything you need.

Know Your Worth.

Do you look for cues from others to determine if you're right or wrong? Most people do. This can lead to continually needing to justify yourself. It becomes a pattern.

You have an inner source of continual inspiration and intuition that is always your best guide. The best way to access it is through feeling good. It might feel like joy, confidence or self-assurance. But it's not a goal you need to accomplish through other people in the future; it's a feeling inside you now.

As long as you tie your decisions and actions to other people's assessments, you can't access your inner wisdom.

In a world where goals are a priority, feelings seem intangible, yet they are your quickest path to everything you need. For most people, the only thing stopping them is worry and doubt.

FEEL-GOOD HABIT

Be sure to feel good before taking action. Just skip a beat and imagine how it will feel when you get to where you're going. Remind yourself of the value of your actions. Put that good feeling into yourself as often as you can and in any present moment.

Bliss out on these good vibes.

HABIT

A knee-jerk reaction to stress is random and unsatisfying.

You are meant to replenish with happiness, not spend your energy defending stress.

Feeling bad about your job or a relationship?

Your momentum will change when you allow yourself to feel better.

Deliberately deciding how you want to feel in any relationship or situation is very rewarding. Steady thoughts and feelings about a happy relationship will always move it forward. Steady thoughts about rewarding, fun, meaningful work will move your job forward, too.

It's a feeling, not a doing. Your spouse doesn't have to change or earn your loving thoughts. Your job does not have to change.

Remove all critical thoughts and doubt, and you'll see that happiness never left you. It's just that you have been distracted by stress.

FEEL-GOOD HABIT

Today take a two-minute time out from focusing on the trapping of the world around you.

Instead, grab ahold of joy. Reimagine joy in your relationships. Imagine having fun together at work.

Once you remember what it feels like to have fun, you can feel that way anytime.

Bliss out on fun work, and the work will become fun.

HABIT

Don't drag yesterday's failure into today.

You can't change your past. Use your past to remind you not to define yourself.

Change is hard because we keep talking and thinking about how something was instead of how we want it to be. The way to let go of the past is to stop thinking about it. Your past is over, and your future is waiting.

FEEL-GOOD HABIT

Do you spend more time thinking about your past or the present? It may help to write your thoughts down for a day to see a pattern.

It may also help to replace thoughts of the past with thoughts of things you like or things you want.

HABIT

A disease progresses rapidly after diagnosis. Labelling a condition can cause inner turmoil as you focus more on disease and less on good health.

Once a medical professional labels your illness, your focus goes to that prognosis.

Illness will flourish, not health.

Instead of focusing on the health you want, you will focus on illness. This stirs up thoughts of fear, anger, worry and doubt. You may find yourself stalking Google for answers, but you're looking in the wrong direction. All the answers you need for healing are inside you. Believe in vibrant good health.

Always focus on what you want, not what you don't want.

FEEL-GOOD HABIT

Regularly focus on how you want to feel—healthy, vitality—and less on your current situation. It's feeling healthy in the now—present moment—that will bring you bliss.

HABIT

You don't have to go backward to move forward. Real change starts where you're at - in the present moment.

Everybody wants to feel good. We usually think we have to dissect our past to assess and understand it to achieve this goal. Questioning your past usually doesn't feel good, and that's because you can't change it.

It's already done.

You can always feel good now—in the present moment. These good feelings will give you great clarity, insight and energy to move you forward.

FEEL-GOOD HABIT

If you want to feel good, then feel good. Right now.

HABIT

Most thought takes you out of the present moment.

If you could totally immerse yourself in what you do, you would think less and feel more.

Instead of analyzing what should happen, you could "be" in what is happening.

You typically analyze something to determine its future worth. You dig around for past evidence to support future conclusions.

None of this is the present moment. The thing you are analyzing is unfolding in front of you right now. Just be with it, and it will give you surprising insight.

All real change happens in the present moment, not yesterday or tomorrow, but right now.

FEEL-GOOD HABIT

Immerse yourself in an activity today. Don't think about it or analyze the heck out of it. Feel it.

HABIT

There are no good or bad people. Instead, people oscillate between feeling good and bad. Those feelings and thoughts temper the way they act at the moment.

The way we act is most relevant to what we're focused on at the time.

Focusing on good things makes you feel good while focusing on conflict makes you feel bad.
When a situation calls forth anger, it's your focus on that anger (or what caused it) that holds it in your life.

FEEL-GOOD HABIT

Do you want sadness, anger or depression? Of course not; nobody ever does. It's just your focus on these emotions that keeps them alive. Focus on happiness, hope, compassion and love instead.

Is other people's negativity getting you down? Give yourself over to compassionate thoughts. Give them the benefit of the doubt and move on to thinking about the stuff you do like.

HABIT

Fun is often considered a goal, but more essentially, it's a feeling.

If you turn fun into a goal, you shelf it for the future, but you can feel it in you right now.

Time flies when you're having fun. It's because that blissful feeling is showing you the power of the present moment. You are immersed in every moment while you are having fun. Time flies by because you're not pushing against it with doubt or effort.

FEEL-GOOD HABIT

Want more fun in your life? Stop planning future fun and start living it now. The feeling of fun is all you need to focus on. It's not a goal; it's a feeling.

HABIT

Thoughts gain momentum as you continue to ponder them.

When you think positively, you move forward. When you think negatively, you move backward.

Most people think it's their circumstances that shape their reality. It's not, it's their thoughts and feelings that create their world.

Take any area of your life that feels good to you, and know that it's your positive thoughts that helped you move forward.

Take any area of your life that feels bad to you, and know that your critical thoughts are holding you back.

Change the direction of your thoughts and change your reality.

FEEL-GOOD HABIT

Is there a part of your life that you wish to change?

Consistently think positively—a few times a day for upwards of a month—about that part of your life, and it will evolve. You will see forward momentum in that specific aspect of your life.

HABIT

People don't need rewards to do what's meaningful to them. They trivialize passion.

Passion is a powerful inward drive; attaching it to external perks or punishment can irritate and confuse people.

Reward and punishment are how we motivate most people. At work, at school and as parents, we reward others for good behaviours and punish them for bad ones.

This motivation system does have value because it creates clarity, and people know the consequences (or perks) of their actions

Being told how to act is limiting. It can work in the short term, but in the long term, it creates resentment. If you have faith in people and believe in them, they will likely exceed your expectations.

Inside everyone is an inner drive and passion. There is a reason someone chose to work with you. You also chose them for their passion and skills. Why limit the very thing that you wanted in people in the first place?

The reward is within.

FEEL-GOOD HABIT

The next time you feel the urge to get people to comply with protocol or act a certain way, hold back from controlling people with reward and punishment.

Instead, remind yourself about the value of the change you are asking for. Live that change in yourself first. If it's a goal, go after it yourself before asking it of anyone else. What's the value of the goal? What feels good about it? How does it help others?

Once you feel its inspiration, you can share it with others. It will feel natural, not forced.

Now your only job is to believe in your people. It's so much more rewarding.

HABIT

Feeling Angry? That intense feeling inside you is giving you direction & could help you grow.

The only reason anger shows up in you is to help you move forward.

Are you a people watcher? I am.

I often watch people get upset and think, what would it take for that person to feel better, or even, what's up with that angry guy? Usually, the answers are simplistic and one-dimensional. (i.e., he should be understanding or should look on the bright side).

When I get upset, it's much more revealing. I know that the irate feeling inside is giving me direction and could help me grow.

If I catch it early enough, I can live the lesson through myself. In other words, instead of observing it in someone else, I can reveal it through myself. Incredible insight comes from self-awareness. Now when I see other people's struggle, it deepens my perspective

All pain is tied to passion. If you didn't care, you wouldn't get upset. It's only hard because you want something, and you hold yourself apart from the feeling it takes for you to get it. Most people focus on action, but actually, it's more about feeling.

It's the anger that's holding you up, not any circumstance or person.

Nobody else can give you that feeling of relief, hope or understanding—it's inside you.

FEEL-GOOD HABIT

When you see others struggle, imagine yourself in their shoes. Relate to their feelings by relating to how you would feel in those circumstances.

HABIT

I give & I expect to get something back.

Do you keep a relationship scorecard?

These are conditional barriers wedged between you and the love you crave

Stop keeping score.

Do you have a habit of keeping a relationship scorecard? If you give, you expect to receive equally.

If you're the one keeping score, you're the one setting the rules: the judge and the jury. It's a one-sided tally, and unless you have a steadily balanced scoring system, you'll end up stripping away context and circumstances. Keeping score makes your relationships conditional.

You may always feel like you're right and others are wrong. It will aggravate your relationships.

More significant than this is how this mental scoring limits you. It's relevant to where you're putting your attention. Instead of seeing people's strengths, you're on the lookout for weaknesses. Instead of appreciating people, you are on the hunt for deficiencies. It's stress and survival instincts that drive the scorecard, not hope, love or potential. There may be a great opportunity and potential in front of you, but you'll miss it if you're only looking for problems.

FEEL-GOOD HABIT

Think of any relationship that you routinely keep score on. Write down how you think it's holding you back. This awareness will be enough to evoke change.

HABIT

If you live with someone willing to continue complaining about your life, you're holding each other back.

You cannot move forward with anger, fear, doubt or any negative thought. Fear, worry, criticism and doubt are designed to hold you back.

In close relationships, it's easy to get into patterns of complaining or criticizing. As long as one of you keeps bringing up draining topics, your focus on them adds fuel to the fire.

When you latch onto a negative perspective, you will find more and more evidence through each other to support it. As you continue talking about the things you don't like, that focused attention makes the negativity stronger.

FEEL-GOOD HABIT

When your partner wants to complain, turn your attention away from the negative viewpoint and edge it towards anything positive. Show compassion for their struggle, help them see other people's perspectives.

Eventually, you will both have a more positive relationship.

HABIT

To write the book Bliss Out, I blissed out every time I wrote.

When you turn good feelings into action, they have clarity.

When I feel terrific, ideas come faster than I can type them out. They also come with clarity and focus.

I rarely have to edit words that come through bliss. When you feel good, the present moment moves you forward, not your effort.

FEEL-GOOD HABIT

Bliss out. Now take action.

HABIT

The people who have the most potential are often the most troubled ones. Their pain is so great, and their motivation is even stronger.

The reason we struggle is that we long so passionately for something more. That's hope.

The people struggling most are likely the ones with the most passion. Being in their skin feels edgy. Intense negative feelings are like living on the edge.

Sometimes they feel so low it's not sustainable. Struggling people can oscillate between feeling good and feeling bad hoping to find some balance.

Something's gotta give, and when it does, it can bring clarity. In a split second, they can see the opposite of pain, and it can transform them. In the core of intense fear, a glimpse at hope can be enough to let go of the struggle.

The opposite end of any negative emotion is always a positive one; a sudden shift in direction can bring intense clarity. You will never want to go back.

FEEL-GOOD HABIT

Turn struggle over to hope. Just assume things will improve and focus on the small advancements. Take your eye off the hardship and put it on hope instead.

The worse you feel, the more opportunity you have because your desire is more substantial. Let go of that intense negative thought for a moment and hold on to hope—see what happens.

If your desire is strong enough, it doesn't matter what you believe.

HABIT

Keep your ideas to yourself until they have clarity and you fully believe in them.

To write Bliss Out, I had to disengage from social media, tv, the news and most people (other than family) for seven months.

I wanted to make sure my ideas were my own.

Isolation helped a lot. Being alone can help clarify your ideas because you know they're coming from you, not somewhere else.

However, I'm an extrovert and being alone doesn't make me feel good. Fortunately, this was a blessing in disguise. Once I started blissing out, I realized I had the power to make myself feel good, and I didn't need to get that from anyone or anywhere else.

FEEL-GOOD HABIT

When you have an idea, think about it and feel good about it first. When it gains clarity and feels really good, now you're ready to share it with the rest of the world.

HABIT

Everywhere you go, you take yourself with you. Until you change, your world can't change.

Have you ever had so much pent-up negativity, you just couldn't stand it anymore? You can't stand your job, so you go somewhere else.

Have you ever had a husband like that? You can leave him, but your life won't magically improve because you'll be taking yourself with you. The pent up negative emotions are still inside you, and you will bring them to your new situation

A draining job or an annoying spouse are challenging circumstances to live with. If only they would change! It's easier to leave them.

Just remember when you change your job or your spouse, the problem will remain.

It's not the spouse or the job that is causing your angst. It's the perception—thoughts and feelings built up inside you. Your relationship or your job don't have to change for you to feel better. Those feelings are inside you.

FEEL-GOOD HABIT

For any frustrating relationship you are in, change your thoughts about them and watch how the relationship progresses. I suggest you start with an easy one, more of a casual acquaintance.

It will take steady thoughts appreciating the person's strengths or relating to their perspective. Throw invisible wishes of kindness, happiness, gratitude or success to them.

It's not attached to any goal; focus on the feeling. You don't have to tell them about your secret affectionate thoughts (I suggest you don't), and they do not have to earn your good attention. Just generously think well about them.

Your relationship will magically transform in front of you. The beauty is that it doesn't take effort or action. You're going straight to the source and changing the way you feel.

HABIT

Take your focus off those gritty negative thoughts and focus on what you like instead.

It's not easy to let go of some thoughts. That's because they revolve around topics that have built up negative momentum. You've returned to a bleak perspective so routinely that it's ingrained in you, and you can't let go.

FEEL-GOOD HABIT

Feeling bad about something (a relationship, a job, politics)?

If possible, stay away from those topics. Don't engage when other people talk about them. If you can train yourself to stay away from those thoughts, they will no longer bother you.

HABIT

It's not enough to think a positive thought. You have to believe it.

Telling yourself you're a success when you feel like a failure will just frustrate you.

Instead, have some compassion for yourself. Look for a more positive thought than you've been thinking. You could focus on the fact that you're doing the best that you can. You could appreciate small victories. You could see the learning value in failure.

FEEL-GOOD HABIT

Do you want to believe in yourself?

A belief is just a thought you keep thinking. Continue thinking about it, and eventually, you will believe it.

Slowly nudge your way towards more lightweight optimism. Thought by thought, you'll get there. Along the way, give yourself the benefit of the doubt.

HABIT

If you struggle and feel deep pain inside, know that none of this is your fault. You haven't done anything wrong, and there is nothing wrong with you.

In one single present moment, if you can rise above fear and see your pain with genuine compassion and understanding, that fear will slip away. You will be free.

It might not happen in a single moment, but every moment is a new opportunity. Reach for self-compassion.

FEEL-GOOD HABIT

Routinely turn your struggles over to self-compassion.

Believe in any inkling of hope you can and focus on anything in your life that is going well. Believe in yourself. This will get easier, so don't be hard on yourself.

HABIT

It's not easy to hold resentment for someone who doesn't resent you back.

Have you ever noticed it's hard to continue to despise someone who doesn't hate you back?

The resentment you feel is more likely relevant to something they represent or believe in. It's not actually about that person. It's more likely a built-up resentment in you around certain ideals they hold. These negative convictions build velocity through repetitive thoughts.

Through repetition, our brain is taught that certain ideals are good or bad. It's looking for evidence to support your own ideals. The person you resent—and their behaviours or beliefs—is the evidence.

However, if they don't reflect resentment towards you, it's only your own thoughts that keep the ill feelings alive. Without external validation, that negativity might lose steam.

This is empowering because you are the one who can control your thoughts.

FEEL-GOOD HABIT

Who do you resent? Do they resent you, or are you the only one keeping this resentment alive? Why not try thinking about their positive qualities for a few minutes a day?

This relationship will change right in front of you, and that person didn't change at all; you did.

HABIT

When strong desire meets doubt, it will frustrate you. Your desire is real, but the doubt isn't.

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Doubt will cause you to ramp up your efforts and hustle harder for results.

But there is not enough effort in the world to compensate for the lack of belief. The feeling is always more important than the doing.

Doubt is always about the past or the future. It's not real now. You are taking past regrets or failures and projecting them onto future results.

But now is now. Feel into the now.

FEEL-GOOD HABIT

Do you have a hard time believing things can work out for you?

Belief is a powerful feeling that happens within you in the present moment. If you don't believe in belief, that's the problem. Your doubt is causing you to analyze the past and the future. It's taking you out of the now.

You can transform doubt into belief in a single present moment.

HABIT

Notice when you laugh, and you can catch glimpses of your own evolution. That stuff used to bother you; it doesn't anymore.

.....
Use laughter as a barometer of wellness. The stuff you laugh at represents the healthiest areas of your life. It's a part of your life where you can see the good within the bad. You had to overcome something to be able to laugh at it. You wouldn't find a situation funny if some similar circumstance didn't happen to you before.

FEEL-GOOD HABIT

When you can laugh at your hardship and really see the humor in it, you are free from it. You can't laugh at something that is still active in you. If you have a lot of pent-up negative emotion towards something, it won't be easy to laugh at it.

Use laughter to celebrate your evolution.

HABIT

Always focus on your good feelings, not your sad ones. Good feelings move you forward, and sad ones create caution and doubt—they hold you back.

It never helps to suppress or deny bad feelings. Instead, it allows each moment to feel a little bit better, then a little bit better, and a little bit better. Always focus on how you want to feel: a little bit better.

If you can bring a bad feeling into your present moment, your (non-judgemental) attention to it will make it dissolve. Just observe and understand the feeling, don't make it your goal to get rid of it. Feel its intensity in you now.

FEEL-GOOD HABIT

Feeling sad? I can relate; I've felt very sad before—until I decided to move forward.

You don't have to reinvent your past to feel better—just feel good now. Every moment, focus on a thought that helps you feel just a little bit better.

Start with compassion and understanding for yourself.

Next, see if you can believe in hope.

Pretty soon, you'll start to see optimism.

With focus, optimism will give way to positive expectations, beliefs and happiness.

HABIT

Why can't you let go of your negative self-talk?

Because that question is your self-talk.

If you can hold your awareness above your thoughts and observe them, it will help more.

Don't judge or assess thoughts; notice them and feel them. The only hard thing about this is when the self-talk takes over.

That's an indication that you're thinking, not feeling. Self-awareness is more about feeling. When you start thinking and assessing, you take yourself out of the present moment. All insight happens in you and through you in the present moment. It's not a thought. It's a feeling.

FEEL-GOOD HABIT

Be aware of your self-talk for twenty minutes. Notice how the words you say to yourself in your head are making you feel. Don't analyze anything. Just be aware.

HABIT

There is no blessing in a struggle. If you can do something in a rewarding, meaningful, fun or easy way, you should.

You have to be absent from hardship or struggle to see rewarding and meaningful solutions.

Stress never gets you anywhere. Its job is to hold you back with fear and doubt. Through thousands of years of evolution, it has become really good at it. Stress is a knee-jerk reaction to life circumstances. It's always about something outside of your control. Thinking about stress doesn't get you anywhere. It just fills you with more fury.

Only feeling good moves you forward.

FEEL-GOOD HABIT

When something gets you down, lift yourself up. Stop thinking about the problem and start thinking about the solution. Give stressful thoughts a break and think about what you like instead. You'll begin to see progress.

HABIT

As long as joy is a future goal, it's not something you have right now.

The only limits to hope, optimism, love or joy are the future goals you place on them. All happy emotions are boundless, and they expand in the present moment.

Why would anyone put limits on happiness? It's not intentional. We're just probing in the wrong place.

Happiness is a feeling inside you that doesn't require anything but your attention at the moment. It's not tied to any future goal or past circumstance.

For instance:

I'll be happy when my spouse is happy.

I'll be happy when my workload lessens.

I'll be happy when the economy improves.

These are all circumstances that turn happiness into a goal to achieve in the future. But it's a feeling inside you now.

As long as joy is a future goal, you can't have it right now.

FEEL-GOOD HABIT

Take any past situation you're not proud of and feel good about it right now.

Reimagine the situation by recognizing the value it brought you. Think about the skills you learned and the connections you made.

Feel good about this. You grow the most in your most challenging situations. This bad experience brought you some of your best insights. It helped you adjust your course of action and move forward.

Bliss out on everything you learned from challenging times.

HABIT

Thank you.

Are these words an earned response for you, or do you feel people's gratitude?

Thank you can be received with a sense of entitlement because you know you earned it. But through this analysis, you are missing out on its good feeling.

Feelings are invisible currencies that people can transmit between each other. Keep in mind, though, that you will miss this lush connection if you turn everything into rewards, goals and agendas.

FEEL-GOOD HABIT

Gratitude is not an action or an award; it's a feeling. Bliss Out on it and don't keep a scorecard.

HABIT

The present moment is not a means to an end. It's full and complete.

Your current habit may be using every moment you're in as a goal to get to another one. You may think, "I just need to hustle through this moment to get to a better one."

You don't need to manipulate the present moment to get it to enhance your future. Instead, live in it now. You get so much more out of a moment you're actually in.

FEEL-GOOD HABIT

Think about the last three activities you did. Were you present in what you were doing, or was it a means to an end?

Now try doing one thing with complete presence. This means you do that activity with a complete focus on what you're doing. You're not analyzing or judging it or trying to make it into a future gain. It's easiest to focus on the present moment if you focus on your senses (sight, sound, touch, feel) and how you feel while you work.

Give more attention to the present moment instead of trying to deny it or make it into something it's not.

HABIT

Opportunity assumes success.

It doesn't count on results, long for approval, or pray for luck.

It's not hinged on anything but your powerful belief in it. It makes you unstoppable.

Opportunity seems like a chance encounter, like being in the right place at the right time. It's often connected to effort or circumstances.

Instead of seeing opportunity purely as a future goal, tap into its feeling right now.

Feeling opportunistic produces a vivacious glow from within you. It's the enthusiastic pre-outcome vibe that gives you strength and certainty. It's a clarity that assumes success.

Opportunity doesn't hinge on anything but your powerful belief in it. It makes you unstoppable.

FEEL-GOOD HABIT

Feel the opportunity.

Focus on the feeling of opportunity. Just assume it's on its way. Don't box it into a timeline. You don't even need to define what it looks like. It's not a goal but a feeling.

Just feel it in the present moment as if it's unfolding in your now—because it is.

Your belief in this good vibe will take you anywhere you want to go.

HABIT

Misery loves company. Happiness does too.

Did you know the topics and conversations you engage in the most are shaping your future?

Conversations may seem random and inconsequential. However, most thoughts are repetitive and recycled. The whole reason you get into conversations with certain people is that you're attracted to the same topics.

Those topics can either lift you up or drag you down. You don't have to gather with others and complain about life. You can gather to appreciate and enjoy it.

FEEL-GOOD HABIT

What topics do you engage in most? Are they complaints or appreciation? Who do you have these conversations with? Look for a pattern. Don't assess this; just observe it.

Don't dissect who said what or assess what's good or bad. It will help to recognize the general feeling you have in your relationships with others. After all, it's a feeling, not a goal.

Try keeping your next conversation entirely positive. When others want to spew negativity, stay neutral. Keep pointing out the positive aspects of any topic.

HABIT

When you can laugh at your stress, you take your past into your present moment. Apply comic relief to make it feel better.

You only laugh in the present moment. You may be laughing about circumstances related to the past, but laughter brings good emotions into the present.

Every time you laugh, you find the present moment, and that's why laughter always feels good. It's here and now. One tremendous feel-good habit is to laugh at yourself.

FEEL-GOOD HABIT

Laugh at your reaction to life.

HABIT

Bliss out.

Bliss is a state of being, not an effort. It's a good feeling with no goal.

Happiness wants nothing from you but to bliss out on it from time to time. Pay attention to good feelings, and they will grow.

You don't need to barter with good feelings, assess them or try to bottle them up for later. Instead, appreciate them now.

Feelings like joy, appreciation, hope or love are how you know you're getting the most out of life. That's because you only move forward when you feel good.

Bliss out on any of these good vibes anytime you want, and you will move forward with even less effort towards goals and with more good feelings.

Your goals are about time. They are about future outcomes instead of what's happening to you right now.

Whenever you feel good about a goal, you bring its value to you right now.

FEEL-GOOD HABIT

Bliss Out.

The best feel-good habit you could pick up is to Bliss Out on good feelings more often.

Bliss only happens in the present moment. This means you have to bring the good feeling into you in the NOW.

Bliss out on any good vibe you like:

- Happiness and Joy
- Gratitude and Appreciation
- Compassion and Kindness
- Prosperity and Feelings of Success (not the goal of success in the future but the feeling in the now)
- Opportunity and Hope
- Love

To Bliss Out, take a few deep breaths to center yourself. Focus on any one of the words above. If you can go directly to the feeling, that's perfect. You can also think about something that makes you feel happy, loving, grateful, etc.

Just focus on that good feeling. Bring the warm emotion into you in the now. Your focus on these good feelings will make them flourish.

This good-feeling vibe will raise your vibration, helping it create its own momentum.

If this feels hard, stop trying. Bliss is a feeling, not a doing.

Take yourself lightly; this is meant to feel good.

HABIT

Hustling and hard work never make you feel good. The progress feels good but not the hustle.

Results are about the future, but life is happening to you right now.

If you focus on feeling the progress and not so heavily on the results, you would move forward faster with less hassle.

If you're always hustling toward your future, you'll miss all the cues right now.

FEEL-GOOD HABIT

Take any goal and feel how great it will feel to have it accomplished right now. Live that great feeling through every step you make towards your goal.

The goal is not important. The feeling you have about it is.

HABIT

Results are in the future, and pure enjoyment is in the present moment.

An effort is about the future; bliss is in the here and now.

If you enjoy what you do, you know you're getting the most out of it. This is because your bliss in the present moment will carry you forward into the next moment, not your effort.

Effort and hustle are about the future, and bliss is in the here and now.

This is why time flies when you're having fun. Fun is never an effort, nor is it ever hard work to have fun. It unfolds in and through you, in the present moment.

This is why your feelings are so important; they interpret your reality.

If you make happiness and success a far-off goal, you miss out on enjoying it right now.

If you can't enjoy the life you have, it's difficult to get more out of it. The biggest thing that holds most people back is their frustration with the lack of results.

Results are in the future, but your life is happening right now.

FEEL-GOOD HABIT

From time to time, give up your attention to outcomes and instead enjoy the unfolding of actions that lead to success. Immerse yourself in the activity and forget about future results.

HABIT

If a relationship goes sour, it's rarely the circumstances that cause it to break down. It's your feelings.

You chose your spouse because you convinced yourself they were right for you.

When you first met your spouse, you daydreamed about them. For a significant period (6 months to a couple of years), you regularly listed their positive aspects for yourself.

You thought, "They are smart, so kind, very sexy, successful, and funny. They appreciate me." You used positive thoughts (some of them real, some of them you made up) to convince yourself that this person was the right match for you.

Now, if your relationship has gone sour, it's because you reversed this pattern. Now you regularly list (for yourself) their negative qualities (i.e., they doesn't listen, they drink too much, they don't care).

It always seems like it's the other person's fault a relationship falls apart, but it's a dual effort. It's tempting to blame the other person's bad behaviour, but your invisible thoughts and feelings are actually at play.

FEEL-GOOD HABIT

Talk to yourself about your spouse's good qualities. Focus on the good feeling that gives you, not any action he takes (or should take) to earn these positive assessments.

It's a feeling, not a goal.

HABIT

Sometimes people feel they have been singled out and that bad things continually happen to them.

It's not that. They focus on the catastrophe instead of using it to move forward.

Problems and stress always show up in our lives to give us direction. You may be tempted to analyze and assess the problem, but this is still focusing on it. It's better just to feel better.

Any positive vibe (hope, optimism, joy, self-compassion) will tease apart your problematic perspective and help you move forward. You won't be able to see this direction until you turn your attention toward the positive.

FEEL-GOOD HABIT

Accept and appreciate stressful circumstances, see their value and use it to evolve.

I would start with a smaller, more manageable stress like something irritating at work. See any value you can in the situation, appreciate differing perspectives, randomly toss compassion at others, and you will start to see the situation change.

HABIT

Laughing at yourself builds self-awareness.

You construct a joke with a set-up and punchline. This framework creates an unexpected twist in your brain (if you find it funny).

Two clashing perspectives coming together create comedy. Laughter is the stress relief.

Through self-awareness, you realize you can see things as one of two clashing ways, good or bad. There are degrees in between, but most of the time, we assess things as either good or bad (or sorta good and sorta bad).

Basically, your life is a comedy that you write every day through your assessments of life. Reality is one thing, but your assessment of reality is another. They often clash (that's where negativity comes from). You can either get upset or see the humour in it.

It's pretty funny when the jokes are on you, and you can laugh at your own punchlines.

FEEL-GOOD HABIT

Remember to laugh at your life.

HABIT

Do some people push your buttons? They are responding to your irritation.

If you took your irritation away, they would have no buttons to press.

Some irritating people seem to know exactly what to say or do to make your skin crawl.

If you could let them roll off of you, other people's behaviours could never get the best of you. There are several ways you can do this.

- Turn your attention away from irritating people or behaviours. It's placing your attention on this that keeps difficult situations and behaviours around.
- Understand the behaviours. If you can relate to people's pain, you be irritated with them can't at the same time.

FEEL-GOOD HABIT

Think about someone whose behaviour irritates you. For several minutes a day, have compassion for that person. Pretty soon, they won't be able to push your buttons. Kindness or understanding will be there instead.

HABIT

Do you get angry because you're angry? Fearful because you're fearful?

You are trying to repress an emotion, but that's not positive thinking. You are still focused on the negative thing you don't want.

Some people don't like positive thinking because they think it is a veiled attempt to cover up negative thoughts, which couldn't be further from the truth.

It's just the more you go back to negative thoughts, the more active and ingrained they are and the harder it is to let go.

What's difficult about the whole thing are the negative thoughts—not the positive ones.

FEEL-GOOD HABIT

Whenever you can't let a negative thought go, just aim to feel a little bit better. Look for anything positive in the situation, or give it over to hope or compassion if you can.

Stop assessing it. Start feeling it.

HABIT

Every experience you've had has brought you to where you are now. You needed those experiences to get here.

It's the experiences you have today that are helping you get to the experiences you want tomorrow.

You can't skip over the present moment to jet set to your goal, and you don't want to.

You need to take steps to get to the next one and then the next. In everything you do, there is a great insight that helps you adjust your course of action.

Most people are more heavily focused on achieving the future goal than appreciating the current lessons along the way.

If you could live in the lesson and really experience it (not analyze it but feel it), you would know the quickest route to your goal.

But if you are really enjoying the journey, you probably still want to take it.

FEEL-GOOD HABIT

Look at where you are today and think about the steps you had to take to get here. Do you see how you couldn't have gotten here without those steps? Now recognize how some of those lessons you initially resisted slowed down the journey.

The only way to know if you're getting the most of the journey is through your enjoyment of it.

HABIT

Bring stress into the present moment, and it will evaporate.

.....
Your focus on stress always keeps it in your life. The moment you think about the problems consuming you, you start digging around in the past (who, what, why, how). Remember, it is the past, not the present.

The quickest way to relieve stress is to stop thinking about it. Instead, feel it.

FEEL-GOOD HABIT

Detach any niggly irritating stress you can't let go of from your thoughts. Remove timelines of the past or present. Put it in your now and observe it. Your awareness will transform it.

HABIT

Why are some things stressful and some things rewarding?

It has to do with how you think about them. Your thoughts shape your experience.

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What's your stress trigger? The economy? Government? Politics? Covid?

The more you entertain these topics, the more ingrained they become.

You may notice you can't seem to let these draining thoughts go. It's because you keep thinking depleting thoughts that they have a hold on you.

It would be tremendously helpful to avoid negative topics that call forth feelings of stress or doubt. Write these topics down and commit to not talking about them or thinking about them for a day at a time.

Because you stop giving them your attention, they will lose their grip. You won't be agitated and drawn into thinking about them.

During this period, stay away from things that draw your attention to these topics. For instance, if you have a group of friends you often complain about a draining topic with, steer clear of these people for the week.

FEEL-GOOD HABIT

Write down one negative topic that you think about a lot (the economy, job circumstances or even a particular person). For one week, commit to staying away from that topic. Avoid any triggers. (reading the news reminds you of bleak economic conditions, so don't read it).

Of course, those thoughts will still arise because you've thought them a lot. Don't beat yourself up about having a thought. Just notice it and let it go.

HABIT

Make it easy, and results come effortlessly.

If you think of something as a struggle, that's what it will be. You're calling on your stress cycle to propel you forward. Stress tightens your muscles and activates the back part of your brain. You're not as focused and clear-headed, and you may miss simple solutions, stifling progress.

FEEL-GOOD HABIT

Would you rather struggle or do things with ease? If you want ease, focus on that. Tasks weren't meant to be drudgery. Bring a mindset of ease and pleasure to any action you take, and it will flow.

HABIT

All goals have deadlines, so they push outcomes into the future, but your life is happening right now.

You can instantly realize a goal by bringing its feeling into you now.

Are you a goal-oriented person? Do you love to crush goals? Me, too.

Goals can irritate progress because you're always reaching for something that you don't think you have.

But you do. Feelings of success are inside you right now.

The real value of any future goal is in feeling its success vibe in your now (present moment). If you can hold that elated feeling of success inside you more often, it will propel you forward. Reimagine success as a feeling, not a distant goal.

FEEL-GOOD HABIT

For any goal you wish to achieve, imagine it's done. You've accomplished it.

Feel the great feeling of success in you right now. Bliss out on it.

Any action you take towards that goal lets that feeling of success propel you forward. Line up with this good feeling before you take any action.

Always enjoy the journey and the ups and downs leading toward the goal, feeling certain that success is a given.

HABIT

Be happy. Think fewer thoughts.

Once the quantity of your thoughts subside, the quality will naturally improve.

Studies show most people's thoughts reel around in their heads about the same problems. Thinking about the same stressor over and over again keeps the adrenaline pouring into you, forcing you to memorize that bad feeling. It's often a great relief to let go of negative thoughts and just assume things will work out.

FEEL-GOOD HABIT

Every time you go back to thinking about problems, you reactivate them. Don't get lured back into them. Instead, take a deep breath, and think about what you want instead of what you don't.

HABIT

Anger is misdirected passion.

People don't get angry over stuff they don't care about.

If you could focus on the things you care about, you would move forward.

When someone gets angry, recognize that intense desire is underneath it.

Figure out what they care about and focus on that. Surprising solutions come forward when you realize you want the same thing.

What you're fighting over are action plans and goals. Underneath it all is feeling.

FEEL-GOOD HABIT

More important than any action is the feeling behind what you do. If you can immediately get to the feeling and intention, things will go smoother.

Enter into every relationship with the intention of having a good-feeling bond that drives you forward.

HABIT

Bad things happen to give us direction. They help us evolve.

If life is going swimmingly and everything keeps working out well, there is very little motivation to change.

When you land in the middle of troubling circumstances, just recognize they're edging you to grow. Look back at your life, and you'll realize the most tricky times taught you the most.

Every day, signs creep up suggesting change, but change may be too uncomfortable or inconvenient. Eventually, though, chaos may force us into it.

FEEL-GOOD HABIT

When you go through tough times, reach for optimism and hope. It's better not to fight change or argue for the past. It can hold you back for a very long time.

Always focus on what you want, not the troubled circumstances right in front of you.

HABIT

You can't change people, and you don't want to.

We want people we care about to grow. Forcing them to do what we want only limits their potential.

Reward and punishment are the most common ways to get people to do what you want. It's how most people parent, how our education system is designed and how job contracts are created.

I just want you to see the other side of them. The greatest value of rules and punishment is that they offer clarity to situations.

However, they are not flexible. They don't consider context or circumstances, and they don't have compassion (Perhaps this is why we need lawyers).

I think what we all really want is for people to make decisions and act based on their feelings, their unique circumstances and the people involved.

You don't learn to do this by having other people's ideals forced on you through rewards and punishment.

It's far better to believe in other people and inspire them. Help people feel good about your ideas (and their own) instead of trying to force them to comply.

FEEL-GOOD HABIT

This is a big one, so there's no one-size-fits-all thing you can do. Instead, pay attention to how you feel.

The next time you want to control or change someone, take a step back and believe in them. Skip a beat and think about their strengths. Appreciate their value. Try to understand where they are coming from and why they act the way they do (or want what they want).

If you still think you need to change them, your only goal is to get them to feel good about your change.

The best way to do this is to show them the positive aspects of what it will be like if they move in the direction you want them to go.

HABIT

When everyone else sees worry or doubt, hold out for hope. But is Blind, Unrealistic Hope Okay? Sure, why not? If stress and doubt are the alternatives, why not go for hope?

Why not throw some hope at your life today?

If you could skim over stress and paint every scenario with a sense of hope, you would feel better and move forward. The aggravation you harbour towards lack of progress is what's getting in the way of your results. Hope helps.

Give hope a chance.

This helps you see solutions others can't and appreciate things others won't. You will be more optimistic. You can tease apart stressful perspectives, seeing their hidden potential.

FEEL-GOOD HABIT

If you are worn out from a lack of results, give it over to hope. Let go of your goal for a moment and assume everything will work out.

When you catch a glimpse of hope, you will recognize things are working out for you. The frustration you are experiencing is just giving you direction, enabling you to adjust your course. Feel good, and you will go forward.

HABIT

From time to time, give up the urge to improve your life and just bliss out in the one you have now.

Goals require time. Goal setting assesses the past and projects outcomes into the future.

Goals are not a part of the present moment.

There is very little stress in the present moment. Bliss and joy happen in the now. It's not a far-off future goal; it's in you now.

A reliable feel-good habit is to occasionally give up timeframes and appreciate the life you have right now. It may be much more beautiful than you realize. It's tough to get a better life if you can't appreciate the one you have.

FEEL-GOOD HABIT

If you ever feel stifled or stuck, it may be because you are denying the life you have in favor of acquiring a better one.

HABIT

Is your spouse's love freely given, or does it have to be earned?

Could you just assume your spouse totally adores you without it having to be earned or reciprocated? Wouldn't that be so much more rewarding? Love is the feeling that reaches inside you and strengthens your internal bond.

It's likely you are adored; it's just obscured in reciprocal responses.

Take out all the effort and agendas, and love is right there. It's all you ever wanted anyways.

FEEL-GOOD HABIT

Spend time silently appreciating your partner. Think very generally about how wonderful your spouse is. Don't think of actions they have earned or tasks they complete for you. Instead, bliss out on an overall feeling of love.

Don't share your affectionate thoughts. Just think about the person and feel the love. Your spouse does not have to return the affection, and you won't get any reward for thinking these good thoughts.

The reward is within you.

HABIT

Life is meant to go wrong, No matter how much positive thinking you do.

Disruption is the only thing that really moves us forward.

For most people, things need to go wrong before they can go right.

If your life was perfect, would you ever change? Probably not. The circumstances don't compel change. Throw in some hardship and stress, and now you have the ingredients for evolution.

We're meant to derive direction from challenging situations and use it to move forward.

HABIT

When you fight the disruption, you stay stuck. It just takes longer to learn the lesson and move forward.

How do you know if you're moving forward? If you are enjoying the journey, you know you are making progress. If you can see the good in the bad, the right in the wrong, you can feel good when you would typically feel bad.

FEEL-GOOD HABIT

Think of anything stressing you out and find a way to feel a little bit better about it. Once you lift your emotions slightly, you will start to feel more hope and optimism. Eventually, you will see potential and growth.

HABIT

Real insight and learning only emerge in you in the present moment; you "get it" in the now.

When you are in the present moment, you also feel joy.

Are you getting the most out of your job? Do you enjoy it or not? The only way to know is to tune into how you feel. Your enjoyment of an experience is the only way to know you're learning and getting the most out of it.

Joy (and all positive emotion) happens in you in the present moment. The best way to know if you're really present in the moment—where you're learning the most—is to feel the joy.

This is also why all learning should be enjoyable.

FEEL-GOOD HABIT

What rings your bells about your work? Doing challenging things? Learning? Being creative?

Focus on this great stuff, and your job will inspire you.

HABIT

Get the most out of your job by appreciating the good parts more often than the bad parts. These good feelings will give you insight, and your job will start to evolve.

Irritated feelings get in the way of progress. You can't see opportunities when you are irritated, nor can you be optimistic.

If you're feeling irritated with a lack of results, don't try to accomplish things. Instead, look for opportunities to quiet your mind.

Irritation is about past failure or wanting future results. It's not about the now. A few deep breaths to quiet your mind (stop thinking and doing stuff) will bring you to the real present moment.

From here, positive emotion will start to move you forward by giving you new insight and direction.

FEEL-GOOD HABIT

Trying to force a positive thought when you're irritated likely won't work. However, taking a few deep breaths and quieting your mind will erase your irritation.

Your only goal is to find the NOW, and that's not a future goal; it's a present moment feeling

HABIT

Most of the problems we think about are made up. The only reason they exist is that we keep thinking about them.

Most stress exists just because of our focus on it.

Your brain is always looking for direction.

When you decide something is bad, your brain will scour the environment for evidence to support your assessment. As long as you keep looking for external clues (from the news, social media, friends, etc.), that information will continually support and provide evidence to back up your perspective.

Now your perspective becomes biased in that direction. When you look at a problem, you're looking at many complicated pieces of information from many sources, all backing up your original assessment that something is bad or wrong.

Just reading these words right now, you probably are analyzing them and deciding if it's true for you or not. The decision you make will determine how you further interpret it.

Analyzing anything causes you to put it into piles of right or wrong. It alters your perspective to take one direction or the other. By looking at one perspective (good or bad), you entirely miss the other one.

Joy (and all positive emotion) happens in you in the present moment. The best way to know if you're really present in the moment—where you're learning the most—is to feel the joy.

This is also why all learning should be enjoyable.

This is giving you direction:

No (negative assessment) is like a stop sign = No moving forward.

Yes (positive assessment) is a green light = Move forward.

When you give someone or something the green light and positively assess it, you grow in that direction. You allow it and include more of it into your life. When you say no, you deny further growth. You stand still or defend your position.

If you focused more heavily on the positive side of the equation and less on the negative, your life would change very quickly.

You will see things you've never seen before:

- What you've been focusing on as a problem is actually an opportunity
- When other people see drama or stress, you will see hope (or maybe humor)
- When other people are angry, you will see depth in their perspective and a deeper understanding
- You won't see disappointment; you will see success
- You won't see bad behaviours; you will see good ones

FEEL-GOOD HABIT

Read this post every day for the next week. Sometimes it makes sense over time and in layers because it requires experience, not thought.

Don't assess what you discover, instead feel it.

HABIT

There are things you can think that will cause you to be empowered.

Simple thought habits can help you line up with what you want.

If you really want something, live the feeling of having it. Let the feeling of success, belief, hope or prosperity live inside you. Feel them in you in the present moment, and now you have it.

If you take time out of the equation (past and future), you can have everything you want right now.

Your body doesn't know the difference between an actual and imagined event. Whatever thought you tell yourself with conviction, your body wholeheartedly believes to be true.

FEEL-GOOD HABIT

Line up your passion and belief before you take action.

HABIT

Reality is happening through you. You interpret it through your feelings.

When you look at something in front of you, it appears flat and one-dimensional until you experience it, relate to it and feel it. Your feelings bring everything to life.

It's hard to understand someone else until you can relate to how they feel. Because your feelings happen through you, they are inside you.

Your feelings take flat objects (or meaningless experiences) in front of you and transform them through you. You feel your emotions through you, inside you.

Your feelings are so much more important than you realize. Sometimes they seem like a nuisance, but they are how you appreciate life. They give you guidance and direction.

Through these feel-good habits, you will start to see how your emotions don't just help you navigate reality—they create it.

FEEL-GOOD HABIT

From time to time, stop and notice how you feel. Don't analyze it, label it or judge it. Just notice how you feel in the present moment.

HABIT

Getting upset when others are upset puts you in the same position they are: upset.

Reimagine your emotions instead. Reach for compassion, hope or opportunity.

Are you upset that someone you care about is upset? It's never easy seeing others struggle.

However, getting upset about other people's dismay will not help. It's adding to and renewing the negative emotion. It just puts you in the same emotional position.

It's better to find a positive thought or feeling to help reimagine the situation.

Here is an example:

Compassion: Any way you can relate to their challenge and understand it will help. Next, reach for any inkling of hope or possibility in the situation. After that, you could focus on their strengths.

All of these simple thoughts and feelings will help you both move forward.

FEEL-GOOD HABIT

When you experience others in pain, don't join them in their struggle. Don't jump in offering solutions, either.

Instead, engage a steady thought stream (a couple of minutes long) that lifts your emotion (not theirs). Go to hope, compassion or opportunity. You are seeing the change for them that they want.

From this uplifted perspective, you can see opportunities and hope that they can't see.

Don't aim to change them; instead, use these good vibes to inspire them.

HABIT

Relationship on the Rocks? Just focus steadily on how much you care about the other person.

Most people just want to feel valued.

Steadily keep your attention on a person's value, and your relationship will evolve. When someone gets into a fit of anger, don't focus on the anger

FEEL-GOOD HABIT

Focus on love, appreciation or even compassion for your partner. Your relationship will improve.

HABIT

Take work out of your future and enjoy doing it in the present moment.

Most work is treated as a means to an end. It's a hustle to reach a future goal but it's real value is in doing it now.

The most rewarding part of any job is immersing yourself in it NOW. Enjoy work for it's inherent value in the moment, not as a future goal.

FEEL-GOOD HABIT

Take any routine activity and immerse yourself in it. The time will fly by.

HABIT

What if you can't find anything to be grateful for? Just remember gratitude is a feeling, not a goal. It's not something you assess, it's a feeling you have.

Nobody has to earn your gratitude. Generously feel gratitude for life without any goal, agenda or reward.

FEEL-GOOD HABIT

Bliss Out on gratitude for your job this week. Think about things you enjoy about your job, opportunities you've had or the people you've met. Focus on the blissful good feeling these simple thoughts give you.

Don't analyze this or make it into a goal. Think less, feel more. Remind yourself nobody has to earn your gratitude. It's a feeling, not a goal. Bliss Out on the good feeling.

If you do this habit consistently for a month, your job will start to change before your eyes. The circumstances may stay the same, but you will see it differently. Instead of seeing stress, you'll see opportunity. Instead of seeing conflict, you'll understand diverse perspectives. Instead of seeing problems, you'll see the potential.

HABIT

It's never just one thing that leads you to where you are. The value of your experience is never found in the destination but rather the journey that gets you there.

Conflict and bad feelings erupt when we tear apart the context of an experience. In an attempt to find an answer (or place blame), we look for the lowest common denominator and strip away the circumstances and steps that lead to the conflict.

But it's the context of the experience that reveals direction and solutions. You can't get from one place to another without the steps that happen in between them. Each step helps you clarify meaning and perspective. When things go wrong, it's teaching you to adjust your course.

Instead of letting those steps aggravate you, appreciate their value.

FEEL-GOOD HABIT

In conflict, don't tear apart each other's experience. Instead, build it up. Fill in the blanks about what got you here by appreciating the perspectives, people and circumstances that lead you to where you're at.

More important than the actions taken are the perspectives, understanding and circumstances of everyone involved. Fill in the context instead of tearing it apart.

HABIT

Point out the positives around you. Continually be on the lookout for good deeds, good people, and natural beauty.

If you spend your time looking for positive qualities life will be so much more rewarding. Meaning will unfold in front of you.

FEEL-GOOD HABIT

Spend one full day defining positive qualities in everything. Keep it simple. Nobody has to earn your positive assessments. Just feel good about everyone and everything in your life.

HABIT

Most people focus on action and effort, but the way you feel is a better representation of your life.

Be deliberate about how you want to feel. Otherwise, your feelings will be a reaction to life. It's far more likely that irritation will be your set point, not joy.

The way you feel now is always more important than any future goal. You have more control over your feelings now than any future circumstance.

FEEL-GOOD HABIT

Your intuition is always your best guide. The next time you're not sure about something, feel it. Your feelings are your best indicator of future success.

HABIT

Your power isn't in your thoughts but the awareness of your thoughts. If you can be aware of them, you're no longer trapped inside them.

If you could stay aware and let thoughts come and go, you'd find great peace and insight.

Self-talk is the continual commentary going on in your head. Whatever picture it shows you (stressful or happy) is the life you live.

Years ago, I carried around a notebook for a week. I jotted down the general commentary I had going on in my head. It was predominantly negative. No surprise, so was my life.

This is a good activity; just don't take it too seriously. Don't bother analyzing your thoughts and trying to figure them out. They're mostly made up and don't deserve your attention.

It's just that if you can look at the overall feeling and basic pattern in your thoughts (with awareness, not analysis), you are looking at your life.

If you want to change, this awareness will accelerate that change.

FEEL-GOOD HABIT

Carry around a notebook and write down some of your thoughts for a day. One day later, look at them as a neutral bystander (almost like you're grading someone's math exam; the results aren't really important to you but could help the learner grow).

Just look for overall patterns. Once you're aware of a thought pattern, it starts to lose its grip on you. It just can't survive in the present moment of awareness.

HABIT

Wherever you go, there you are. It doesn't matter how you got there, why you came or what happens while you're there.

Believe in your choices, and your only job is to enjoy the experience.

Your choice to be wherever you are is the only thing you have control over.

Line up with your decision to be there, and you can leave any doubt or concern behind.

Circumstances may not be as appealing as you hoped, but this doesn't have to spoil the experience. Every experience you have will lead to another one, which leads to another, and another. Your enjoyment of an experience is the only way you know you are getting the most out of it. When you feel good, you know your experiences are moving you forward.

You are following the path of least resistance, and you know you're getting to where you need to go.

FEEL-GOOD HABIT

The next time you decide to do something (or go somewhere), line up with that decision. Feel good about it. Believe in the good feeling and don't precariously hinge it on any circumstance or outcome. Release all judgement, doubt or worry. It's the experience and the moment that matter, not how it's going to help you in the future.

This is not a goal. It's a feeling.

Your only goal is to enjoy the experience and know that these good feelings are helping you get to the next experience.

HABIT

If you spend a lot of time on Social media, remember that the most important perspective in the world is your own.

What does your social media feed say about you?

The content you passively absorb comes packaged in someone else's perspective. It can only be one of two types: positive or negative.

Wherever you place your attention expands into your life, even if it's just passively watching other people's lives. You may not realize it but focusing on other people's negative rants is shaping your own life. You may find yourself thinking about, talking about and analyzing those same topics you're reading about online. Is this what you wanted?

FEEL-GOOD HABIT

Quickly browse your social media feed. Is it predominantly positive or negative?

You may decide to cut some negatively slanted sources off.

Always focus on your own positive perspective.

HABIT

When someone you love struggles, it never helps to go down with them.

You need to remain hopeful to inspire hope in others.

Sometimes in seminars, couples joke and say the secret to a good relationship is to learn to tune your partner out. That sounds like bad advice. However, there is some real value to it.

Everyone goes through tough times, but if your spouse is struggling, it never helps to join the battle with all that is wrong. As long as you focus on negative circumstances, they just get worse.

Complaining brings everyone down. Entering into the dialogue may egg on the tyranny and tease out more negativity. If you live with someone willing to continue complaining about your life, you're holding each other back.

You can edge someone towards hope or opportunity, but sometimes people aren't ready to let go of their complex perspective. That's okay.

You don't need anyone else to change for you to be happy. Just don't go down with them. Edging towards compassion and understanding for your partner's struggle or diligently focusing on more uplifting topics could help.

FEEL-GOOD HABIT

When you see someone struggle, disengage.

Just for a moment, focus on their strengths. Believe in their ability to turn this around and have compassion for the feelings they are going through. You need to be hopeful to inspire hope in others.

If you can help them see any opportunity or anything positive in their situation now, it will help.

Don't offer people solutions, instead just help them feel better.

Want to know how to be more present (or in the Now)? Stop Thinking. Most of your thoughts are about the past and the future. Feel in the present instead.

HABIT

Only the present moment matters. What happened yesterday and what happens tomorrow are insignificant to what's happening in the now.

98% of stress comes from worries and doubts about the past and future. Train your mind to find the present moment and be happy more often.

How do you do that? Stop thinking. The balance of your thoughts is about the past or the future. Find the NOW by feeling it through you.

FEEL-GOOD HABIT

Several times a day, release all thought and feel the present moment. Use your senses (sight, sound, touch, smell) and pay attention to how you feel. Don't analyse it, just feel it. Do this for several seconds at a time.

HABIT

People around you are too self-absorbed to know your full worth. It's okay. They don't need to know your worth; you do.

Don't worry about what anyone else thinks about what you're doing. They have a very limited picture of you. Nobody else can see your passion and inner resolve. These qualities are inside you, and only you know their depth.

FEEL-GOOD HABIT

Do you feel bad because of someone's criticism?

Know this. Someone else's limited assessments of you usually don't have much to do with you. It's much more likely their own mindset or frustration bringing them down.

In your mind, smother them with compassionate thoughts and get on with your life.

HABIT

In any present moment, you can recreate yourself with one thought. Continue to hold that focus, and that change becomes a reality.

Every day is new, and so is every moment.

The cells of your body are continually recreating themselves in every moment. Where do they get their direction? From your thoughts. Every thought, positive or negative either moves you forward or pulls you back.

FEEL-GOOD HABIT

What direction are you giving your body? Are you telling it about your health or illness? Are you telling it you're happy or sad? Are you telling it you're a success or a failure?

Change the thought, change your life.

HABIT

Don't judge someone's choices if you don't understand their reasons.

Judging others holds everyone back.

There is no accurate way to know the circumstances, pressure or perspectives that lead people to do what they do.

People rarely set out to be lazy, incompetent or cruel. It's more about our perspective than anything else and we just don't have enough information.

FEEL-GOOD HABIT

Find yourself judging someone? Give them the benefit of the doubt.

HABIT

Leaders create leaders, not followers.

Would you rather lead people who only do what they're told?

Or people who think for themselves?

Tell people what to do, and they do it. Empower them to appreciate, understand and take action, and they learn to get out in front of their day.

Compliance is limited. Barking orders don't create leaders; it makes followers.

FEEL-GOOD HABIT

Look at the people around you; are they leaders or followers?

If you want leaders, let go of telling people what to do and empower them to plan and make decisions.

HABIT

Every next level in your life will require a different mindset.

Every step gets you closer to what you want. You can't instantly have it because you have to evolve towards it.

If you are frustrated with the lack of progress, your mindset has to evolve to grow.

FEEL-GOOD HABIT

Appreciate where you are right now. Consider how all the hurdles along the way we're necessary to get you here.

You couldn't get where you are now without learning what you learned.

Now use this insight to enjoy your journey.

HABIT

Fear and Doubt are not challenges; they are choices.

Choose not to let them challenge you.

Fear and worry are only real when you decide they are. Consider that other people might not have the same doubts you do.

FEEL-GOOD HABIT

Choose hope, belief or optimism over fear.

HABIT

Great things never come in your comfort zone.

The most significant pain teaches the greatest lessons. People rarely evolve when they aren't challenged.

Challenge stretches your perspective and allows you to grow.

FEEL-GOOD HABIT

Try something challenging and new.

HABIT

There are no problems, just situations to be dealt with or accepted.

If you can't control circumstances, accept them. Most stress comes from thinking about things you can't control.

FEEL-GOOD HABIT

Decide what you can and can't control. Do what you can and feel good about what you can't.

HABIT

Feelings are your best guide.

If you feel bad it means you are thinking about things in a way that isn't helping you.

Bad feelings aren't meant to be analyzed, this just complicates and deepens them. Don't take them too seriously

Instead, understand the inner turmoil is from complicated thoughts that muddy your perspective.

FEEL-GOOD HABIT

Let go of negative thoughts early before they build momentum.

HABIT

When your feelings are hurt do you become vulnerable or defensive?

Vulnerability is a quality we love in others but loathe in ourselves.

Most people are cautious about letting others see them as they really are. It makes us vulnerable, so we cover it up.

It takes a lot of effort to put on a social front for the benefit of others.

FEEL-GOOD HABIT

Stop buying into your own act. Simply want to be you.

HABIT

Prioritize compassion over fear

Compassion helps you understand and grow in difficult circumstances. Instead of pushing away and fighting things you can relate to them.

Instead of anger, you have understanding. One induces stress and one induces calm.

FEEL-GOOD HABIT

The next time you feel upset, appreciate and relate to the circumstances that cause everyone to struggle.

HABIT

Your most important asset is your attention

Use it wisely.

Average attention spans have declined from 22 minutes to 6 seconds or less. This means we have become good at quickly switching from one subject to the next. We skim information instead of spending time understanding it.

Instead of going deep on a few things, we gain basic knowledge of many things. There is a benefit to the ability to keep redirecting focus.

The biggest downfall is you are randomly paying attention to things that are irrelevant to you.

Many topics are inherently negative and bring you down. What you focus your attention on shapes your perspective and your world.

FEEL-GOOD HABIT

Deliberately decide what is worth paying attention to. Cut off sources that bring you down.

HABIT

Everything you do is not meant to be a means to an end. Experiences are meant to be appreciated.

You know you get the most out of an experience by the appreciation you have in it.

It's about the feeling, not the action. If everything revolves around goals you put the good feeling in the future instead of enjoying it right now.

FEEL-GOOD HABIT

Instead of sizing up accomplishments, consider how you feel about what you do.

HABIT

Negativity comes from false understanding.

It's because you can't grow from the information you resist.

We get negative because we don't have enough information to make accurate assessments. Assumptions create false conclusions and limit understanding. We end up deflecting circumstances instead of learning from them.

It's not helpful because you can't grow from the information you resist. It's better to take information in and consider its value.

FEEL-GOOD HABIT

**The next time you want to judge or resist someone's ideas or actions search for understanding.
Can you relate to their experience or Stress?**

HABIT

You can't have what you criticize

Your subconscious mind won't allow you to dislike something and achieve it too.

You lose what you criticize. If you criticize others success you can't have that kind of success yourself.

Your subconscious mind will follow your predominant thoughts

FEEL-GOOD HABIT

If you want success think about that

HABIT

Memory is a moment frozen in time.

Memories can leap into your mind today from something that happened last year.

It happened a year ago, but you experience it like it's happening right now.

Because you are thinking about it now to your body, it is accurate. Your body will relive that experience like it's happening right now.

FEEL-GOOD HABIT

Only bring a memory from the past into your present if it makes you feel good. Memorize that good feeling, and you can bring it into anything you do.

HABIT

How do you help others feel good about something?

Feel good about it yourself.

It's tough to compel others to believe in something if you don't believe in it yourself.

Your desire and belief are the most powerful way to move forward. Line up with it, and others will do the same.

FEEL-GOOD HABIT

Want to get someone to do something?

Inspire them instead of forcing them to comply.

Show them the value, the worth in action. The real goal is to help others feel good about your idea.

When you appreciate the value of something, it's natural to sway others towards it.

HABIT

The moment you realize you forgot- you are aware that you remembered.

Remembering is a strength; forgetting is a weakness.

Awareness is the first step to growth, not action. Without awareness, you may act on doubt instead of strength.

FEEL-GOOD HABIT

Focus on your strengths, then take action.

HABIT

The only reason you have a choice is you have an awareness of choices.

When you focus on the ample choices you have, it can be confusing. Decisions will be much more apparent when you focus on your awareness, not the multitude of options.

Awareness isn't a pros and cons list. It observes choices; it doesn't assess them. Instead of using your mind to slice and dice an option, you tune into its value.

FEEL-GOOD HABIT

Need to make a decision?

Go with what makes you feel good. It's using your intuition to guide you. It will always present you with the best experience

HABIT

Don't let stress, worry or conflict obscure who you are.

Stress is hard. It causes you to assess circumstances and actions as right or wrong, good or bad. But the reason you have to stress is that you focus on problems you can't control.

The honest answer isn't in front of you; it's inside you. Your awareness and feelings are always your best guide.

Pay attention to hope, and you'll realize stress is so meagre, temporary and irrelevant.

FEEL-GOOD HABIT

Are you feeling stressed? Don't assess and dissect the issues; instead, focus on what you want.

Once you feel a bit better about the situation, answers will be clear. The problem will slip away because you stopped giving it attention.

HABIT

Happiness is not about eliminating fear; it's about emphasizing joy.

Always focus on what you want.

You don't have to eliminate fear to have joy. You may believe you need to go backwards to go forward. You don't.

Any attention you put towards fear, doubt or worry from the past holds you back. It reignites the fear.

Go for hope, appreciation or optimism instead.

FEEL-GOOD HABIT

Focus on what you want and move forward.

HABIT

All frustration is an unfulfilled desire.

You want something but equally doubt you can have it.

Do you ever feel like you take one step forward and two steps back? It appears to be unfortunate circumstances causing the setback. It's more likely your desire and doubt pushing against each other.

The desire is real. The doubt isn't.

FEEL-GOOD HABIT

Are you frustrated with a lack of progress? Tap into the way you feel. Is doubt pushing against desire? Isn't it exhausting? Focus on what you want and leave doubt behind.

HABIT

Emotion creates motion.

Emotion creates momentum. The invisible force behind everything is feeling. Most of the time, we don't recognize it, but our feelings are shaping our lives.

FEEL-GOOD HABIT

Focus on positive things, this creates positive feelings, and you move forward.

HABIT

You don't win just because you want to win. Everyone wants to win.

You win because of how well you play.

Many goals are crushed because the focus is on achieving, not what it takes to achieve.

Winning isn't as important as the intention you sustain along the way.

FEEL-GOOD HABIT

Immerse yourself in the activity it takes to get to where you want to go. Everything else will fall into place.

HABIT

It doesn't matter what you do. It matters how you feel about what you do.

When you're busy, feeling good usually isn't a priority.

But feeling good is the only way to know you are getting the most out of an experience. When you feel good, you are working at your peak; you are energized, focused and more clear-headed.

Also, consider that people won't care about what you do; they will care about how you make them feel. You can't inspire other people to feel good by feeling bad.

FEEL-GOOD HABIT

It's time to make feeling good a priority.

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