

Increase Your Happiness Quotient

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Hi. It's Gail Mercer-MacKay here, founder of the Six-Figure Freelance Writer and Mercer-MacKay Digital Storytelling. Today I want to talk to you about being happy and choosing to be happy because it's going to impact your health, it's going to impact your life, it's going to impact your business.

Recently I had a conversation with a girlfriend and she was going through a tough time. I said, "I totally get it because I was going through a tough time myself." She said, "Yeah, but it's not the same for you because you're so optimistic and you're so positive." It's true. I have been blessed with a healthier sense of optimism I think than others but that doesn't mean that optimism always carries me through every situation. I find that when I am in difficult and tough situations, I can be just as down and just as sad as the next person. But I have learned to choose to do things that feed my happiness quotient. Happiness is a choice. Some days I wake up and it's natural, everything's going great in my life, and so I'm happy just by default. But other days, I actually have to really work on being happy.

Here's some steps that I do to be happier. For example, this week, I just signed up for an extra yoga course. I know I'm coming into a busy time, award season. Award season can really drain me and I can get very unhappy very quickly, so I've signed up for an extra yoga class so that I continue to keep my body more fit and more together. It helps my mental attitude, it gives me strength and stamina, so I know that that physical decision to go to more yoga is going to be helpful with my happiness.

The second thing with happiness is what I feed myself. If I'm not feeding myself well, my happiness quotient goes way, way down. But when I up my water intake, when I up my daily vegetable intake and get to my 10 servings of veggies every day, I know that I feel much happier, I've got a lot more energy.

The third thing is what you feed your brain. When I am feeding my brain good, positive content, good information, rather than slouching in front of a TV and watching Netflix for 10 hours on end, and I have done that and sometimes it's a lot of fun, but I also know that when I do that, it can drag me down, it can suck my energy, and it can pull the happiness right out of me.

If you want to be happier, because happiness will spread in every area of your life, and particularly it will help you in your business, then you need to make a choice and you need to decide the things that you can do to increase your happiness quotient. I'll leave those thoughts with you this week. If you've got any ideas on what makes you happy, give me a call, or send me an email, or make a comment on this. Until next week, I'm Gail Mercer-MacKay. Believe, be brave, and go write.