



Through Eagles Eyes

VISION BEYOND SIGHT



## Happiness

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Volume #3

### Happiness...



*There is a great deal of attention recently given to the issue of happiness and its importance. Martin Seligman, Ph.D., reported the results of an extensive study he completed on the impact of happiness. He made the following statement; "Imagine a drug that causes you to live 8 or 9 years longer, make \$15,000 more a year, and be less likely to get divorced. Happiness seems to be that drug."*



*If happiness is so important to our overall well-being, how do we go about "making ourselves happy"? It turns out that a part of our innate happiness quotient is genetic. Some of us are born happier than others. But it seems that much of our happiness depends on our focus. Are we looking for happiness "out there" or "inside of us"? Looking to our outer world for happiness is accurately described by the phrase of a once popular song, "Looking for love in all the wrong places".*



*Indeed, the studies confirm that attitudes and actions are pivotal in helping us remain relatively happy and satisfied much of the time. Here are a few:*

- *Do something to make SOMEONE ELSE happy.*
- *Make an effort to be with friends in lighthearted and fun activities.*
- *Laugh out loud.*
- *Be grateful. Notice your positive experiences and make a list of them daily.*
- *Activities that hold great memories are far more gratifying than material possessions.*
- *Humor is a positive and magical tonic.*
- *Take time to relax and dial down into a calm state a few minutes each day.*
- *Get a pet.*
- *Focus on what is working in your life.*
- *Find your inner passion. Pursue it either as a vocation or avocation.*
- *Be willing to forgo negative judgment of others and of yourself.*
- *Open your heart to give and receive Love.*



***Stress is what happens  
when the Mind resists what is....***

## How Coaching Works...

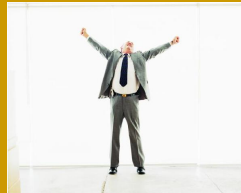
The starting point for coaching is always your intent and determination to fully realize whatever it is you deeply want. As one great writer put it, "Ya gatta wanna!" That desire translates into a picture so vivid you can see, hear, taste, smell and feel your objective as fully accomplished.

Once a client understands that the source of happiness comes from within, personal experiences can shift quite quickly.

We have written before that our thoughts tend to create our reality, and the research regarding happiness is just another important source of evidence supporting this truth. Through Eagle's Eyes clients are able to see happiness, success and accomplishment as more of a choice rather than chance.

We are always "happy" to coach those who is ready for positive change, and ready to take the steps toward a new level of real satisfaction and success.

Give us a call today to set up a complementary coaching session! 574-256-0495.



## Upcoming Events

*Diane Winn will be presenting **Renewing the Essence of Who We Are** at the August, 2008 Retreat of Stargazer Retreats. Learn more at [www.stargazer-retreats.com](http://www.stargazer-retreats.com)*

*Check out our website for upcoming events and workshops! New events added weekly.  
[www.througheagleseyes.com/events.htm](http://www.througheagleseyes.com/events.htm)*

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