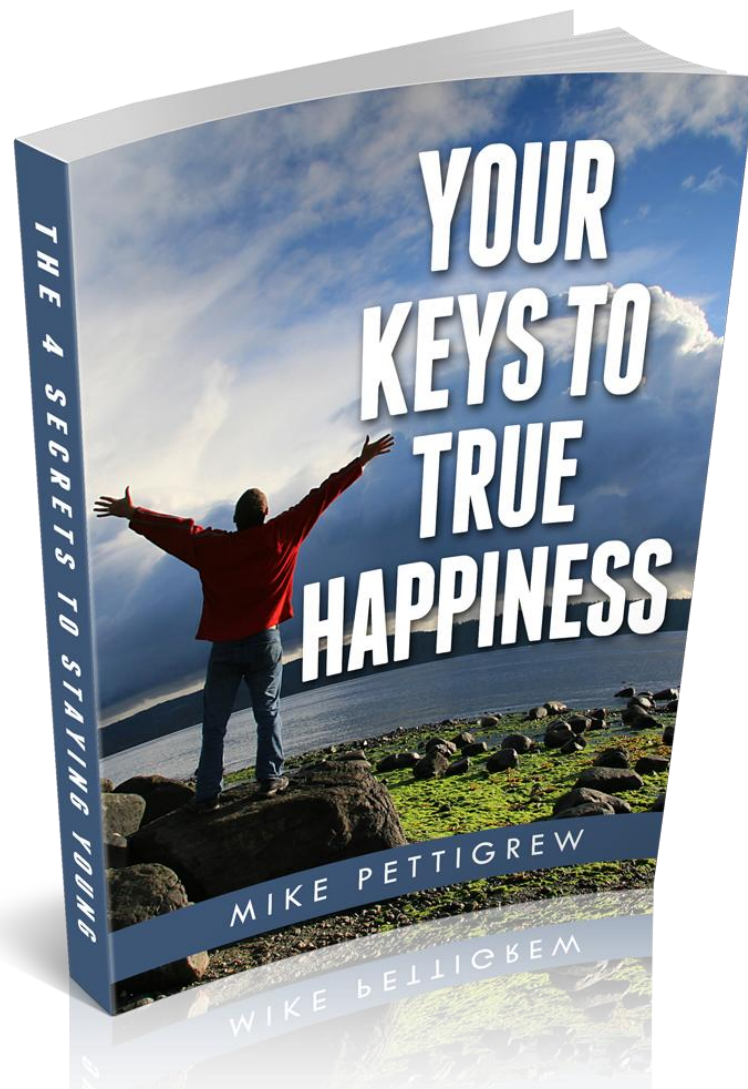




YOUR KEYS TO TRUE HAPPINESS

MIKE PETTIGREW



Your Keys to True Happiness

Change Your Thoughts and Emotions – Transform Your Life

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True Happiness

What is true happiness? How can we become fulfilled in life?

Now most of us feel happy or elated when something wonderful happens. On the other hand we feel sad or disheartened when something does not go our way.

So the question is how can we sustain happiness? How can we reach a stage where we are happy most of the time, and feeling fulfilled most of the time? This is something I have explored in great detail throughout my life.

All my life I have been fascinated in studying the nature of the human mind and consciousness. It has always been my thirst to understand how our mind operates and the connection between our minds and the universe and how we affect our environment.

I am absolutely convinced through my own experiences that happiness is something that can be constructed. When I say happiness I am talking about long term happiness or fulfillment.

The Ingredients to True Happiness

What I found is that there are certain basic ingredients that enable us to feel a sustained sense of happiness. I am absolutely certain that if we wish to maintain happiness throughout all our lives, there are certain basic ingredients that go to creating this.

It really boils down to our making effort, because it is a fact that if in life we are not making sustained efforts at creating something (creating anything); but instead we are always taking the easy approach and giving in to ourselves - that only results in disillusionment and disempowerment and unhappiness.

On the other hand if we look at the lives of people who are deeply happy and fulfilled in life, it boils down to a number of common factors. It really comes down to effort, but what kind of effort should we make?

Mastering Our Mind

I think one big thing is to learn how to master our mind. It is like our mind is made up of two different minds. There is a negative part of us that says “do not bother, it is a waste of time, you could never do it.”

For many of us, this part of ourselves is quite loud; the part of us that dominates our minds and keeps us very small.

But the fact is that this negative voice can do incredible damage. It can hold us back from achieving all sorts of amazing things in our lives if we allow it to.

Learning to master our own mind rather than allowing it to master us is really, really important for us to be happy and fulfilled.

Self-Discipline

What I am saying here is that it takes self-discipline. Happiness and self-discipline go hand in hand.

If we are not self-disciplined and we allow our minds to buffet us here and there depending on what happens in our environment, then we cannot become truly happy; it is completely impossible.

Self-discipline is very important in constructing long-term sustained happiness.

Goals

Another key ingredient to becoming happy and fulfilled is actually creating big goals for our lives and creating big visions for our future and taking action to achieve those goals.

It is imperative that we make goals for ourselves regularly. If goal setting is something we are not familiar with or if we have low feelings of empowerment and feel there is no point in making goals

for ourselves and we feel we just cannot achieve them; then we need to start in a small way by only setting small goals.

Once we gain confidence that goal setting works we can create much better goals for ourselves.

Creating goals that we need to accomplish is very important. Having that constant forward momentum is what invigorates us, empowers us and infuses our lives with energy.

Without setting concrete goals for our lives we really are buffeted by circumstances and we are almost like a ship that is adrift on the ocean.

But, by having a concrete goal and moving towards it – this energizes us in every way imaginable. So, it is incredible worthwhile to set goals.

Consistency

Another key ingredient in becoming happy is to be consistent. There is no use stopping and starting and stopping and starting - because that only results in disillusionment and disempowerment.

So consistency and daily efforts towards accomplishing our goals is a key ingredient to achieve sustained happiness in our life.

Flexibility of Mind

Also another factor that I found is developing a flexibility of mind. When things do not go particularly well, it is natural to feel a bit disillusioned and sad; especially when we hit a wall of obstacles and we just cannot seem to get through and we cannot find a way forwards.

But, it is important to continue to moving forward even though we do not have the answers immediately, or even if it looks like we are

scaling Mount Everest. We must have the motivation to constantly move forward, not giving into our problems.

We must be very flexible in what happens to us. It is important to set clear goals and keep ourselves accountable to achieving those goals.

But when things do not go the way we had hoped or as quickly as we had hoped then we need to be more flexible. This is a key component in happiness.

Rigidity and inflexibility are truly awful. They just hurt ourselves and those around us, when all we need do is be more flexible in our thinking.

It is a very important part of developing sustained happiness.

Never Giving Up

Also we need to develop a winning attitude in never giving up. When things do not go our way we need to battle through no matter what.

At first you may find it very difficult but it is a bit like starting to exercise your arm. At first it hurts, but as time goes by the process gets so much easier.

It is true to say that if we study the lives of successful people who have made a major difference in society; they are people who have learnt not to give in and have learnt through real hardship in life that when the going gets tough the only way to achieve success is to keep going.

For example, the inventor Thomas Edison was asked once in an interview why he continued to keep moving forwards and never gave up, while trying to invent the incandescent light bulb.

You see, he failed ten thousand times and he explained to the reporter that each time he failed; he knew he was one step closer

to success, simply because he had discovered yet another way that the incandescent light bulb could not work.

So never giving up is really important, in fact never giving in to our difficulties is actually more important than it may appear at first; because we can actually use our difficulties in life and our challenges as a spring board for happiness and success.

This may sound crazy when we experience huge difficulties and we think we cannot possibly achieve our goals, but it is absolutely correct.

Our difficulties can be a spring board for success and no matter what goal we set for our lives and what things we wish to achieve, the moment we set a clear concrete, precise goal in our mind we invoke from the environment challenges.

Those challenges are the very things that are currently preventing us from achieving our goals. Putting it in another way, the only way to achieve anything major for our lives takes a certain degree of inner change.

When we make a clear determination or goal and set about to achieve it, we invoke from the environment things that challenge us in ways that force us to grow and when that inner growth takes place we quite naturally achieve our goals.

It is as simple as that. So, never giving in to our difficulties - it is really worth testing this principle.

Helping Others – Doorway to Wisdom

There is also one more factor that I believe is necessary for sustained happiness. This is working for the happiness of other people.

As human beings, we cannot be happy in a vacuum. We need each other and it is a fact to say that when we try to alleviate the

suffering of others around us in any way that we can; it opens up our own lives and develops our compassion.

It is amazing and I have experienced this on many occasions; when someone comes to me and they have a big problem and I find myself really listening to the person and trying to understand the root of the problem and by focusing on that person's life - it is like our mind starts operating at a higher level.

We can tap into our higher self and I have on many occasions heard concepts and analogies come out through my own mouth that I had never even heard of before. I find myself saying to myself that I must use that analogy again, as it was quite good!

Amazing things can happen when we start working for the happiness of those around us. We far more potently connect to our higher selves - the source of all our wisdom and the source of our great ideas.

When we draw on this great wisdom we start operating on a much higher level and when we do this regularly we can achieve a lot more for ourselves too.

It is really important to work for the happiness of others in any shape or form we can.

We can look at this and we may think; "my goodness I am too shy and cannot possibly help other people". But a long time ago I too was very shy, especially in my teens and early twenties.

However, by just keeping our eyes on our environment and those around us and really supporting them in any way you can is very important.

It might be as simple as a smile to someone on the street or putting an arm around someone who is having a rough time.

Having an outward winning attitude is a very key component to developing long-term sustained happiness.

Taking Full Responsibility

It's also necessary to start taking 100 % responsibility for our lives. When we take full responsibility for our lives, then everything becomes possible for us and we truly become the master of our own lives.

We become the captain of our own ship, and we write our own story of life. We can achieve anything when we take full 100% responsibility.

Summary

When we do all these things that I have outlined above; then we become more empowered, we become far more accepting of ourselves and of others.

We also develop a lot more inner strength and courage and a lot more appreciation for life rather than being resentful and complaining.

So to summarize; developing sustained happiness and fulfillment depends on;

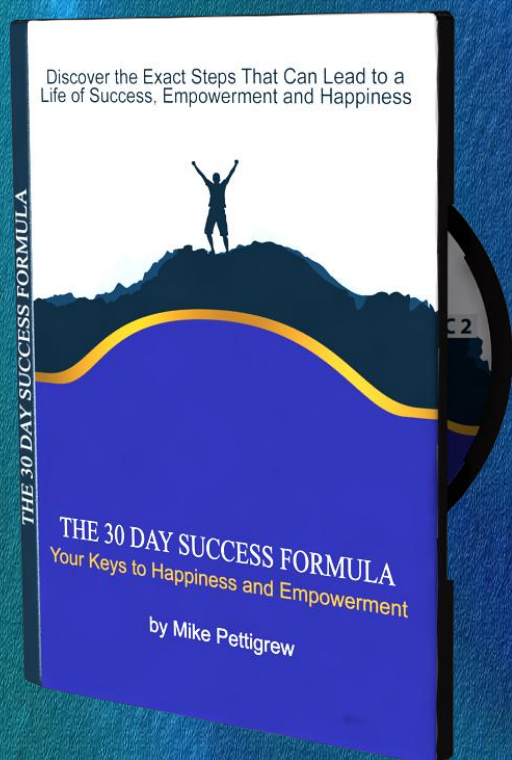
- 1 Setting big goals for ourselves that stretch our lives
- 2 Making consistent daily actions towards achieving those goals
- 3 Becoming more self-disciplined, rather than allowing our minds to master us we need to master our minds
- 4 Developing greater flexibility when things do not go as planned
- 5 Never giving in to difficulties and challenges, but always continuing to battle through and keep moving forwards

6 Giving to others in any shape or form that we can -
when we work for the happiness of others we are
assured of our own long-term happiness.

I do hope you have benefited from this short look at the Keys to
True Happiness and I look forward to sharing other empowering
and transformative tips with you again soon.

Mike Pettigrew www.mikepettigrew.com

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