

# 5 TIPS FOR A HAPPIER & MORE ENJOYABLE DAILY LIFE



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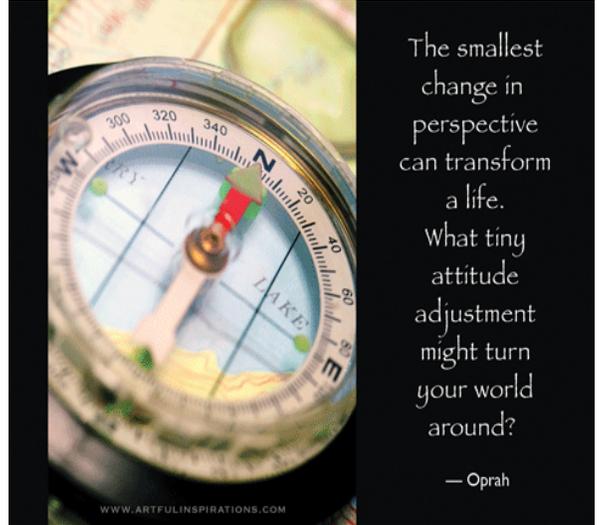
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## 1. Change One Thing In Your Life—Today!

Sometimes it seems like nothing works the way it should. If you're a human, you've undoubtedly hit that point where work is no fun, relationship is a struggle and you don't even feel comfortable in your body and your own skin.

At times like these, changing your life can seem overwhelming. There's so much to do... so many things to change . . . where do you even start?

**It's quite simple, really...just change ONE thing.**



Read a magazine article you would never typically even consider. Try a new type of restaurant. Take a different route to work. *Any* simple change of scenery can shift your perspective, and has the potential to drastically transform your life.

It's like a ship at sea...if it changes course even one degree, 100 miles later it's in completely new waters.

**Of course, the most profound shifts are the ones you make on the inside.** Annoyance can easily be turned into fascination. Frustration can be flipped to become gratitude. Even anger can be transformed if you simply turn it into a song.

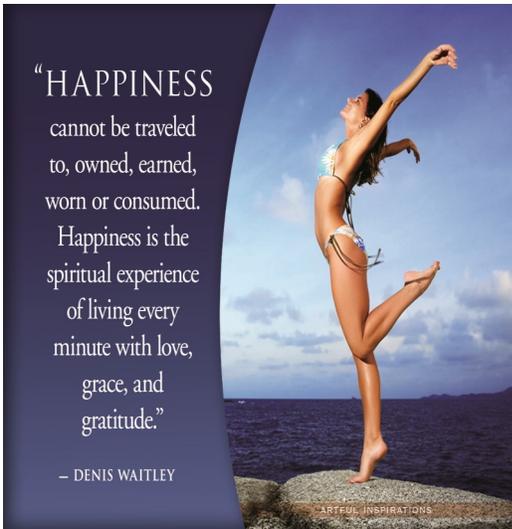
You don't have to tackle the whole enchilada, just make one simple shift.

And the best part is...it's all experimentation. **If you don't like your new perspective, you can always go back to your old one.**

**What “one-degree” shift can YOU make TODAY?**

**Be sure to write down your answer to this question. It could make all the difference in your world.**

## 2. Consciously Practice Love & Gratitude As Soon As You Open Your Eyes



Every day, people buy too much stuff, eat too much food, and waste away their hours chasing after happiness...to no avail. They may find excitement or satiation, but TRUE HAPPINESS still eludes them.

Fortunately, happiness is really inexpensive and pretty simple to find. But that doesn't mean that it comes easily. However, if you're bold, and truly willing to commit to a few simple steps, happiness can be yours in just a short while.

### Cease Complaining.

The first step to finding happiness is to stop trying to find what's wrong with the world around you. There's plenty to complain about. But if you focus all of your attention there, you'll never see the good stuff.

### Choose To Live In Love.

Falling in love with the world (and people) around you is a sure step toward happiness...and it's easy once you get the hang of it. Simply accept people for who they are, and choose to see the good in them. Don't expect it...CHOOSE it... then *express* it.

### Appreciate Everything.

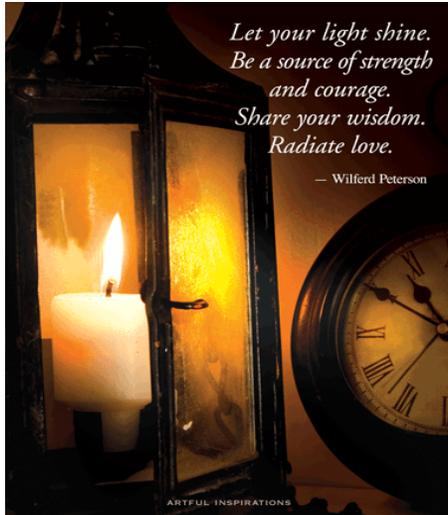
Start expressing your appreciation for life every day. If you're like me, it's easier to keep a Gripes & Gratitude journal. Every day, write down at least 3 gripes from your day and then at least 3 things you're grateful for. Sometimes you just need to get the frustrations out of the way. Before long, you'll have more things to appreciate than you can count.

Becoming happy may mean “looking like a fool” or changing A LOT of your current habits, but I promise you...it sure beats the alternative.

### What can YOU do to create more happiness in your life TODAY?

Be sure to write down your answer to this question. It could make all the difference in your world.

### 3. Invite Your Light To Shine



Over time, fear, exhaustion & shame can dim the brightest of lights. That's why we must, at all times, do what we can to keep that flame inside burning bright.

When you choose the path of light and love, you agree to allow your brilliance to be seen.

Fortunately, there are plenty of tools that you can use to rekindle *your* spark every day, and here are just a few to help you out.

#### **Check out your level of sincerity daily.**

Remind yourself every day that you're very committed to discovering how to best let your light shine. It's simpler than you think. Tell the people around you when you genuinely appreciate them. Consciously remember to appreciate all the work that went into the food you eat and the roof you sleep under. Be as sincere as you can be in everything you do during the day.

#### **Exercise often.**

Sweating and moving for just 20 minutes a day has been clinically shown to improve your mood & boost your health. Try a yoga class, ride your bike around town, or go for a swim. There are so many ways to easily chase away the blues and the grumps.

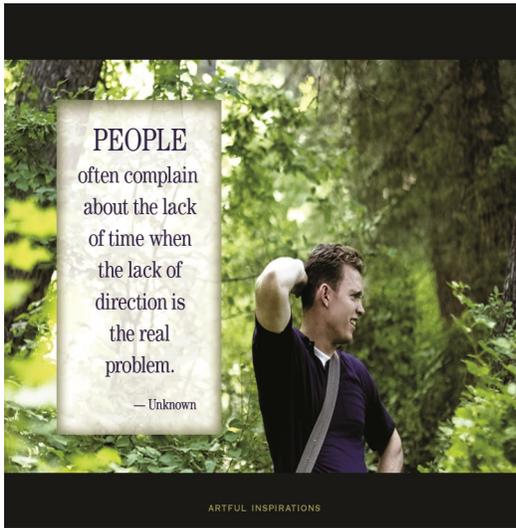
#### **Meditate every morning.**

Spending time in silence reconnects you with your source of self-awareness, self-assuredness & the road to more happiness. It's also been shown to greatly reduce stress & improve communication—two things that need your attention every day.

#### **What can YOU do to shine a little brighter TODAY?**

**Be sure to write down your answer to this question. It could make all the difference in your world.**

## 4. Get Clear On Where You're Going & Make A Plan



### **A goal without a plan is just a wish.**

Have you ever felt there's just not enough time in the day? Most often, when we run out of time for projects or pursuits, the reason is that we've spent a lot of time lost in ambiguity.

**When you're supremely clear about where you're going and what you want to do, there's no time lost.**

Your actions get clear & precise. And that's when you can make an AMAZING amount of progress in just a short period of time. Fortunately, it's not too hard to eliminate the time-management nightmare.

### **Plan your work.**

Take a few moments to determine where you're going and how you plan to get there. You don't have to know all the steps or details; just write down the basic outline as you can see it.

### **Gather your resources.**

Get your tools in order. Make sure you have food & water and anything else you need to get started. What do you need to do this job right? Get it.

### **Work your plan.**

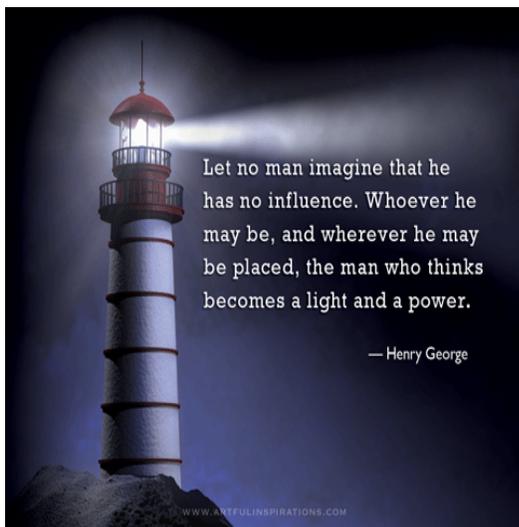
Give yourself a deadline, then follow your outline step-by-step. If you get lost or distracted, come back to your outline and see what's next.

Before long you will have a finished product or project, and plenty of time to relax or do something else...like stare out the window for 20 minutes.

### **What are YOU going to do TODAY?**

**Be sure to write down your answer to this question. It could make all the difference in your world.**

## 5. Your Perspective Makes You Invaluable



Have you ever felt that you had nothing to offer...no gifts to share whatsoever?

During spells of frustration or despair, it's common to feel worthless. It can seem that everyone else is far more brilliant, beautiful & worthy of consideration.

**In times like these, take solace in the one thing that you can offer that no-one else can: your unique perspective.**

You see, nobody looks at the world the way that you do, nor thinks in exactly the same way. Once you start to engage your innate intelligence, be it simple and from the heart or complex and of the mind, your unique creativity begins to shine, and you become a beacon of brilliance.

You may be sitting on the one solution that no-one else can imagine. Or you may hold just the right perspective to bring comfort and understanding to a tense situation. You never know until you start to apply your mind, your perspective & your creativity to something outside of yourself.

**And sometimes, you don't even need to EXPRESS your perspective.** Consider the CEO who sits with her team-leaders, intently listening to their ideas until brilliance is born. By simply sitting in active contemplation, you “magically” amplify perspectives that had been hidden from view.

**How will YOU influence the world TODAY?**

**Be sure to write down your answer to this question. It could make all the difference in your world.**



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Thank you for picking up this small yet valuable set of 5 guidelines . I hope they will help you more easily open the door for happiness and peace of mind to enter each and every one of your days to come.

My own desire to be happy is what inspired the last 4 decades of my personal and professional journey. I found several keys that kept me going in what I now know was the right direction.

I promise to stay in touch and continue sharing with you what I've learned. It so profoundly changed my life and me that I simply have to share as much as I can with anyone also driven by that crazy desire to just be happy, centered, and peaceful—regardless of what any day might bring your way.

Meanwhile, I send you my best wishes for a happy holiday season, a meaningful completion of the old year, and forward looking preparation and vision for the coming 365 days of your continuing journey.

Much love,  
Ragini

P.S. You can learn more right now if you'd like. Just [CLICK HERE](#) and check out my free mini-course called [Centered 24-7](#). Sorry for the 2nd opt-in request. It's apparently necessary to keep my files clear!