



For the entire month of May, we are focusing on our *Mind*. This week is “What makes you HAPPY?”. Part of the reason happiness often feels so elusive is that we don’t spend time really focusing on what we need in order to cultivate that happiness. When we’re bogged down at work or flustered with unsuccessful attempts, more often than not we mostly just wallow in those feelings of frustration and hopelessness, rather than taking a moment to question what needs to change. Have you ever heard the saying, do things that make you happy? Do we even know what that means? Really sit down and think about what makes you happy, then make a list. When you are feeling down, do something that’s on that list to lift your spirits. Maybe, a cup of hot tea and a book, going for a walk around the neighborhood, doing an art and craft project with your child(ren), sitting in a sauna at the gym, doing something for someone else, writing in your journal, or just taking 10 minutes out of your day to mediate. Being happy is not just a state of mind, it’s a state of being. As humans, we want to feel it, know it, and be it...happy! Take the time to explore what you really need to make yourself happy. Beyond facilitating a lighter experience traveling through life, happiness leads to increased productivity, more engagement with work, and richer creativity.



## 4 STEPS TO MAKING US HAPPY

- 1) Listen to your body.
- 2) Pay attention to your energy.
- 3) Look at what you want.
- 4) Timelessness.

1) **Listen to your body.** Listen to the way it reacts to certain decisions that you make for yourself. Does it tense up? Do you feel heavy by the thought of it, or troubled? Or is there a pleasant sensation as you think about your decision?

2) **Pay attention to your energy.** Do you feel

more alive & energetic after having carried out that activity? Or do you feel more drained? Being sensitive to your energy levels can be a good indication of whether what you're engaging in suits who you really are.

3) **Look at what you want.** Look into what you want. Why do you want it? Is it something that will make your heart sing or is it something that advertising has convinced you is something that you 'need'?

4) **Timelessness.** Doing activities that you greatly enjoy causes you to lose track of time, making everything else seem still & disappear from your focus. This state of flow can be truly powerful & exceptionally beautiful to experience.

MMDC wants to see what makes you happy!!!!



Take a picture of you doing something that makes you happy and tag Making Moves on Facebook, IG, Twitter, or you can even email it to us. You might inspire someone else to live a happier life.

do what makes you **HAPPY**  
 be with who makes you **SMILE**  
**LAUGH** as much as you **BREATHE**  
 & **LOVE** as long as you **LIVE**.

Life is short, so do what makes you happy. Be with those who make you smile. Laugh as much as you breathe, and love as long as you live.

-Rachel Ann Nunes  
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