

Why Wait for *Happiness*

10 tips to live a **happy life**, starting now.

By Deborah Deras



Are you trying to solve one of the mysteries of mankind: what is the secret for happiness? You're not alone.

Last year, a group of British scientists were searching, and actually say they found the secret for creating happiness in anyone's life. According to the BBC, the scientists studied 1,000 men and women and found that achieving happiness is, in fact, a formula: Happiness = P + (5xE) + (3xH). Here's the breakdown: P represents "personal characteristics" which include your outlook on life, adaptability and resilience; E

stands for "existence" and relates to health, financial stability and friendships; and H represents "higher order" needs, which are self-esteem, expectations, ambitions, and sense of humor. Combine these elements together properly, and, the scientists say, you're happy.

Let me sum up the scientific findings for you: happiness is a state of mind and you can control it. Being happy is a choice, and you can make it. Here are my 10 tips for creating happiness in your life (without the help of a scientific calculator):

$$\text{HAPPINESS} = P + (5xE) + (3xH)$$

1 Don't take things personally

6 Practice forgiveness

2 Surround yourself with positive people

7 Give yourself one day a month to do anything you want (spa day, beach day, museum day)

3 Engage in a hobby that revitalizes you

8 Let go of expectations of other people

4 Accept that you are exactly where you are supposed to be

9 Live in the present moment; that is where the joy is

5 Write a gratitude list every night

10 Be yourself and proud of who you are

About the author: Life Coach Deborah Deras is the president of Passionate Living NOW—a personal development company providing individual and group life coaching to empower professional women to experience balance, joy and fulfillment.