

# INSTANT HAPPINESS

VOLUME 2

SIMPLE STRATEGIES TO CREATE A  
LOT MORE FUN, PLEASURE AND  
ENJOYMENT IN YOUR LIFE...



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### Introduction:

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Welcome to Instant Happiness Volume 2.

I am always on the lookout for helpful ways to add value to my clients and friends.



So that's why I'm giving you a copy of this positive booklet called Instant Happiness Volume 2 written by marketing expert Graham McGregor.

It contains a treasure trove of wonderful ideas that you can use to create more fun, enjoyment and pleasure in your life.

Best of all, all of these strategies are remarkably simple and easy to use.

So here's what I suggest you do now.

Take some time and read through Instant Happiness Volume 2 several times.

Then try one or two of these simple strategies in your own life and see how they work.

If you like the results, try a few more ideas.

Happiness is very personal and that's why there is a great selection of useful ideas in this booklet. Just pick the ones that appeal to you and give them a go.

The great news about happiness is that it's often the simplest things in life that create the most joy and pleasure.

We just need to be reminded of these things on a regular basis.

Best wishes

*Jonathan McMillan*

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## Why golf balls are important to happiness:

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A Professor stood before his philosophy class and had some items in front of him.

When the class began, wordlessly, he picked up a very large and empty glass jar and proceeded to fill it with golf balls. He then

asked the students if the jar was full. They agreed that it was.

So the Professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The Professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full.

The students responded with a unanimous "yes."

The Professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the space between the grains of sand.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things-your family, your children, your health, your friends, and

your favourite passions - things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else -the small stuff."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner.

There will always be time to clean the house and fix the waste disposal. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The Professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

This story is a great reminder that taking time for the important things in your life is a vital part of being happy.

*'Next to love, balance is the most important thing.'*

*John Wooden*

# The best questions to ask to create happiness:

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In his book "Awaken the giant within" Anthony Robbins notes that our life experience is based on what we focus on.

And what we focus on is often determined by the questions we ask ourselves.

The best questions to ask yourself are what he calls Power Questions.

Power questions are designed to cause you to experience more happiness, excitement, pride, gratitude, joy, commitment, and love every day of your life.

Anthony suggests you come up with at least two to three answers to all of these questions.

If you have difficulty coming up with an answer just add the word "Could". EG What could I be most happy about in my life now?

### **The Morning Power Questions:**



1. What am I happy about in my life now?

What about that makes me happy?

How does that make me feel?

2. What am I excited about in my life now?

What about that makes me feel excited?

How does that make me feel?

3. What am I proud about in my life right now?

What about that makes me feel proud?

How does that make me feel?

4. What am I grateful about in my life right now?

What about that makes me feel grateful?

How does that make me feel?

5. What am I enjoying most in my life right now?

What about that do I enjoy?

How does that make me feel?

6. What am I committed to in my life right now?

What about that makes me feel committed?

How does that make me feel?

7. Who do I love?

Who loves me?

What about that makes me feel loving?

How does that make me feel?

### **The Evening Power Questions:**

1. What have I given today?

In what ways have I been a giver today?

2. What did I learn today?

3. How has today added to the quality of my life or how can I use today as an investment in my future?

### **Take Action:**

Use these Morning and Evening Power Questions for five days and notice how good you feel all day.



## Three tips for a happy life:

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### **1: Become an adventurer.**

Revitalize your spirit and sense of playfulness. Become a kid again. Once every few months, plan to enjoy a new, thrilling activity such as white water rafting, scuba diving, windsurfing, rock-climbing, joining a martial arts club, sailing, deep sea fishing or camping.

This will keep your life in perspective, bring you closer to those you share the activity with and keep you feeling invigorated and young.

### **2: Overlook the weaknesses of your friends.**



If you look for flaws you will most surely find them. Be mature enough to ignore the petty failings of others and see the good that each one inherently possesses. We can

learn from everyone. Everyone has a story to tell, a joke to share and a lesson to learn. Open your mind to this and you will learn a tremendous amount.

Friends are so very important to a happy existence - especially those who have shared many experiences and laughs with you. Work hard to make friendships, and all your relationships for that matter, stronger and richer.

Call your friends, buy them small gifts of books or other items you believe they might enjoy. The "law of the farm" applies to relationships as well as to the rest of life - you reap what you sow and to have great friends you must first be one.

**3: "When you cannot make up your mind which of two evenly balanced courses of action you should take - choose the bolder," said W. J. Slim.**

There is no substitute for courage and though the chance of stubbing your toe increases the more you walk, it is always better than going nowhere by standing still. Take chances, take smart risks and you will meet with success beyond your dreams.

## How action and happiness are related:

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Have you ever had one of those 'blah' days where you were busy all day and still didn't feel you had accomplished anything? I know I have.

We usually have a day like this when we have not taken positive action toward some of our most important goals. On a day you take positive action toward your important goals you feel great. You have a feeling of success, achievement and accomplishment.

The key is to take positive action each day on some of your most important goals. Each action step you take doesn't have to be big.

It could be as simple as making a phone call, setting your alarm clock for five minutes earlier, checking a book out of the library and so on.

The key is to take action steps that move you a bit closer to your goals. It's the consistent actions steps each day that will produce the results you want.

### Example:

I used to present seminars on goal setting. I noticed that only one thing worked if people wanted to achieve results. And that one thing was taking action every day toward the goals that were important to them. What didn't work was anything else.

In my goal setting seminars, I observed that a person might write down ten goals they wanted to achieve in a year. Provided they took daily action on these goals, it was common for a person to achieve 6-8 of these goals. If they didn't take daily action, they might only get 1 or 2 of these goals. Daily action was the key to great results.

### Here's something else I learnt about taking action and goals:



An ideal time to take an action step toward your most important goals is first thing in the morning. From personal experience this seems to set up the whole day well.

So in the first hour of your day, get at least one action step done on an important goal.

### Example:

I remember reading that if you wanted to write a 300 page book, you could do it in a year by writing only one page a day.

One of my important goals each year is to write and publish a number of articles and reports on personal and business success. So on most days I am at my

computer shortly after I get up. I then commit to writing at least two pages before I do anything else. Some days I end up writing a lot more than two pages. Other days I only get my two pages done.

Over a period of time I've amazed myself at how many articles, reports and other material I have actually been able to write and publish with my 'two page a day' action step.

### **I had an interesting experience with taking action at any age:**

I was presenting a seminar on goal setting to a group of about 25 people. I asked all the people to write down at least 20 exciting goals they would like to achieve for themselves in the next 12 months.

I then encouraged them to pick one goal that really inspired them and write a list of 10 action steps they could use to get closer to achieving that one goal. I asked everyone to pick one of these action steps and take action on it within the next 24 hours.

One of the people in my goal setting seminar was my 75 year old grandmother. (She had paid good money to come to this seminar and I noticed she was writing furiously.)



I asked her at the end of the seminar what was the one goal she had picked. She told me that it had always been her dream to drive a car. (For the last 75 years she had always been driven everywhere by other people as she had never learnt how to drive.)

I was a bit surprised by this and asked her what her next action step was going to be. She winked at me and told me I would find out tomorrow.

The next day, she went down to a car dealer and paid cash for a brand new car.

(Remember she had never driven a car in her entire life.)

My Grandmother then took 18 months of driving lessons (with some very patient driving instructors) and got her driving license. For the next 12 years she had the time of her life driving her car around her busy city.

My grandmother taught me many valuable lessons before she passed away at age 89.

The most important lesson was that if there is something you want you must take action.

### **Take Action:**

Take ten minutes and make a list of at least 10 things you would like to do, have or be over the next 12 months. Look over your list and select one item you would like to get started on.

Now, write down 10 action steps you could take to get closer to achieving this item. Finally do one of these action steps. Keep doing this exercise and before long you will have achieved a number of the items on your list.

*“Action may not always bring happiness,  
but there is no happiness without action”*

*Benjamin Disraeli*

## The wonderful value of stories to create happiness:

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I believe that a big part of happiness is feeling fulfilled on a regular basis. By feeling fulfilled; I mean feeling good about yourself and life. I personally find that when I read a short motivational story I usually feel positive, fulfilled and good about life.

Here are two stories I enjoyed and thought I would pass onto you.

### **Story One: Every day you have two choices**

Michael is the kind of guy you love to hate. He is always in a good mood, and always has something positive to say.

When someone would ask him how he was doing, he would reply, "If I were any better, I would be twin's!" He was a natural motivator. If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Michael and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"



Michael replied, "Each morning I wake up and say to myself! You have two choices today. You can choose to be in a good mood or... you can choose to be in a bad mood. I choose to be in a good mood."

"Each time something bad happens, I can choose to be a victim or.... I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or... I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested.

"Yes, it is," Michael, said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life."

I reflected on what Michael said.

Soon thereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Michael was involved in a serious accident, falling some sixty feet from a communications tower.

After eighteen hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back.

I saw Michael about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Want to see my scars?" I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place.



"The first thing that went through my mind was the well-being of my soon to be born daughter," Michael replied.

"Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live!"

"Weren't you scared? Did you lose consciousness?" I asked.

Michael continued, "...the paramedics were great. They kept telling me I was going to be fine, But when they wheeled me into the ER I saw the expressions on the faces of the doctors and nurses."

I got really scared. In their eyes, I read, "he's a dead man." I knew I needed to take action.

"What did you do?" I asked.

"Well, there was a big burly nurse shouting questions at me. She asked if I was allergic to anything."

"Yes," I replied. The doctors and nurses stopped working as they waited for my reply.

I took a deep breath and yelled, Gravity.



Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead."

Michael lived, thanks to the skill of his doctors, but also because of his amazing attitude.

I learned from him that everyday we have the choice to live fully. Attitude, after all, is everything.

### Take Action:

Go to your bookshop or library and get a copy of any of the books in the series 'Chicken Soup for the Soul'. Each book has around 100 inspirational true stories. Reading even one of them can make you feel great.

*'Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.'*  
Buddha

### Story Two: The 1,000 marbles



The older I get, the more I enjoy Saturday mornings.

Perhaps it's the quiet solitude that comes with being the first to rise, or maybe it's the unbounded joy of not having to be at work.

Either way, the first few hours of a Saturday morning are most enjoyable. A few weeks ago, I was shuffling toward the basement shack with a steaming cup of coffee in one hand and the morning paper in the other.

What began as a typical Saturday morning, turned into one of those lessons that life seems to hand you from time to time.

### **Let me tell you about it.**

I turned the dial up into the phone portion of the band on my ham radio in order to listen to a Saturday morning swap net. Along the way, I came across an older sounding chap, with a tremendous signal and a golden voice.

You know the kind, he sounded like he should be in the broadcasting business. He was telling whoever he was talking with something about “a thousand marbles”.

I was intrigued and stopped to listen to what he had to say.

“Well, Tom, it sure sounds like you’re busy with your job. I’m sure they pay you well but it’s a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work sixty or seventy hours a week to make ends meet. Too bad you missed your daughter’s dance recital.”

He continued, “Let me tell you something Tom, something that has helped me keep a good perspective on my own priorities.”

### **And that’s when he began to explain his theory of 1,000 marbles.”**

“You see, I sat down one day and did a little arithmetic. The average person lives about seventy-five years. I know, some live more and some live less, but on average, folks live about seventy-five years.”

"Now then, I multiplied 75 times 52 and I came up with 3900 which is the number of Saturdays that the average person has in their entire lifetime. Now stick with me Tom, I'm getting to the important part."

"It took me until I was fifty-five years old to think about all this in any detail", he went on, "and by that time I had lived through over twenty-eight hundred Saturdays. I got to thinking that if I lived to be seventy-five, I only had about a thousand of them left to enjoy."

"So I went to a toy store and bought every single marble they had. I ended up having to visit three toy stores to round-up 1000 marbles. I took them home and put them inside of a large, clear plastic container right here in the shack next to my gear."

"Every Saturday since then, I have taken one marble out and thrown it away."

"I found that by watching the marbles diminish, I focused more on the really important things in life.

There is nothing like watching your time here on this earth run out to help get your priorities straight."

"Now let me tell you one last thing before I sign-off with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure if I make it until next Saturday then I have been given a little extra time. And the one thing we can all use is a little more time."

"It was nice to meet you Tom, I hope you spend more time with your family, and I hope to meet you again here on the band. 73 Old Man, this is K9NZQ, clear and going QRT, good morning!"

You could have heard a pin drop on the band when this fellow signed off. I guess he gave us all a lot to think about.

I had planned to work on the antenna that morning, and then I was going to meet up with a few hams to work on the next club newsletter.



Instead, I went upstairs and woke my wife up with a kiss. "C'mon honey, I'm taking you and the kids to breakfast."

"What brought this on?" she asked with a smile.

"Oh, nothing special, it's just been a long time since we spent a Saturday together with the kids.

Hey, can we stop at a toy store while we're out?

I need to buy some marbles."

### **The Two Choices We Face**

Each of us has two distinct choices to make about what we will do with our lives.

The first choice we can make is to be less than we have the capacity to be.

To earn less. To have less. To read less and think less.

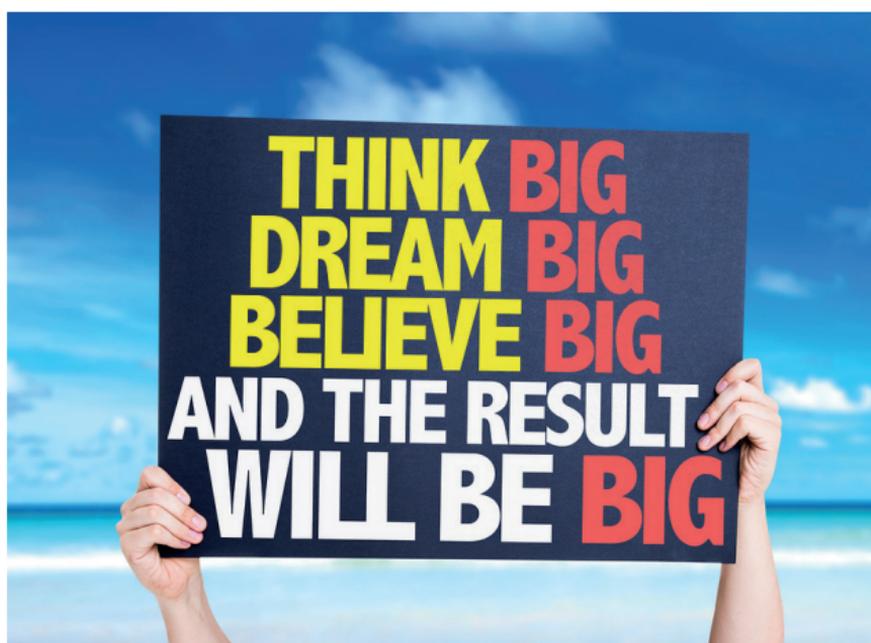
These are the choices that lead to an empty life. These are the choices that, lead to a life of apprehension instead of a life of wondrous anticipation.

And the second choice? To do it all! To become all that we can possibly be.

To read every book that we possibly can. To earn as much as we possibly can.

To give and share as much as we possibly can. To strive and produce and accomplish as much as we possibly can. All of us have the choice.

Our ultimate life objective should be to create as much as our talent and ability and desire will permit. To settle for doing less than we could do is to fail in this worthiest of undertakings.



### **The Rule of 5:**

The only way you're going to accomplish something really big and ambitious – the kind of goal that will transform your life forever – is by consistently taking one small step at a time in the direction of your dreams.

The Rule of 5 dictates that every day you should take action on five specific things that will move you closer to achieving your goal.

It doesn't matter how small these things are. As long as they are action steps that will move you closer to your goal, they are moving you in the right direction.

For example, if you're running a business, do five things each day that will grow or otherwise improve your business in some way, such as:

Create a new ad to run on Facebook. Call a potential new client.

Create a standard operating procedure manual to share with your employees. Post something to social media and so on.

Whatever your goal may be, taking five steps toward reaching it each and every day will eventually yield major progress, and often faster than you'd expect.

Taken individually, each small step you take may not seem all that significant.

But when you add them up over time, they add up and lead to extraordinary results.

### **Take Action:**

What are five tiny steps you could take today toward one of your big goals?

## Four gifts that create happiness when you share them with others.

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Did you know that there are gifts that will multiply your happiness when you share them with other people? Best of all, they are simple and easy to do every day.

### **1. Share appreciation**

Tell someone how much you appreciate the faith they've shown in you. Thank them sincerely for being part of your life. Tell them how much they are needed. Feeling appreciated is one of the most important needs that people have. When you share with someone your appreciation and gratitude, they will not forget you. Appreciation will return to you many times.

### **2: Share kindness**

Perform a random act of kindness for someone: a smile, compliment, or a favour just for fun. These will multiply and spread very rapidly. Kindness is priceless. The love, kindnesses, and value we have given authentically to others will be our remaining treasures at the end of life.

### **3: Share experience**

Keep written or photo journals of your life: things you've done, places you've travelled, things you've learned.

Record successes and failures. Share a happy memory.

Also share the difficult times that have helped you become stronger and wiser.

Sharing experiences will build one of the strongest bonds with others. Our descendants can learn and benefit from our lifetime experiences for generations to come.

#### **4: Share enthusiasm**

If you are excited about a new success, tell someone. If you're ecstatic about a new project, show your glow. Your enthusiasm will inspire others to move forward with actions that bring rewarding achievements.

Enthusiasm keeps us looking forward to the future. That kind of glowing excitement for life is impossible to hide. It is contagious and will quickly spread to others.

Think about this statement by Norman MacEwan: "Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give."

Would you like to receive these same life-enhancing gifts again and again? Begin multiplying your happiness by sharing one of these special gifts with someone today!

That's all we have space for in this volume of 'Instant Happiness.'

We trust you found something that was useful.

# Your Audio Visual Perfectionists

Everyone knows that great Sound & Vision are an experience to be enjoyed every time you turn on your homes audio visual system.

We get that! It's not about having the loudest amplifier, the biggest speakers or the largest TV available (although they can help).

It's sitting back and being able to melt away, fully immersed in your favourite TV show or music playlist.

That is what makes it all worthwhile.

Your audio visual system is your little piece of joy on earth.

At Harmony Sound & Vision, we get that.

We enjoy great Sound and Vision as well and that's why we take great pleasure in helping you achieve your little piece of joy.

With over a decade of experience and a wealth of knowledge we can help you achieve your own system to enjoy.

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