

Steve St. Pierre's One Minute Confidence ("C") Tip

The C Tip is an insight that will inspire, educate and/or make us think about our lives differently. Give yourself a gift of the next minute to enjoy this message. (If you get something out of it...share it by forwarding to someone you care about.)

May 14th, 2015

*The Traveler's Gift: Seven Decisions that Determine Personal Success - The Fifth Decision (part 2)*ⁱ

Is there room for more happiness in your life? The fifth decision for success argues that happiness is a choice. Happiness is a result of certain thoughts and activities, which bring about a chemical reaction in your body.

One easy way to live a happier life is to laugh for seven seconds each morning. Even in such a short amount of time, the energy and excitement from that action will flow through your body and allow you to start the day with a sense of purpose and enthusiasm. You are alert to the possibilities.

You also create inner happiness when you smile outwardly. Smile in the mirror, smile at others. Use your smile constantly, and smile first. When you display a good attitude, you notify all those in your path what you expect in return, and they will follow your example. When you choose to smile, discouragement, despair, frustration, and fear wither away.

Finally, have a thankful heart. When you are discouraged, compare the condition of your life to those who are less fortunate. "It is impossible for the seeds of depression to take root in a thankful heart."

Choose happiness.

Next week: David meets with Abraham Lincoln to discover the sixth decision.

Quote:

"I do not sing because I am happy; I am happy because I sing!" - *The Traveler's Gift*

Confidently yours,

Steve

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We help create confident futures!

ⁱ *The Traveler's Gift* is written by Andy Andrews, a best-selling novelist and speaker for many organizations. He has spoken for four different United States Presidents and appears on networks such as CNN, Fox News, and MSNBC. He is also the author of *New York Times* best-seller *The Noticer*, as well as *The Heart Mender*, *The Butterfly Effect*, and *The Boy Who Changed the World*. (Nashville, TN: Thomas Nelson, Inc., 2002). Andy Andrews is not affiliated with LPL Financial.

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