



The following is just a taste of the full 7-part mentoring guide that will go on sale next week for only \$1.00

Learn to Be Happier

10 Steps to Contentment

(Great Mentoring Guide #1 - by Geri Weis-Corbley)

Happiness is the currency of life

If happiness is the currency of life -- how hefty is your bank account? How big is your wallet? How much can you afford to give?

\$_____

Does it take a terminal illness for us to begin to appreciate life? For many people, it does.

If you were just told that you had six months to live, name three things in the world right now that you can be really grateful for?

1. _____

2. _____

3. _____

Being *positive* isn't being pollyanna-ish and detached from reality. It is based in reality. Rather than always focusing on the negative, positive people look not only at the trouble but also look at the positive in each situation. Our focus on the strengths and opportunities, coupled with an acceptance of the hardship and negativity, produces a more balanced view that is a truer reality.

The world today gives wider publicity to the negative and therefore we must be diligent to train our focus regularly on the positive.

HUNGRY FOR MORE...

- Do you want to know why too much of a good thing is... NOT so good? - Want to learn the reason that busy moms in one study did not enjoy time with their kids, and how you can avoid the trap?

Hear the answer on the full CD program or in the transcript (coming in late April 2008).

Happiness may be the currency . . . but struggle is essential to our growth

Just as it does us no good to argue with the Law of Gravity, we are only creating unnecessary frustration in our lives if we don't accept the fact that *struggle is a fact of life*.

Give yourself a license to be human

"There are two kinds of people who don't feel painful emotions like disappointment, anger, sadness and envy. The first kind are the psychopaths. The second kind are dead people, so it's a good thing that we experience such emotions." - Tal Ben Shahar

How would your life be different (for you or your family) if you accepted the fact that struggle is a part of life? If you gave yourself and others the permission to be human?

The question is what do we do with these emotions.

When you feel a touch of depression coming on, the first step is to accept it. Then, if appropriate, we can turn to focus on the positive.

What is going well in your life or in the world? Name three things.

1. _____

2. _____

3. _____

Can you think of a way to simplify your life and quiet the cacophony of modern life, which often distracts from the simple

things that could otherwise bring happiness (like making a tent out of blankets with your kids)?

It's Not the Goal that Matters

The purpose of long-term goals is to facilitate the enjoyment of the process. The journey on the way to the goal is made happier when we have our destination clearly in mind.

Goals keep us from feeling aimless. But achieving the goal does not necessarily provide the happiness.

**** Great Mentor Advice **** *Kids today are being taught that outcomes are the only indicators of worth. Only the end is rewarded. But we should also reward the process and encourage the enjoyment of the journey -- including the failures -- along the way.*

Try Happiness Boosters

Making changes is sometimes hard, even if we are trying to become more joyful. For instance, if we are unhappy in our work and want to change careers, but are fearful of drastic steps, we could take small steps that could provide measured happiness in the meantime. (Try a part-time position as a tutor instead of switching to teaching; volunteer or take up a hobby that could give you the "boost" of happiness, before making drastic changes.)

Try to identify 2 ideas that you could implement to boost your happiness levels for an hour or two each week:

1. _____

2. _____

Name a step you will take today or tomorrow to make this happen:

How to Deal With Negative Situations

- The more we identify the positives that actually exist around us, the more the number of nice things actually increases. Like money appreciates in the bank, when we appreciate the good in ourselves or the world around us we will be rewarded with added and expanded happiness (more currency for our bank account).

- With as little as three deep breaths we can reverse a stressful situation. (See this recommended resource in the full eBook)

**** Great Mentors Advice **** *Whenever you reach a red light, take three deep breaths; whenever you arrive to your desk; before every lunch; whenever we pull our car into a parking space (or put the kickstand down on our bicycle.*

- Keeping a gratitude journal can help diffuse the day's stress. Each night list five things (no matter how big, or how small) that you are thankful for.

"Listening to the news or reading the news in the morning, if it is filled with terrorism, hatred, fraud and murder, can potentially start us on a downward spiral. It wires our brains a

certain way. Whereas, if we start the day reading uplifting and inspiring news, like the stories on the Good News Network website, we can start a positive upward spiral that will impact the rest of our day." -Tal Ben Shahar

Note: Tal Ben Shahar was a featured mentor and contributed to this guide through his participation in the Sept. 07 tele-seminar hosted by Geri

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- Learning to **BE HAPPY**
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- Writing and Creating your **DREAMS** from Home
- Discovering Your Hidden **PURPOSE** with a Numerology Reading
- Finding the Gift -- and **WISDOM** -- Within Your Symptoms
- The Best Consumer Tool to **PAY OFF YOUR DEBTS**

**The 7 mentoring guides are
available in the full eBook April 1, 2008**

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