



7 Days To
Supercharged Happiness

Skip Johnson

Contents

7 Days to Supercharged Happiness	3
DAY 1	4
Finding The Gift In Where We Are	4
DAY 2	5
Join Me In “Giving Up”	5
DAY 3	6
4 Secrets of Lucky People	6
DAY 4	7
1 Day of Masterful Living.....	7
DAY 5	8
The 1 Unstoppable Trait We Can All Develop.....	8
DAY 6	9
3 Ways Our Pain Can Become Our Power.....	9
DAY 7	10
Our Conditions Are Always Ideal.....	10
Congratulations!	11
You Did It!.....	11

7 Days to Supercharged Happiness

If you're like me, you're constantly looking for ways to get the most fun and happiness out of the life we've been given. However, as we go through our days with so many challenges, stresses, and with what feels like potential landmines around us, increasing our level of happiness seems like a tiring, lofty and almost unachievable goal. Well, here's some good news: this short booklet is for all of us who are on that journey. I have designed it to be an easy, step-by-step motivational blueprint to be read each day and each evening for one week, with the result being a much greater level of happiness.

These daily writings are a carefully selected collection of my most-shared, most popular inspirational articles. No matter what difficulties, complications or roadblocks occur in your life during this week, you can be guaranteed that each morning and evening (and these life impacting messages will only take two or three minutes to read and absorb daily) you'll be starting and ending each day with uplifting, empowering words that you will find slowly changing the way you feel. You'll feel...Supercharged!

*So now, let's begin our journey to a whole new
way of looking at life...*

Skip Johnson

DAY 1

Finding The Gift In Where We Are

All day, every day, we are making and affirming a choice. It's a choice that shapes just about everything we do, and it's this: whether to spend our hours living out behaviors that reinforces our gratitude and contentment with life—or to spend our time living a life that reinforces our discontentment.

Whether we realize it or not, we may be doing the latter—and it comes with a high price.

In our daily routines, we see how this choice plays out. As we are exercising at the gym, we may think about how badly we wish we looked different. As we are driving, we might daydream about how we wish our partners or friends understood us better. While we are at social gatherings, we often notice how much happier all the other people seem to be. And let's don't even get started on how much more fulfilled and stress-free those people on the magazine covers surely are!

We can lose weight, or get a raise or get great compliments—and those things are all worthy, wonderful events if they happen. But, what about times when they don't happen? We become caught in the trap of wasting precious time and energy hoping that “tomorrow” our lives will certainly be more satisfying and fun and rich. Meanwhile the clock of our life ticks away.

So, here's the incredibly powerful alternative. We can rise up and choose to “find the gift” in our current settings. Even in the most challenging environments, we can find the opportunities that will be life-enhancing. There are chances to inspire others. There are ways to impact people with our skills and talents. There are gifts, reminders and gentle lessons embedded everywhere, but they are hidden in ways that to find them will require us to boldly look through different lenses than we've been using. When we do, we leave the arena of waiting, worrying and dreading, and enter the arena of grateful, unshakable, empowered living.

The recipe is simple. We can start with new, sincere words of encouragement to those whom we know could use them. We can add a healthy dose of consistent gratitude where we may have had the tendency to complain or be cynical. We can mix in smiles and sprinkle in gentle laughter, and presto we've prepared ourselves to start appreciating life as it is. Even if our goal is to later go somewhere else, we will find a whole new level of contentment, joy and growth where we currently are—and it all starts with our choice to...find the gift.

DAY 2

Join Me In “Giving Up”

Want to join me in taking the personal power in our lives to a new level?

Well, starting right now, let's give up.

Yes, let's “give up” the ideas and old beliefs that no longer serve our new vision of success and happiness, and replace them with a new way of life that is rich and incredibly fulfilling—forever.

Let's give up being hostage to the two haunting phantoms of fear and regret, and replace them with an empowering mindset of courage and faith.

Let's give up the bitterness of holding on to our losses, and embrace travel on our new path toward a life of growth, opportunity and making a difference in the lives of others.

Let's give up the heavy weight of anger about things and people that we can't control, and replace it with the light, easy and healing choices of forgiveness, peace and trust in the outcome.

Let's give up actions and words of defeat and hopelessness—even in subtle ways—and instead choose words and deeds of strength and optimism.

Let's give up tension, anxiety and bracing for the next potential ‘catastrophe’, and instead begin to breathe slowly, gently and deeply in the expectation of life's next gift to us.

Let's give up our preconceived notions about the way life “should” be, and look instead at the countless blessings that we've been given—and watch how gratitude can change us and those around us.

Let's give up thinking, talking and acting fearful and small, and instead focus, speak and live in terms of greatness—however we choose to define it.

Let's give up seeing and believing that life is a dreary daily battle, and instead choose to live, laugh and to see it each day as the great game and adventure that it truly is.

Let's make the choice right now to give up all of this... and the world as we know it will never, ever be the same.

DAY 3

4 Secrets of Lucky People

"She's got a green thumb." "Everything he touches turns to gold."

"Man, I've never seen someone so lucky!"

Each of us know people who seem to have the stars constantly aligning for them, yet if we look closer, we'll see there are certain actions they take that make them appear to have the luck of the Irish. Here they are:

Lucky people look for the fun in life. They don't have fun because they have the perfect job or relationship or financial situation, they have fun because they choose to find the fun and goodness in whatever it is they are doing or in wherever they are.

Lucky people celebrate the successes of others. They are constantly looking for—and finding—things that other people are doing well. In fact, the other person may not even notice that they have succeeded, but the lucky person is the first one to find even small successes and point them out. Consequently, the people that have been recognized tend to look for ways to acknowledge and appreciate the lucky person in return, and it becomes a cycle of good.

Lucky people don't complain or draw attention to their mistakes or problems. They take the attitude that more often than not, "nothing's a big deal unless we make it a big deal." By not focusing on their own imperfections or challenges, others don't notice them much either. Therefore the lucky person's successes tend to stand out more and more.

Lucky people are grateful for...everything. Not that everything goes exactly as they want, but lucky people find something to appreciate or learn from within each situation. They speak words of gratitude, write notes and emails of thankfulness, and thus they start finding more to be grateful for and more things seem to end up being exactly what they needed at the exact right time.

Let's look for evidence that we are lucky. Believe it. Notice and appreciate whenever things go right and when good things come our way or for others. Next thing we know, that greener grass of luck may turn into a field of four leaf clovers!

DAY 4

1 Day of Masterful Living

Today, I'll be master of the one thing that I truly have control over— myself.

I won't try to "fix", judge, or convince anyone else, I'll just focus on being the best "me" I can be, and let my life be my lesson.

I'll be generous. I will realize that my kindness will have a ripple effect that reaches further than I can ever know, and it will encourage not only many others, but me as well.

I'll be grateful. I'll use words of thankfulness, gentleness, optimism, and I'll speak poorly of no one or no-thing. I will find something good in every person and in every situation, and I'll live out the fact that I know I have been blessed beyond measure.

I'll live lightly. I will easily shrug off words and actions that normally might offend me and I will realize that those annoyances are now merely steppingstones to a life of courage and self-confidence.

I will rise above my pain. I know that there are bigger plans for me and although I will acknowledge and feel the pain in my life, I'll realize it will lead me to where I ultimately need to be to achieve my life's purpose and to positively impact the people around me.

I'll be a proactive encourager. I won't wait for someone else to set the example, I'll take the lead and begin walking the great path of compassionate, encouraging living.

Today I'll be master of myself –and I will have raised my bar of courage, trust and personal power...forever.

DAY 5

The 1 Unstoppable Trait We Can All Develop

There is one characteristic that can change our world in the same way that it has already changed and empowered countless brave souls through the ages. It can overcome fear, anger, insecurity, anxiety, sadness, grief, disbelief and negativity. It's called persistence.

Persistence can push through the doubts of the single parent who feels discouraged, lonely and misunderstood. It can tear down obstacles in front of sales people and entrepreneurs who believe so passionately in what they are doing—but just haven't yet convinced other people. It can give athletes that little “extra” that takes them to the achievement of their childhood dreams.

Persistence can give strength to a student who is struggling with their grades or battling the stress of getting that degree they have always wanted to have. It can bring courage and hope to caretakers of ill family members and give hope to those going through financial, health or relationship struggles.

No matter what our occupation or our ability or our walk of life, persistence is the common denominator that can change us in a way that makes us unstoppable. Because when we make the choice that there is nothing that can defeat us, then nothing can defeat us. It may take more time. We may have to start over with a project that has taken us years to bring to fruition. We may have to find another route for our journey, or dig deeper into our work than we ever thought possible, but persistence will lead us to where we ultimately need to be.

Thomas Edison said, “Many of life's failures are people who did not realize how close they were to success when they gave up.” Indeed, so often persistence separates not only the good from the great, but the happy from the sad. Those who are willing to try ‘one more time’ tend to find fulfillment and joy and success that they aspired to—because overcome their fears and keep gently pushing the doors of their dreams and aspirations until they open.

Whatever obstacle we face today, let's decide that we will be persistent. In fact, in every situation that we feel the fatigue of potential loss or failure or disappointment starting to weigh us down, let's press on. Our goal is quietly waiting for us, only inches away.

DAY 6

3 Ways Our Pain Can Become Our Power

Those of us who have experienced loss or devastating events in our lives, understand that when the pain comes it feels as if we have been suddenly thrust into a harsh and lonely land with no escape – and in some ways that may be true. But if we can learn to sit bravely and hopefully with our deep hurt, we'll allow lessons to slowly emerge that will transform the pain into powerful traits that become embedded permanently in our lives. These characteristics can not only be healing to us, they can provide encouragement, empowerment and healing to other people around us. Here are three of those qualities we will see become part of our core being as we go through our difficulties:

Patience. It's easy to be patient when life is flowing in the direction we want it to go. But when the tragedy or crisis occurs, all bets are off. We want to run from the pain and get ourselves and our feelings back to "normal" as quickly as possible. Yet it's precisely during these times of crisis that we can realize that the lasting growth and transformation in our souls will occur as we choose to be forbearing, when it seems an almost impossible choice. For the great statesman Ben Franklin to have said, "He who can have patience can have what he will", it must have been clear to him that patience is almost magical in the results it can bring us – but it doesn't come quickly or easily.

Empathy. Our personal pain allows us to go from feelings of sympathy for other people and their challenges, to genuinely and empathetically understanding their sadness. Consequently our ability to be compassionate and make an authentic difference in their lives, dramatically increases. When people deal with their own challenges, we now "get it" and are far better equipped to provide much needed help and strength.

Gratitude. Although we can learn to be thankful when life is going very well, developing the ability to express gratitude even while we are in times of emotional bankruptcy or exhausting stress, will allow us to enter a sacred chamber of appreciation and also builds an unimaginable new foundation of courage, hope, and love. Gratitude changes everything.

If we can open our hearts and souls to the potential that lies within our crisis by learning to calmly, persistently and bravely embrace the pain, the lessons will gradually emerge and take root in a way that couldn't happen by any other route. We can then become part of that elite group who have stayed the course, kept the faith and shared in the powerful, transformative benefits for ourselves and others in our lives.

DAY 7

Our Conditions Are Always Ideal

Not too long ago I met a woman who was a master gardener, whose special skill could teach each of us a powerful life lesson.

She had the unique ability to consistently bring beauty to what seemed like incredibly imperfect conditions. After seeing some of her work, I was amazed. The colors, the plant variety, and the symmetry she incorporated were magnificent. I asked her how she was able to transform such difficult areas into works of art, and she smiled and said, "This may sound crazy, but to me the conditions are always ideal."

I must have looked puzzled, because she quickly smiled and added, "Let me explain: I realized after many years of constantly searching for the 'perfect' places to plant, I was wasting a lot of time, effort and opportunities to use my skills to help things look better--all because the places I found didn't seem 'just right'. Now, I've made the decision that 'just right' is pretty much wherever I go.

In fact, regardless of the conditions, I'll figure out some way to bring beauty and make things better... so I don't waste a thing or a place. Now don't get me wrong, it's not always easy or what some would call perfect. There are places that I'm in that tend to have lots of weeds, lots of poor dirt, and some places that would seem just plain awful to many folks. But I look beyond that, and see that these are just the conditions or circumstances that I've been given.

Once I do that, I simply get to work and trust the outcome. When I have this attitude, I haven't been disappointed with the result yet. In fact, I've actually gotten to the point where I really love the challenge each situation presents me."

Like gardening in difficult areas, many of us may have the tendency to wait for the conditions to be perfect before we really invest ourselves, use our talents, and choose to make a real difference. But instead of looking ahead for something better, let's start today--wherever we are--and choose to see our current conditions as "ideal", and then rise to meet the challenges. It won't always be easy, but our gardens may grow in ways that we never imagined...

Congratulations!

You Did It!

Way to go! You've made it through 7 straight days of starting and finishing your days in a way that will lead you to feeling "Supercharged". If you'd like to really reinforce these new traits and solidify this attitude even more into your life—take tomorrow and start over reading the 7 short essays each morning and evening.

Every time you read one, you'll feel more and more like these encouraging and optimistic words are sinking in and becoming part of "who you are" at the core. The opportunities to "slip up" are all around, but remember that each time you succeed in overcoming a challenge, staying true to your positive goals, and continuing to be the person that you want to be, you're winning "The Great Game", so congratulate yourself!

If you'd like to take your happiness quest to the next level, check out my inspirational book "Grateful for Everything" at:

<http://amzn.to/1FQ3pHS>

Where you can read a sample, read reviews from other readers, or download or order your own copy of the book. You'll find page after page of motivation, encouragement and great ideas on living happily and using the trait of gratitude as a foundation to change your life—and the lives of people around you.

P.S. Remember to go www.facebook.com/skipjohnsonauthor and "Like" the page to get daily inspirational quotes, videos and more motivational articles.