

## 5 Tips to be Happy in 2008

Ways to improve your emotional awareness and have a happier life and:

- Keep a journal - Every now and then through the day, jot down how you are feeling, and why you think you are feeling like that. You might see patterns and activate memories.
- Focus on the feeling not the event - When you feel like blaming somebody, ask yourself whether what they've done justifies the way you're feeling. Then wonder where the feeling really comes from.
- Don't act on anger - Anger has the power to destroy. If you lose your temper, you lose control of your actions. Don't tackle a problem that made you angry until you feel calm.
- Cherish difficult memories – Working on yourself will inevitably activate stuff that you want to let go of. The only way is through: there are no short cuts. Your memories are your map. Let them guide you.
- Don't fear your emotions – You pay money at the cinema to have emotions manufactured for you. Why be so afraid of them at home? Your emotions move you forward in life. Make friends with them.