

# INSTANT HAPPINESS

VOLUME 1

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



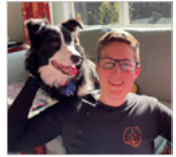
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# Introduction:

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Welcome to Instant Happiness Volume 1.

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 delightfully positive booklet called Instant Happiness Volume 1.

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 1 several times.

Feel free to underline any of the ideas you really like and make a few notes.

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

Eddie Hoskin

**Eddie Hoskin**

**Director**

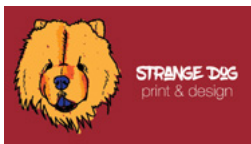
**Strange Dog Print & Design**

**19a Goldfinch Street, Ohakune 4625**

**P: 06 385 9320**

**E: [info@strangedog.design](mailto:info@strangedog.design)**

**W: [www.strangedog.design](http://www.strangedog.design)**



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# The happiness power of a success list:

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A success list is a simple way to create more fun, pleasure and enjoyment in your life.

## Here's how it works:

Get a small pocket notebook. Get into the habit of writing down in this notebook five or more successes that you have each day.

A success is anything that makes you feel good about yourself when it happens. These successes can be things you do or things that happen to you.



The key ingredient is that you felt good about yourself when each success happened.

Examples:

- A success could be something as simple as getting to work on time despite the traffic.
- It could be someone smiling at you.
- A success might be getting positive feedback on something you've done.
- A success could be doing a task you've been putting off, even though you know it does need to be done.
- A success could be meeting with an interesting person who inspires you.
- A success might be taking one small action step toward an important goal.

A success does not have to be earth shattering; however it does have to be something that makes you feel good about yourself when it happened.

### **Here's why a success list can make today such a good day for you:**

In a typical day you will have a lot of different experiences. Some of these you will enjoy and some you may not. Most people usually focus on, talk about and remember the things that happened each day that they didn't like.

I call this 'looking at the BLACK SPOTS in each day'.

Look below this sentence and what do you see?



If you are like most people you will say "I see a Black Spot." (This is quite normal. If you see a piece of paper with a black spot on it; your eye is drawn to the black spot. You tend to ignore the white spaces all around it.)

This is like a typical day for most people. The white spaces are all the successes that happened that day that made them feel good about themselves.

The black spot is something that happened that they didn't like.

### **What do most people remember in a day like this?**

That's right, the black spot.

I'm not saying that black spots don't happen. They do.

What I am suggesting is that you spend a few minutes each day focussing on your successes. Because when you do, you'll feel you've had a good day.

One of the great benefits of having a success list is that you can use it anytime you want to feel a bit more positive. Just pull out your success list and read it for a few minutes.

When you've used a success list for three weeks or more; you will have written down over one hundred successes you've had in this time.

Imagine how good you would feel reading a list like this.

I like to think of a success list as being a bit like a photograph album filled with photos of some of the happiest moments in my life.

Every time I look at the photos, those happy moments and feelings come back.

### **Take Action:**

Get yourself a pocket notebook today. Start writing at least five successes you had each day in this notebook. Notice how you feel after doing this for a week or two.

### Here's what you can learn from a dog about happiness:



When loved ones come home, always run to greet them.

Take naps and stretch before rising.

Run, romp, and play daily.

Thrive on attention and let people touch you.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm and stop when you have had enough.

When you're happy, dance around and wag your entire body.

No matter how often you're scolded, don't buy into the guilt thing and pout ...run right back and make friends.

*"Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it."*  
Groucho Marx

## The 90/10 Rule for happiness:

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The 90/10 rule says that we really have no control over about 10% of what happens to us each day. We cannot stop the car from breaking down. A driver may cut us off in traffic. Someone may be rude to us. We have no control over this 10% of things that happen.

The other 90% is different. We determine the other 90%!

How? By our reaction to what happened.

### **I had a very interesting personal experience with the 90/10 rule:**

It was 4.30pm on a Monday afternoon and I was driving my car on the outskirts of my city.

Suddenly a car pulled across the road right in front of me and I slammed into it.

My bonnet crumpled and I knew my car was now undriveable. I was about to give the driver of the other car a real piece of my mind for being so stupid.

However I decided to solve my damaged car problem first. I used my cell phone and phoned my mechanic and explained my problem.





He phoned a towing company he used and also gave me the phone number of a reputable panel beater.

The panel beater said not to worry, he would sort out everything when my car was towed to his business.

The tow truck driver turned up within fifteen minutes. He told me that he had been to a lot of car crashes and any crash you walked away from was nothing to worry about.

I hadn't thought about that side of things at all. Because I had worn my seatbelt, I was not hurt at all, apart from a stiff neck for a few days.

The panel beater had a replacement car waiting for me when I arrived. In fact life was pretty much back to normal an hour after the crash. My wife was glad to hear I was fine.

I got my car back a few weeks later and the insurance company took care of everything.

I even had a particularly good month of sales!

The key was how I reacted to the situation.

The car pulling across in front of me was something I had no control over.

It was one of the 10% of things that happens. However I could control how I reacted.

And the whole car crash experience in hindsight was not that bad.

### Let's look at another example of the 90/10 rule:

You are having breakfast with your family and one of your daughters spills a cup of coffee over your work clothes just before you leave for work. You snap at your daughter and tell her off for being so clumsy. You get angry and upset because you will now be late for work. So you rush around and change your clothes. Breakfast is now very uncomfortable for the rest of your family because of your temper. You drive to work still angry, and have a generally miserable day where nothing seems to go well.

Let's look at this experience again using the 90/10 rule.

You had no control over the coffee being spilled over you. That's just part of the 10% of things that happen to you. However you can control how you reacted.

### Here is what you might have done:



Coffee splashes over you. Your daughter is about to cry. You gently say "It's OK, you just need to be more careful next time".

Grabbing a towel you rush upstairs. After grabbing a new shirt and your briefcase, you come back down to finish your breakfast.

You make a quick phone call to work and let them know you will be a few minutes late today.

You laugh and joke with your family at breakfast and leave for work. You arrive at work about ten minutes late and cheerfully greet your workmates.

Your day seems to go well.

Notice the difference. Both days started the same, but ended differently.

Why? Because of how you REACTED.

The one thing you and I do have control over is how we react.

And that's the key to this strategy.

Use the 90/10 Rule.

Choose how you will respond today when things happen that are outside your control.

### **Take Action:**

Remember the 90/10 rule.

Choose how you will react today to the 10% of things that you have no control over.

*'It's not what happens to you that determines how far you will go in life ;it is how you handle what happens to you.'*  
Zig Ziglar

## Eliminate the mosquitoes in your life:

In his Book "High Energy Habits" author Bill Ford talks about "Getting rid of the little things that annoy you." I like to think of the little things that annoy you as being like mosquitoes. They are pesky, irritating and drain you of energy you could use far more productively on other things.

### **Here are some of the common little things that annoy many people.**

- A loose or missing button on an article of clothing
- Email backlog
- A dripping tap
- Mould around your bath or shower
- Light bulbs that need replacing
- Things that need to be returned to shops
- No room in filing cabinet
- Drawers that don't close properly
- House not finished
- Garden needing weeding
- Magazines waiting to be read
- And many more.

Often these 'mosquitoes' are some minor annoyance or irritant that that you are tolerating, but are not happy about. Usually you know what to do to fix it, but you have just not yet got around to doing it. Then before you know it, months and sometimes years have passed and the irritant is still there.

So you almost don't notice the dripping tap, the loose door handle, the light bulb that keeps shorting out and more. You just work around them.



When you start to notice these mosquitoes you will see there can be a lot of them.

Bill Ford suggests that you imagine that all of the little jobs around

the house requiring attention have a Post-It note attached: the bills say 'pay me', the magazines say 'read me', the stain says 'clean me', and the papers say 'file me' and so on.

Now imagine that as you move through your home that each note has a naggy whiny voice saying 'me, me, me, me!' The voice are all different but all of them are grating on your nerves. And as you have a cup of coffee, read the paper, get ready for work, some part of you is engaged in saying 'later, later, later, not important enough, no time right now'.

We are so busy that these little things do not seem to justify a high priority. But it takes energy to ignore the mosquitoes and it also reduces our enjoyment of what ever else we are doing at the same time.

### **The wasted five star hotel room:**

Imagine you have just paid a large amount of money to stay in a luxury five star hotel room. The room is magnificent and has every luxury you could possible want.



You lie down to sleep in the superbly comfortable bed and suddenly you hear a mosquito start to buzz. You turn on the light and because the hotel ceiling is so high you can't get the mosquito. It buzzes in your ear all night and you just can't sleep.

The five star hotel room has been wasted and all because of one tiny mosquito. This experience happened to a friend of mine Des Moss and prompted him to write: *"If you don't think small things don't bother you, just try sleeping with a mosquito"*

This experience is exactly what life is like when it is full of these little annoyances.

### **Here's the solution Bill gives:**

1: Take 10 minutes and make a list of all the little things in your life that annoy you. You can even make two lists if you want to. One list can be for work and one list can be for your personal life. Add to each list over time. You will start to notice more and more things that are not quite the way you would like them to be.

2: Pick two easy 'mosquitoes' and deal with them today. By 'easy' I mean items where you know all you need to know in order to fix them and also won't take too long.

These could be things like clean your car, sew on a button, replace a light bulb and so on.

Notice how it feels when you have fixed each of these two little irritations.

Then keep going and pick at least two more 'mosquitoes' for another day.

The momentum will build. Even if you don't get the thing that irritates you fixed make sure you at least write it down.

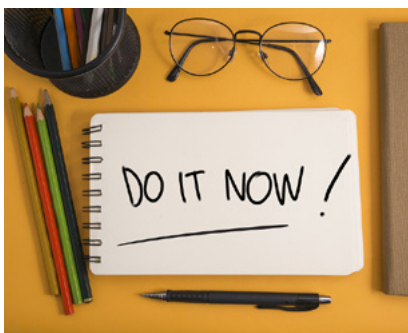
### Example:

I used this strategy myself and in ten minutes I came up with 15 little things that annoyed me around my home. I managed to eliminate three of these pesky irritations that same day. One was an overdue library book I needed to return. I put it in my car and dropped in into the library a few hours later. It was so simple to do, yet I had put it off for a week. I felt so much better after fixing these three annoying little things in my life.

So one way to create more happiness in your life is to get rid of some of the 'mosquitoes' in your life and see how good it feels.

### Take Action:

Make a list of at least 10-20 little things in your life that irritate you in some way. Then take action on two of these things today and notice how you feel.



## How adventure can increase happiness:

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One of the ideas I enjoyed reading recently was this one:

“The person who experiences the most; wins”.

In other words; make sure you have numerous experiences that add to the colour, richness, depth and wisdom of your life. I like to think of these experiences as adventures.

So the question is “What kinds of adventures (or rich experiences) can you engage in throughout this year? Can you travel to exotic or novel places? Can you try new types of food or learn a new language? Can you learn to snowboard or scuba dive or fly? What experiences can you have that will add to the richness and colour of your life?

The way I see it; there are dozens of adventures (big and small) waiting for all of us to try; if we just open our eyes and look for them.

One simple way to add adventure to your life is to travel.



A great travel book to read is called “1,000 places to see before you die”.



The author of this book spent 7 years researching some of the most inspiring places to visit in the world.

(As the book says "The world is like a book; and those who don't travel read only one page.")

You can add micro-adventures to your life as well:

I was reading some interesting thoughts by Robin Sharma in a recent edition of the Sharma Leadership Report.

Robin noted; "When we were kids, much of our happiness came from the fact that we did so many of the things we loved to do. We would skip stones on a lake or make angels in the snow or simply playfully engage in the present moment.

Often, as we age, we stop doing the things that made us so happy in our youth.

We give up that musical instrument that made our soul sing.

Or we stopped playing hockey or going skiing or surfing.

Or we stopped spending quality time with the friends that used to make us laugh so hard we thought our bellies would burst.

By engaging in "micro adventures"- little adventures that you inject into your day - you will restore the passion that you may have lost.

### For Instance:

- Taking an hour to go to your favourite bookstore and browse through your favourite section, might be a microadventure you can engage in today.
- Or trying Vietnamese food (if you have never tasted it before) could be another microadventure you try tonight.
- Or picking up the phone and having a conversation with someone you admire could be another microadventure that you schedule into your day."

### Example:

I love the delightful fun and pleasure of a micro adventure. Some good friends of ours invited my wife and me out for a drive. They picked us up early on a Saturday morning and we drove north. We stopped at an amazing pottery studio and admired some spectacular pots, ornaments and plates.

We then enjoyed a delicious breakfast in a delightful café that was in the middle of a palm nursery. We continued driving and sightseeing for the rest of the day.



We walked down a surf beach where the surf was absolutely 'huge'. We saw multimillion dollar homes in one of the most

spectacular sea side subdivisions I had ever seen. We went down gravel roads that wound down the side of steep hills. We had drinks by the river in a friendly country pub.

Our micro-adventure lasted for over 12 hours and was a complete break from our normal routine. We finished with a late dinner and a bottle of wine and watched the final of a grand slam tennis match on TV. All up it was a great day.

### **Take Action:**

Write down at least 5-10 microadventures that you could experience. Plan to do at least one of them this week.

### **Count your blessings:**

All too often, in the crush of daily life, we fail to notice all the good things in our lives.

We focus on the less than ideal job or the endless time in traffic or on the mountain of bills.

By taking a few minutes out of your busy day to count your blessings, you will bring a sense of perspective to your life that might be missing. Give silent thanks for the great country you live in, your good health and loving family, the fact that you have a roof over your head and food on the dinner table.

Counting your blessings will remind you of the good in your life that most take for granted.



Strange Dog Print & Design  
19a Goldfinch Street, Ohakune 4625  
P: 06 385 9320  
E: [info@strangedog.design](mailto:info@strangedog.design)  
W: [www.strangedog.design](http://www.strangedog.design)

