

Hi All,

Welcome to wonderful December. I hope you have had the ABSOLUTE BEST YEAR OF YOUR LIFE! If unpleasant occurrences that were out of your control handed you lemons, did you have a puckered sour face or did you make the best lemon aid ever? If challenges demonstrated themselves, were you knocked down for the count or did you get up and rise to the occasion creating an opportunity for growth?

“When one door closes, another door opens; but we often look so long and so regretfully upon the closed door that we do not see the ones which open for us.”

- Alexander Graham Bell

“Obstacles cannot crush me. Every obstacle yields to stern resolve”

- Leonardo da Vinci, Artist

“Wherever we look upon this earth, the opportunities take shape within the problems.”

- Nelson Rockefeller, U.S. Vice President

“You have to see every potential roadblock as an opportunity and a benefit.”

- Suze Orman

“Burdens are the foundations of ease and bitter things the forerunners of pleasure.”

- Rumi

Things don't happen by accident. Your thoughts create your reality, so what are you going to think about and do to bring to yourself the reality you desire?

What talent are you withholding from this world? We all have greatness within us. Will you step up and allow your greatness to shine?

“When you fully show up for life, life fully shows up for you.”

- Marianne Williamson

“Courage must come from the soul within; the man must furnish the will to win. So figure it out for yourself, my lad. You were born with all that the great have had.”

- Edgar Guest

So step-up and give back to the world. Do it out of the goodness in your heart and the rewards will be abundant, but in order to

create a better reality, you must overcome the fear and take action.

“In a moment of decision the best thing you can do is the right thing. The worst thing you can do is nothing”.

- *Theodore Roosevelt, 26th President of the United States*

“Anything that is of value in life only multiplies when it is given.”

- *Deepak Chopra*

“Our essential purpose is to become the best version of ourselves.”

- *Matthew Kelly*

“Plan your hours to be productive? Plan your weeks to be educational? Plan your years to be purposeful. Plan your life to be an experience of growth. Plan to change. Plan to grow.”

- *Iyanla Vanzant*

Think great thoughts, do great things, go past the hurt and give until it feels good.

There is greatness inside of you so let it shine, let it shine, let it shine.

I hope these thoughts help you complete your year in a blaze of glory and start your new year reaping the rewards of an abundant and loving universe, on a higher plane with a greater purpose and more time spent in the NOW with an enriched sense of GRATITUDE and LOVE!

I Love you and thank you for all your support in 2009 and look forward to an abundant and joyful 2010. If there is any way that I may be of greater service to you in 2010, please do not hesitate to contact me and let me know.

I encourage all of you to become my friend on Facebook so you can see my regular postings of new articles, important health information and motivational thoughts and videos to help you and your family live a healthier and happier life.

I wish you a Joyful, Loving, Happy and Healthy Holiday Season and a New Year that brings you all your heart desires.

Stern Chiropractic is here to help guide you and your family to an **EXTRAODINARY LIFE** of Love, Joy, Health and Happiness in 2010. Call **NOW** to get your family started on their **EXTRAORDINARY** journey!

Note: During the month of December, Stern Chiropractic will be collecting non-perishable food for the Vernon Township Food Pantry. You can drop your food donations off at our office. Be thankful for what you have, help those in need.

I hope you have enjoyed our newsletter. If you know someone this may help, please share it. This smallest act of sharing can have profound effects for generations to come.

30 Happiness Tips: Program Your Life for Optimum Enjoyment

For many of us, the goal of life isn't ultimate wealth, a massive amount of stuff, or the perfect car. It's happiness, plain and simple.

Some people may be created happier than others, with enjoyment of life programmed into their hardwiring. For others, getting to happiness isn't always that simple. You weren't programmed that way.

But like any programming, yours can be changed. Rewrite your life program to include

as many of the following tips as appeal to you, and the ultimate goal of happiness can be yours. If you've already achieved complete happiness, well done!

1. **Experiment to find out what makes you happy.** Different things make different people happy. If you aren't sure what your hot spots are, experiment. Try different things out. Find out what you enjoy most. The answers just might surprise you. Try a few of the following for starters.
2. **Surround yourself with others who are happy.** If you are around angry, depressed or sad people, it will transfer to you. You can't help it. But if you're around people who are happy, that will also transfer to you. You'll also learn their habits, and learn to react the way they do when something bad happens. Slowly weed out the negative influences on your life and replace them with positive ones.
3. **Count your blessings.** When something bad happens to you, try not to focus on it. Instead, take a minute to count your blessings. Everyone has good things in their lives, whether it is health or loved ones or whatever.
4. **Gratitude sessions.** Along those lines, it is a good practice to have a daily gratitude session. Think about what you have to be thankful for, and silently thank those who have done something good for you in some way. If you have time, take the time to call them or email them to thank them.
5. **Think solutions.** Instead of thinking about problems, move to the next step: how to solve it. When someone says to me, "Oh, this is so hard," or "Oh, I can't seem to do this," or "Man, we don't have any more of that," I just ask them, "Well, what's the solution?" If you develop solution-oriented thinking, you'll be much happier.
6. **Connect with others.** As much as possible, spend time with those you love, and with others who you enjoy. It could be a simple phone call, or a short visit. Or take a day with the person or people you'd like to spend time with. Have a conversation, do things together, be intimate.
7. **Accept things.** We are often unaware of it, but we usually want things or people or ourselves to change. And that's a sure way to lead to unhappiness, because we cannot control the world. We have to accept things as they are, try to understand them, even love them. Including and most especially ourselves: accept who you are, allow yourself to be yourself, try to understand and love yourself. Then do the same with the others in your life.

8. **Take time to savor life.** Instead of rushing from one thing to another, resolve to have less to do each day, less appointments and fewer tasks. Then do each thing slowly, with mindfulness and ease, and try to be present in the moment. And truly enjoy whatever it is you do, from talking to eating to walking to just sitting.
9. **Notice small things.** Along the same lines, try to notice when you feel good, or you're not suffering, or you are tasting something really delicious, or you feel something cold or hot, anything. Noticing the little things will help keep you focused on the present.
10. **Treat yourself.** Take a few minutes each day to give yourself a little treat, whether that's something like chocolate or berries, or a bubble bath, or walking barefoot in the grass, or taking a nap. Whatever it is, treat yourself. You deserve it.
11. **This shall pass.** When bad things happen, and you're having trouble accepting it, think to yourself the same thing the ancients did: "This, too, shall pass." And it will. And you'll survive.
12. **Volunteer.** When you give to others, whether that's money or the stuff you no longer need or your time and love, you become happier. It's true. Take 5 minutes today to call a charity and volunteer to donate some time sometime this month. It will make a big difference in your life.
13. **Follow your passions.** If you do what you love to do, especially for a living, you will be extremely happy. This is one of the best things you can do. If it seems impossible, don't give up. Others have done it and you can too.
14. **Look at your achievements.** Instead of looking at what you haven't done, or what you've failed at, think about what you have done. Many times that's much more than we realize.
15. **Laugh.** Just the simple act of laughing can make you happier. Watch a funny movie, tell jokes, read a book by Douglas Adams or Terry Pratchett, go to humor sites on the Internet. And laugh your head off.
16. **Realize that you deserve it.** You deserve happiness. That simple statement is actually profound for many people, as they don't believe they really deserve to be happy. It's often unconscious. If you feel that within yourself, you need to first realize that you deserve happiness. Repeat it if necessary.
17. **Get into the flow.** There is a state of doing known as Flow, which is when you completely lose yourself in a task and forget about the world around you. It leads to happiness, and productivity. Set yourself up for it by clearing

- distractions, giving yourself a challenging (but accomplishable) task, and making it something that you like doing. Then try to lose yourself in that task.
18. **Have a goal.** Too many goals will lead to ineffectiveness. Try to choose one goal and really focus on it. And work to accomplish it. Goals lead to happiness, if you make progress on them.
 19. **Get inspired.** Take time to read blogs or books or magazine articles about success stories related to what you want to do. It will get you energized.
 20. **Celebrate.** When you do something right, when you accomplish something, when you feel like it, reward yourself. Celebrate. Have fun, and pat yourself on the back.
 21. **Autonomy.** Try to have at least one area in your life where you have autonomy. It's best if this is at work, but if not, find another place, such as a hobby or civic activity. You need to be in control of what you do to be happy.
 22. **Spend time doing something you love.** Make room in your life by eliminating some of the commitments you don't really like doing, and replacing them with something you truly love.
 23. **Show little acts of kindness.** Each day, try to be kind to others in little ways, opening doors, smiling, giving up your place in line.
 24. **Exercise.** Just a short walk or run could lift your spirits and reduce stress. Nothing difficult. Just get outside and move.
 25. **Catch negative thoughts.** Monitor your thoughts. When you catch negative ones, try to think of something good instead. Corny, but it helps.
 26. **Jealousy doesn't help.** Many people obsess about others who are successful or happy. That gets you nowhere, fast. Instead, be happy for them. Then focus on yourself, and what you do right.
 27. **Stop watching and reading news.** Sure, this sounds like a head-in-the-sand suggestion. But really, if you give this a try, you won't miss a thing. And instead, you can focus on reading books and listening to music that lifts you up.
 28. **Learn something new.** It's strange how many of us are afraid to try new things, or admit we don't know something. But learning new skills or new information is one of the most fun things there is to do. Give it a try.
 29. **Check out nature.** Go and watch a sunrise or sunset. Watch the water, whether that's a river or ocean or lake. Watch the stars, or the clouds. Watch animals. Watch people. Watch children. And be inspired by it all.
 30. **Laugh some more.** When you are in the middle of a bad situation, look around you, realize the absurdity of the situation, and just laugh. In a year, no one will

care. In two years, you'll be laughing at this anyway. So laugh now, and be happy now.

Written for Dumb Little Man by Leo Babuata