

How To Be Happy Right Now

Even If You're At The Breaking Point



Jason Jeter

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By Jason Jeter



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Life Never Seems To Go As Planned...

There are few things in life, if any, that are more rewarding than being unconditionally happy. Just imagine, waking up every day and jumping out of bed in a great mood excited for the day ahead and ready for whatever life will bring you that day. That sounds good doesn't it?

But it usually doesn't happen that way at all...

We all have days when we just don't feel happy and there's nothing wrong with that. You've had days like that, right? You might have even tried to make yourself feel better, but no matter what you did it just didn't work.

The problem is really bad when you wake up each and every day and you aren't happy. Maybe you even feel hopeless like nothing will ever go your way? Or you're just sick and tired of feeling sad all the damn time...I used to be this way so I know exactly how you are feeling!

Good news. I'm going to change all of that for you today! I'm going to share with you my top 8 tips to be happy right now and for the rest of your life!

But first, let me tell you something important...

The number one thing I hear from most people who I come across that want to change their lives is "I just want to be happy." Seriously, I hear it all the time! Things like, "if only I was happy." Or "once I have this I'll be happy." I'll tell you right now this is the wrong way to live life.

You must be happy right now! Let me explain...

The very first thing you must understand is that your thoughts are the most important thing in the world. So in order to be happy, all you have to do is... be happy!

Confused? I'll explain.

Our thoughts affect our every behavior, and in turn that behavior affects our every action. One of my favorite all time quotes is by Bruce Lee, "what you think is what you shall become." This is the truest statement I've ever read. I know this because this is the quote I used to transform my life.

Before I found out how important your thoughts are and that they really define who you are, I was the most negative, unhappy person in the world. I would always be telling myself I'll be happy when I get this or that. For example, I would tell myself I'll be happy when I'm making \$5,000 per month. Guess what? I was never happy because while in that state of mind I never made \$5,000 per month. My mistake was that I never made a conscious effort to just be happy right then and there... no matter what my circumstances were.

When I started learning more and more about this, I started implementing it into my life and I made changes so fast it still surprises me to this day! (By the way, I made well over \$5,000 in my first month using what you are about to learn...)

All I did was make a conscious effort to just be happy, no matter what was going on around me. Instead of telling myself that I was unhappy all the time, I just started telling myself that I was happy. And it worked! Sure I had my bad days just like anybody else, but for the most part I was the happiest I had ever been. Just by changing this one thing in my life... my thoughts!

In this day and age it's very easy to become negative. You may already be extremely negative, hopefully not. Now the thing you must understand is that if you aren't happy right now as is, you still won't be happy if you had all your problems in the world solved.

Think about that. I know you are thinking that's a bunch of BS, but it's true. Sure, you may be happy for a short period after, but after a couple of weeks or months you will be just as miserable as you were before.

This may not make sense and that's ok. I couldn't understand this concept for the life of me when I first heard it.

But, you must be happy right now, no matter what is going on around you. Make a conscious effort to be happy right now and watch your life change before your eyes!

By the way, if you would like an exact blueprint that teaches you how to be happy as well as transform your life RIGHT NOW you have to check out my [How to Transform Your Life...Right Now](#) system.

This can be downloaded and you can be learning how to transform your life in no time. It's not only easy to understand, but it explains and solves many seen and unforeseen

reasons as to why you are not happy. And best of all, you can be implementing this in your life by tonight! You can learn more about it by [clicking here](#).

Now onto the tips I promised you. I know sometimes we get stuck and forget how easy it is to be happy, so here's the 8 ways to be happy right now. Some may surprise you!

1. Be Happy

This should be a no brainer, but often goes overlooked. The number one way to be happy is to just be happy! It's your choice how happy you are.

Make a conscious effort to be happy no matter what's going on around you. I guarantee if you focus on just being happy your life will change so quickly you won't believe it.

Instead of telling yourself how unhappy you are, start telling yourself you are happy right now. Your world will change I promise.

2. Be Grateful

Since you are reading this right now, that tells me that you are probably much better off than most people in this world. That may be hard to believe, but just open up a newspaper or go on the internet and you will see how fortunate you really are. I bet your problems don't even pale in comparison to what you read.

Start by writing down everything you are grateful for, no matter how big or small. For example, I'm very grateful for my family and friends, my apartment, car, health, cell phone, computer, bed, etc. How about BEING ALIVE?! You better be grateful for that...I know I am.

No matter what it is write it down and start reading that to yourself every day. You will become more grateful for what you have and you will feel much better.

3. Forgive

Choose forgiveness.

Holding a grudge or being mad at somebody just makes you angrier than you should be. There's really no need to be angry at somebody for what they did. Guess what? They did what they did and it's over with. It's in the past. Forgive them and move on if they hurt you.

You don't have to forget, but always forgive. People make mistakes and holding a grudge or being angry is not a good way to live life. I've been there and by forgiving you lift a huge weight off your shoulders. Try it.

4. Visualization

Visualization is a great tool that you can do wherever you are.

Here's what you do. Sit in a chair with your feet planted on the floor and your back straight. Now close your eyes and become aware of your breathing. Visualize yourself in your happy place, which can be anywhere you want, either real or imagined. That's all there is to it. Do this for 10 minutes and notice how much more happy and relaxed you feel.

5. Laugh Damnit!

Laughter is one of the best ways to make yourself happy. Turn on a comedy or your favorite funny movie and laugh your ass off. I guarantee you will feel better during and after doing that.

Also, it's been scientifically proven that by just smiling you are automatically programming yourself to be happy. Try to laugh and smile as much as possible.

6. Get out of the house.

Get out of the house and go for a walk, or a drive, or run. Whatever it is that can take your mind away from why you are feeling down.

My favorite thing to do when I'm feeling down is get in my car, turn on Pandora (my favorite station is Avicii radio) and go for a drive. Actually this is my go to move when I'm feeling down. And no matter how I'm feeling I do this on a weekly basis, it helps me reflect on what I've done over the past week and what I want to accomplish for the next week.

Put on your favorite music and turn it up real loud and just enjoy the moment. This always works to get me in a better mood and it will for you too.

7. Listen to music.

This goes with the last tip. If you can't go for a drive, just crank up some of your favorite up tempo music and enjoy it.

Music can shift your mind state within moments. Its effect can really be magical. Dig out that CD you haven't listened to in forever (from high school) and jam out!

Nothing gets me feeling better then hearing old music from high school or college. Find that one song that brings back those great memories and put it on full blast!

8. Be Around Other Happy People

This might be the most important tip, and that's why I put it last. Always, save the best for last!

Anyways, have you heard the saying, you are the 5 people you hang out with the most? I never believed it and I kept hanging out with the same negative people for years and I never had any of the success I dreamed of.

I ended up moving out on my own, made new friends who were all successful and boom! That's when I started having my own success.

It's completely true that you are the 5 people you hang out with the most. If you showed me the 5 people you hang out with the most, I could tell you exactly where you are in life. You must have happy, positive, successful people in your social circle. It may be hard at first, but it's worth it in the long run. I promise.

Summing It All Up...

There you have my top 8 tips on how to be happy right now! Put those into use right now and you will no doubt see a change not only in your level of happiness, but in your life in general.

It's not a magical formula, but it will seem like it once you start using it. Everybody is always looking for that magic pill or magic button that will change their life overnight. Sorry to say...it doesn't exist. But this is pretty damn close!

Remember, I've been where you are and I know exactly how you feel. I remember what it feels like to be hopeless and sad day in and day out. That really is no way to live life!

These are just some of the things I used to transform my life and now I'm happier than ever and you can be too by simply following these tips!

But, if you want to make major, lasting changes in your life I recommend you get my [**How To Transform Your Life...Right Now**](#) system. This will give you the exact blueprint on how to not only increase your happiness, but totally transform your life.

It's so easy to understand and implement. And like I said earlier, you can start using this blueprint and its solutions by tonight! This is an excellent resource if you would love to be happier in your daily life and change your life as well.

For more information, [click here to visit the official website](#).

To Your Success,

Jason Jeter