

Why Wait? Be Happy Now!



Happiness Newsletter ~ Brought to you by Dr. Donna Daisy

August 2011

My Message for You

Happiness may be the most sought after experience in the World. Yet,

- **Only 39% of people report being deeply happy.**
- **1 in 10 Americans are now taking drugs to combat depression.**
- **World Health Organization predicts that by the year 2020, Depression will be in the top two medical concerns in the world, second only to cardiac problems.**

I'm Dr. Donna Daisy. In today's fast paced world, all of us face challenging circumstances that threaten our happiness - job loss, financial concerns, health issues, loss of a loved one. My message to you is this:

"The human spirit is an amazing thing. Given the right tools and strategies, each one of us can live a rich, full, satisfying life, regardless of our circumstances."

Hi Everyone,

I'm dedicating this issue of my newsletter to anyone who is retired or has ever thought about retirement. So often people make the decision to retire, but spend less time planning their retirement than they do planning a two-week vacation.



Hopefully, my article *"It Just Keeps Getting Better"* will give you some food for thought. In addition, I would suggest that you

Lecture Topics

- Happier is Healthier!
Why Wait?
Be Happier and Healthier Now!
- Aging With Vitality
- Master Your Stress Before It Masters You
- Mastering Your Mindset in Challenging Times
- How To Create The Retirement Of Your Dreams
- Training the Brain for Success
- How to Increase

check out a book that a friend of mine (also a life coach) recently wrote and published. The name of the book is *The Couple's Retirement Puzzle: 10 Must-Have Conversations for Transitioning to the Second Half of Life* by **Roberta K. Taylor and Dorian Mintzer**. It is available through Amazon.com and I also found it at barnesandnoble.com. She recently sent me a copy and I found it delightful and helpful reading. Have a look!

It Just Keeps Getting Better

Are you thinking about retirement, but afraid of what this "rite of passage" will bring? I can tell you that at the time my husband, Charley, and I first started talking about quitting our jobs and buying a home in Naples, all the stereotypes about aging were keeping me awake at night:

- You'll be sitting somewhere all alone- - hopefully, at least in a rocker.
- Everything about your body falls apart.
- You're not interested in sex anymore (Oh my God!) - - and
- Your mind goes!

This definitely wasn't the way I wanted to spend the rest of my life. So, I started doing some research, and I discovered some very good news! According to **Dr. John Rowe**, Director of the *MacArthur Foundation on Aging*, "**The way people age is mostly a matter of how they live rather than genetics!**", Here's the way it breaks out:

- **30% of the negative characteristics associated with aging are genetic.**
- **70% we can control through lifestyle.**

So what does that mean to us? What research has shown is that there are some very specific strategies used by people who age well:

- 1. They maintain a healthy diet.**
- 2. They exercise regularly.**
- 3. They engage in mental exercise (bridge, Sudoku, crossword puzzles)**
- 4. They are socially active.**
- 5. They have confidence in their ability to roll with the punches.**
- 6. They have a sense of meaning and purpose in their lives.**

It is strategy number six that I found myself thinking most about after losing my husband in 2009.

There is a wonderful story that is told about philosopher **Peter Russell**. When answering machines on telephones were first developed, if you were to call his home, here is the message you would get:

Positivity,
Productivity, and
Profitability
in Your Workplace




Dr. Donna Daisy is available for seminars, workshops and Keynote speeches.


Check Donna's website at www.donnadaisy.com and click on **Meeting Planners** or Contact Donna at **239-403-9506** or by email at drdonna@donnadaisy.com

Check out the **Community Section** of my website, www.donnadaisy.com and my Dr. Donna Daisy facebook page discussion board.

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"Who are you and what do you want? If you think these are frivolous questions, they are not. Most people come into this world and leave it again without having answered either question."

Getting clear about who I am and what I want at this stage of life has been one of my greatest joys in the last few years. I am talking about my priorities – the things that are most important to me now.

I found a lovely poem, "A Life Well Lived" by **Donna Maris**, that asked – and answered – the same question I was wrestling with: "What will be the measure of my life?" Here are some excerpts:

"(When I die) it will not matter what I owned

My wealth, fame, and temporal power will shrivel to irrelevance

*The wins and losses that once seemed so important
will fade away*

It won't matter whether I was clever, beautiful or brilliant

So What will matter? How will my life be valued?

*What will matter is not what I have bought,
but what I have chosen to build*

*What will matter is not what I have received,
but what I have shared with you*

*What will matter is not what I have learned
but what I have taught*

*What will matter is every act of integrity, compassion, courage,
and sacrifice that enriched, empowered, or encouraged others to
emulate from my example*

*What will matter is not my competence,
but my integrity and character*

*What will matter are not my faded memories, but the memories
of those who knew and have loved me*

*Living a life that matters doesn't happen by accident. It's not a
matter of circumstances. It is one made of choice; one of my
own choosing . . . I choose to live a life that matters."*

If you haven't yet given very much thought to what matters most, and the priorities you want to honor in retirement, a good place to start is by asking these questions:

1. What is important to me at this time of my life?



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Daisy
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**Happiness
is a
CHOICE!**

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Be Happy
Now!**



DonnaDaisy.com



**FREE GIFT!!
Let Me Hear
From You!**

As I prepare materials for workshops and articles, I can better address your concerns if I know what is going on in your life.

I would love to hear a response from each of you to this question:

In what area of your life would you most like to change the results you are getting (relationships, career, financial, health, other?)

Please respond by going to my Dr. Donna Daisy facebook page, clicking on

- 2. Are there areas of my life that need my attention?**
- 3. Are there people I want to reconnect with?**
- 4. Is there an interest that I would like to pursue? An adult education class? Volunteer work with my favorite charity?**
- 5. What is important for my well-being and personal growth?**

Write down your top five priorities on a 3 x 5 index card. Place it where you will see it every day to remind you what you have chosen as your top priorities. Place your list on your refrigerator, your bathroom mirror, or make it your screen saver! Then, at the end of the day ask yourself, "*Am I living my priorities?*"

When you are honoring your priorities every day, I can promise you, it just keeps getting better. You will live a life filled with meaning and purpose, and, as Charley and I learned so well when he was ill, you will come to the end of your life with no regrets - - a life well lived.

My Commitment to You

As you know, during my husband, Charles' illness, I made a commitment to share with others the mindset, tools and strategies that literally changed our life, allowed us to rise above our challenges, and live a rich, fulfilling life. I am now able to honor that commitment through my workshops, keynote speeches, my books, magazine and newspaper articles, and social media including LinkedIn, Facebook, Twitter, and my blog site.

Science has found the answers that make happiness and the achievement of our goals (career, weight loss, relationship, financial) within the reach of everyone. You don't have to change your genetics, have perfect circumstances or depend on other people to make you happy and fulfilled.

You can improve your relationships, and increase your health, wealth and happiness level dramatically by practicing daily habits of thoughts and behaviors that support happiness and success. It is these habits and behaviors that I teach in my book, **Why Wait? Be Happy Now!**

Discussion, and then writing your response on the wall. For each person who responds, I will send a free PDF copy of Chapter 1 of my book, *Why Wait? Be Happy Now!*

Just send me an email to donna@donnadaisy.com to let me know you responded and I'll send your PDF by return mail!

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