

# Why Wait? Be Happy Now!

*Happiness Newsletter ~ Brought to you by Dr. Donna Daisy*

## My Message for You

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

- **Less than 30% 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."**

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## Feed The Wolf Called Happiness

Change is a way of life for all of us. Some changes are life altering, such as job loss, the death of a spouse, a divorce, financial disaster, and/or major health problems. We watch old ways of doing things go by the wayside as we make a shift to a new way of life that requires a new mindset and a new way of living. A period of change is a time that we can choose to live from the feelings of fear, lack and competitiveness, or we can tune our hearts to love, and make compassion, gratitude, optimism, kindness, forgiveness, cooperation, and love the foundation from which we make the necessary changes.

Several years ago, when my husband first became ill, and we realized that he would probably not recover, it felt like our world had crashed around us. We were afraid, we were angry, and we felt helpless. It all seemed so unfair. How could this have happened to us? How were we going to regroup and rise above these things that were happening to us? How could we find the joy and the warm feelings that come with great satisfaction with one's life if we were buried in anxiety and depression? In short, how would we ever find happiness again?

They say, "When the student is ready, the teacher will appear." During Charley's illness, and the changes that illness necessitated, we were to have many teachers. One of our teachers came in the form of this parable of the two wolves:

A Cherokee elder was teaching his grandson about life.

"A fight is going on inside me," he said to the boy. It is a terrible fight

between two wolves. One is named Unhappiness; the other is Happiness.

The wolf called Unhappiness is fear, anger, envy, sorrow, self-pity, regret, greed, arrogance, jealousy, hatefulness, guilt, self-doubt, lies and ego.

The one called Happiness is joy, peace, love, hope, humility, serenity, kindness, benevolence, empathy, friendship, compassion, generosity, faith, and truth.

This same fight is going on inside of you, and inside every other person too."

The grandson thought about it for a minute. Then he asked his grandfather,

"Which wolf will win?"

The old chief simply replied . . .

"The one you feed."

As Charley and I discovered, as we faced the challenges presented to us by his illness (including the amputation of his right leg), the transitions are smoother and life remains satisfying and fulfilling when you feed the wolf called Happiness and keep your focus on the good stuff (and there is always good stuff.) We had each other, we had family, we had friends – all good stuff! Here are some strategies we used for feeding the wolf called Happiness:

**1. Be consciously grateful for what you have.** Every morning I walk for an hour with my two golden retrievers, Abby and Kenley. During the first 15 minutes of that walk, I list in my mind the things I am grateful for that particular day. I list different things each day. Just that simple practice gets my day off to such a positive, high energy start. So my suggestion to you is to start a daily gratitude practice. Each morning or evening before bed, think of 3 things you are grateful for and write them down. Remember to list 3 different things each day. Why do we do this? Because it keeps you focused on the things that are still good in your life despite the challenges.

**2. Consciously practice acts of kindness.** Whether you are the giver or the recipient, acts of kindness are uplifting. When I am experiencing low mood, just picking up the phone and calling someone that might be a little lonely, sad or worried probably does more for my spirits than for the person I call. Think about simple acts of kindness you can do for others. Just a simple smile at a harried stranger in the grocery store can be a lovely act of kindness.

**3. Create and nurture positive relationships.** Uplifting friends and family members can be a great source of joy and support, as well as an excellent buffer against stress. A great way to nurture those important relationships is to simply tell them how much you appreciate them.

**4. Practice forgiveness.** When you forgive, you are not condoning the act of the other person. You are just relieving yourself of the burden of anger and resentment, two major sources of stress. In the words of Buddha, "Holding on to anger and resentment are like grasping a hot coal. You intend to throw it at someone else, but you are the one getting burned."

**Donna Daisy, Ph.D.**

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## **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 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](mailto:donna@donnadaisy.com) to let me know you responded and I'll send your PDF by return mail!