

# Why Wait? Be Happy Now!

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

## Message for January

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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## How to Keep Those New Year's Resolutions

It's a new year, and once again, many of us have made one or more New Year's Resolutions. We all know what it's like to have the very best intentions to lose 20 pounds or to improve our relationship with someone important to us. But by the time you read this newsletter, you may have already forgotten those resolutions you made or thrown them in the trash.

Why do so many people make New Year's Resolutions, and then quit the new behavior after just a few weeks? The answer is that we quit doing what we need to be doing (the new behavior) because will-power and persistence, which are controlled by the conscious mind, aren't enough. The conscious mind controls only four to six percent of your long-term behaviors! The other 94 - 96% is controlled by the non-conscious mind beliefs and habits we learned growing up, such as "I'll never lose weight. Everyone in my family is overweight."

## A Strategy for Success

I am excited to share with you some information that will put you on the path to achieving any goal you set for yourself. The best formula that I have discovered for changing behavior long term and getting the result you want is this: **T + F + A = R**. Your thoughts/beliefs (T) plus your feelings and emotions (F) + your actions and behaviors (A) = Results (R). In other words, if you want different results than what you are currently getting in any area of life, you probably need new thoughts and beliefs (T), you need to feel strongly about what we are trying to accomplish (F), and you need to take the necessary action (A.)

Here is the tricky part. Even though we have a lot of will power and are persistent in our efforts at change, it is the non-conscious mind that ultimately determines whether we will stick with the actions and mindsets we take to achieve the new goals we set for ourselves. Limiting beliefs in the non-conscious mind can sabotage every new goal we try to achieve!

Changing long-standing beliefs which are held in the non-conscious mind isn't easy. For one thing, when the goal you are trying to achieve is stretching you to be successful in an area where you have never experienced success, your brain will set off warning bells that create worry, anxiety and self-talk that often returns your mindset and your behavior to the more familiar status-quo. Look what happened to Oprah and Kirstie Alley each time they tried to lose weight!

To change old beliefs that you may hardly know you have, you need to re-wire or reprogram new beliefs into your brain. John Assaraf, contributor to the New York Times best-seller, *The Secret*, and author of *The Answer* uses a computer analogy to explain this process. Your body is the hardware, your brain is the operating system, and your neural networks (beliefs) are the software. Your job is to re-program your software by creating new neural networks – new beliefs that will support the achievement of the goals you want to achieve.

So let's say that you have made a New Year's Resolution to lose 20 pounds, but you have an old belief that says you probably won't be successful losing the weight because everyone in your family is heavy and you won't be any different. You can create new neural pathways through regular practice of new affirmations and beliefs (the "T" part of the formula  $T + F + A = R$ .) and create visualizations of yourself having lost the weight and how it feels to have achieved the goal (the "F" ) These new neural pathways will support the behavior change you need to reach your goal (the "A"). In short, you replace the old beliefs and habits that are causing the undesired results with new habits of thoughts and behavior that are going to support you as you take action to get the results you want.

Using the weight loss example, here are the steps for making New Year Resolutions work and retraining your subconscious mind:

- 1. Determine your goal (the end result you are trying to achieve) and set your intention statement.** An intention statement is simply a statement of fact or belief that is written in a personal, positive present tense form as if the goal were already achieved. You may want to include a time-table as well. For example, "I weigh 130 pounds by June 3, 2011." When writing your intention, you are deliberately controlling the programming of your subconscious.
- 2. State the "why" behind your goal.** Why do you want to do it? For your weight loss goal, the "why" might be, "I feel so much healthier and more attractive weighing 130 pounds."
- 3. Visualize the end result.** When you picture and experience in your mind the end result you want, you are reprogramming or "re-wiring" by displacing the old picture and the old self-image with the new one.
- 4. Feel the emotion (joy or satisfaction) that goes along with achieving the end result you desire.**
- 5. Add the "A" part of the formula  $T + F + A = R$ . Take action.** For example, you might start eating a healthier diet, and develop an exercise program that you are willing to commit to.

This is a simple version of how new beliefs are imprinted. New Year's

Resolutions are kept, and life-changing results are achieved. Note that research has shown that it takes about 15 to 30 minutes a day to change old beliefs to new ones, and, according to scientific research, it takes a minimum of 30 days to break subconscious patterns and establish new neural networks (beliefs)

I have personally used this formula when I decided to write my book, *Wait? Be Happy Now!*, and again in the development of my business. I've researched it, I've lived it, and I can testify that it works. You might be interested to know (as I was) that actor Robin Williams is another of the many fans of this process that is becoming known as the Quantum Transformation Process.

In the up-coming months, I am going to be studying with John Assaraf and some of his colleagues in order to achieve an even deeper mastery of the process. I will share with you, in upcoming newsletters, more and more strategies for achieving the results you want in your life and turning the New Year's Resolutions into reality!

Good luck and Happy New Year!

**Donna Daisy, Ph.D.**

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## Lecture Topics

- Happiness At Any Age and How To Achieve It
  - Aging With Vitality: How To Add Years To Your Life and Life To Your Years
    - Manage Your Stress Before It Manages You
    - Happier Is Healthier. Why Wait? Be Happier – and Healthier – Now!
  - How To Create The Retirement Of Your Dreams
    - How To Find Happiness in Difficult Times
    - Is Your Marriage "Retirement Ready?"
    - How To Increase Your Health – And Wealth – By Increasing Your Happiness.
      - Creating Relationships That Work
  - 15 Minutes A Day To A Happier, Healthier, Wealthier Life
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