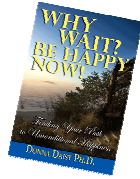


Donna can work with individuals or groups to produce **Lectures, Workshops, Media Productions,** and **Articles** tailored to your needs.

DR. DONNA DAISY
Psychologist · Author · Speaker



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Why Wait? Be Happy Now!



Happiness Newsletter ~ Brought to you by Dr. Donna Daisy

June 2011

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."

Love is a Verb

"The deep sense of connection, worth, and belonging that love provides is as close to heaven as we mortals experience on earth." — Joan Borysenko, Ph.D.

One day, when I said "I love you," the words that came out of my mouth sounded hollow even to me. I was saying, "I love you" to a man that needed a considerable amount of assistance, while at the same time feeling angry and crabby, wanting to get back to whatever project I was working on at the time.

I spent most of that day disgruntled and not particularly happy about anything in my life. I was especially not happy about me. I was disappointed in myself and my self-serving attitude, while at the same time begrudging the time requirements of my role as caregiver. Basically, I felt that I had no control over my life.

Often when experiencing a "dark night of the soul" such as this, I turn to my books. On this particular occasion, I was drawn to a book by James C. Hunter entitled, *The Servant: A Simple Story About the True Essence of Leadership*. As surprising as it may seem in a book about organizational leadership, this chapter was about love. Love, however, was defined as a verb — a love of behavior and choice, not the sentimental feeling that usually comes to mind when we think of the word "love."

As I read this chapter, I realized that just saying, "I love you" or feeling loving during warm, fuzzy moments isn't really what love is all about. It is about our actions, even when we are upset or

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

stressed. The concept that really spoke to me was that while we might not always feel loving toward someone we live with or work with, we can always choose to behave lovingly.

Loving behavior starts with a commitment to empathy, kindness, patience, respect, honesty, and forgiveness. But demonstrating that commitment can be easily jeopardized by the way we communicate. Unfortunately, I have found that when I get “hooked” – angered or frustrated – by the words and/or actions of someone I care about, the communication skills I have spent a lifetime trying to develop can easily go right out the window.

Here are some strategies that can be helpful in taking responsibility for our part in any communication interaction with those we love. You may find, as I have, that old patterns of behavior don’t necessarily change overnight, but we can work toward gradually strengthening communications and behaviors that lead to more peaceful and loving relationships. Tips for putting love into action:

- **Stay focused on what you are trying to achieve when you communicate.** Is your goal to convey peace or aggression?
- **Be a good listener.** Listening carefully to what the other person is trying to communicate can speak volumes about how much you care.
- **Practice the art of “no blame” truth.** Comment on the person’s behavior and how it makes you feel (“When you are late for dinner, I feel discounted and frustrated.”) rather than attack their character (“You’re late again. How can you be so thoughtless?”) Sarcasm and anger on your part can bring others down to the same level.
- **Ask for flowers.** Asking for what you want rather than expecting someone to read your mind goes a long way toward keeping the peace.
- **Sprinkle the tone of your communication with kindness.** People enjoy knowing that they are respected whether at home or at work.

While we all enjoy the warm fuzzy feelings we experience when we think about love, in the end, it is our actions and the way we communicate with the people most important in our lives that puts the meat on the bones of the words, “I love you.”

Cool Tip to Start Your Day!

How To Create Your Ideal Day:

I have found that if I want to have the best day possible, it helps if I take time in the morning to sit quietly and mentally review what I want for each area of my life and how my behavior for the coming day will reflect that desire. Here’s an example of how I might create my day:

Finances: I ask myself, “Are my actions moving toward my financial goals, and am I keeping my expenditures within my budget?” If the answer is no to either question, I will start making adjustments.

Career: I review my goals and the action steps that need to be taken at this time. Then, during the day, I implement those that are appropriate for this day.

Health: I affirm my commitment to eating in a way that will promote my ability to stay at my ideal weight and keep me happy. I commit to doing the daily exercises called for by my exercise program.

Relationships: I do “self-scans” continuously asking myself the questions, “Is my behavior toward my friends and family supportive and loving. Are there actions I need to take today to be a better mother, friend, sister? Am I spending more time with friends and family who fuel my energy and less with those who drain my energy? Are there changes I need to make?”

Personal Growth: I ask myself, “Am I doing something today that will contribute to my ability to love more and learn (grow) more? How am I contributing to others/serving others?”

Spiritual: My spiritual questions to myself are, “Do I have a sense of connectedness to God? Am I keeping words and actions

- 15 Minutes A Day To A Happier, Healthier, Wealthier Life

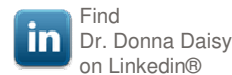
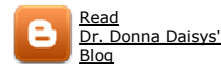
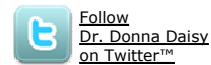
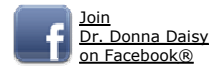


Dr. Donna Daisy is available for seminars, workshops and Keynote speeches.

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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Happiness is a CHOICE!

Why Wait? Be Happy Now!



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FREE GIFT!! Let Me Hear From You!

As I prepare materials for workshops and articles, I can

aligned with my highest self? Am I keeping myself in vibrations of well-being?"

When I have done my mental review of these areas of my life, I am clear about what my ideal day would look like, and what I need to do to create that ideal day, Then, all I have to do is take action! You may have different questions in each life area, but by just giving a little thought to each key life area, you are taking charge of the quality of your day and the quality of your life.

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!**

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 to let me know you responded and I'll send your PDF by return mail!

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