

The Inspiration behind *Happy Habits*: Why I Wrote this Book

By Vicki Morris

Recently I published my first full-length book, *Happy Habits: Energize Your Career and Life in 4 Minutes a Day*. For me, this has been a rewarding and fulfilling experience because I have been trying to find a way to be happier in my career and life for years. And now that I have found a new approach that combines proven energy-raising happiness techniques with a scientific habit-creation methodology I am excited to share it with everyone.

The External Search for a Happiness Solution

I have had my share of ups and downs, both in my career and in my life in general. But, I was constantly looking for happiness outside of myself. I thought I would be happier if I just got a better job, got a new home, moved to a new location, got a promotion so I could manage people and feel empowered. But, I soon realized that a few months after I got what I wanted, I still felt unhappy. What I learned is that looking for happiness in some external person, place or thing in the future is a recipe for a career and life of unhappiness. Unfortunately, I think many people live this way. Yet, I found that nothing can make you feel happier, if you don't know how to cultivate happiness from within.

Reversing the Approach: Pursuing Inward Happiness

With my newfound knowledge that happiness could be pursued from the *inside*, I decided to change my ways. I looked for solutions that started with the individual. I did extensive research on happiness and consulted many studies based on hard facts and research. Eventually, I discovered that the easiest way to improve your life is by changing your daily habits.

Our actions are largely shaped by our habits. Most of these habits are done without any level of consciousness associated with them – think about it: you brush your teeth, have breakfast, commute, and so forth, mostly without applying any mindset towards these actions. That's natural. But we can actually take an inward approach to pursuing happiness by creating mindful habits that allow us to take ourselves out of the monotony – if only just for four minutes per day – to embrace a more positive, energy-raising approach to work and life that has widespread benefits that extend to the rest of the day.

The Responsibility to Share my Findings

I believe that we all have a purpose. When we achieve our greatest possible sense of happiness, we can tap into that purpose and become the best versions of ourselves. For me, the best, most inspiring and

rewarding version of myself is achieved through career coaching. As someone who encourages others to find the career that suits them best and inspires them to share their talents with the world, I believe that it is my personal responsibility to share the Happy Habits system so everyone can pursue the same level of happiness that I have found and that I share with all of my clients to become happy, empowered, grateful, and at ease both at work and in life.

My ultimate goal for this book is to create an approach to happiness that focuses on the individual – because each person is different – and one that is accessible for everyone. That’s why *Happy Habits* is beneficial to all: it takes just four minutes a day, and it doesn’t require any resources that you don’t already have. My system has worked for me and for others, and I know that it can work for you, too.