

The Key Takeaway of *Happy Habits*

By Vicki Morris

My new book, *Happy Habits: Energize Your Career and Life in 4 Minutes a Day* takes a groundbreaking approach to happiness: it uses pre-established daily actions (habits) and builds on them to **cultivate a deep-rooted sense of joy and gratitude that can be achieved in just four minutes per day.**

Why Four Minutes?

The Happy Habits system is based on the proven methodology that if you can include three energy-raising activities in your daily routine and build on pre-existing habits by incorporating a level of consciousness, you can experience a sense of happiness that extends far beyond those four minutes.

Each day, participants complete three different minute-long activities (called “mini energizers”) that transform your daily routine and help you feel a sense of peace, gratitude, and most importantly, happiness. Then, one minute is spent on recording success. It’s a foolproof approach that’s easy for anyone – even those with jam-packed schedules – to do.

How Can Happiness be Created through Habits?

Most people just like I used to make the mistake of looking for happiness in all the wrong places. We think we will be happier if we just get something we are missing – like a new job, a new location, a new home, a new promotion, a new raise, etc.. But, most people find that a few months after you get what you wanted, you are still unhappy. So, we come up with something new we think we need to make us happy and pursue it. But, this is an unhappiness loop.

Ironically, we already have everything we need to find happiness. Happiness cannot be found in an external person, place or thing in the future. You can only be happy in the present and within yourself. Right now, you could begin the journey towards happiness – all you have to do first is to make the choice to get there.

For most of us, the majority of the day is spent on routines and things we do on auto-pilot. We go about our days without thinking about our actions – we’ve learned them as habits and therefore complete them as a means to an end. But happiness is not an “endpoint.” We can cultivate happiness on a recurring basis by incorporating mindfulness to our existing routine and establishing a higher sense of self through energy raisers that require only four minutes per day but last much, much longer in terms of benefits.

Who Will Benefit Most from *Happy Habits*?

The short answer is ANYONE! Every person can find four minutes per day to raise their energy and focus on becoming the best versions of their selves to achieve happiness. Since *Happy Habits* includes energy-raising tips for both career and life, it is especially helpful to people who are going through a career or life transition. The reason I say this is because we spend a great deal of our lives at work, and many of our daily habits revolve around our jobs. If we can approach these habits with positivity and happiness, then we are truly achieving joy from within.

Also, if you are currently out of work or are experiencing some difficulties at work, the stresses of the job search or dealing with workplace issues can be taxing. You need a way to increase your energy, regain your confidence and welcome each day with a sense of hope and possibility. Developing *Happy Habits* helps, because it allows each person to evoke gratitude, joy, awareness, and positivity without disrupting daily responsibilities. *Happy Habits* are beneficial for absolutely everyone, but they're especially helpful for anyone who might need a little boost in career and life.