

7 HABITS OF HAPPINESS YOU CAN BEGIN TODAY

LOOK AROUND.

Find something. Anything that is good about your life and give thanks to God. Maybe you found a pair of socks that match. That's a good start. God loves thanksgiving. He kind of lives there, which is why heaven has a huge "No Whining" sign on the pearly gates. (A lot of people don't know that.) Giving thanks gets the ball rolling in the right direction. There was much to complain about with only a few morsels to feed the thousands but the Master took them, then looked up and gave thanks. You know the rest.

FILL YOURSELF TO THE BRIM WITH GOODNESS.

Have you ever bought a house and ran an open sewer pipe through the window and into the living room? Probably not. That would cause a number of problems, not to mention a distraction at your dinner party. Yet, your life feeds back to you what you put into your mind. Find faith filled and encouraging podcasts and radio to fill up on daily. Listen to audio books and teachings that strengthen you on your way to work and throughout the day. It's hard to be negative when you fill your mind with everything positive.

GIVE.

There is an area in your brain that generates a feeling of pleasure when you give. Scientifically, this area is known as the "Gizmo." In addition, helping someone else gets your mind off of yourself for a few minutes which is actually where a lot of the problem is.

You may not be able to donate millions of dollars to save the starving whales that have been sold into slavery but perhaps you could simply tell someone what a great job they are doing. You could give an unreasonably large tip for the waitress or bring a cup of coffee to a co-worker that is racing the clock.

Giving is fun and, as I've always said, "It is better to give than to receive." Or maybe that's in the bible.

EXPECT IT.

"Oh Lord, please bless me if it be Thy will." That's a nauseating prayer. I'm guessing your kids don't get up in the morning and say, "Please give me some breakfast if it be thy will." For one thing, very few kids speak Old English. Secondly, they expect breakfast to be on the table when they are hungry. That's your job pal.

Kids have other, more important things to deal with like, "Who said what about who." You are expected to provide the necessities like food, clothes, shelter, Xbox, a cell phone and cable. In the same way, God's new covenant has made promises for you that are there for the taking. Find out what they are and expect them to be part of your daily life.

GET OVER IT. GET ABOVE IT.

Yes, what they did to you was rude, wrong, unreasonable, self-centered and maybe even criminal. Maybe one day they will trip and fall into a hole but leave that up to God. Everything gets squared up eventually. In the meantime, just carry on and know that you can't control the way other people act.

Oh, they are still being rude and disrespectful? What if you could get above their behavior so that it doesn't even affect you? What if you didn't even think about it? What freedom would that create? In that case, you could respond to them in love. That's the biblical way. It's also like heaping burning coals on their head. Wait, are we back to vengeance or?

EAT CHOCOLATE.

Now that you have become thankful, filled your mind with what is good, filled your heart with expectancy and gotten free from those horrible people, it's time to eat chocolate. Dark chocolate.

Dark chocolate triggers your blood vessels to relax which lowers blood pressure. And, it contains magnesium which is helpful in fighting depression. That seems almost too good to be true but, as the bible says, "Take upon thyself a break and eat dark chocolate." 1 Confections 8:12.

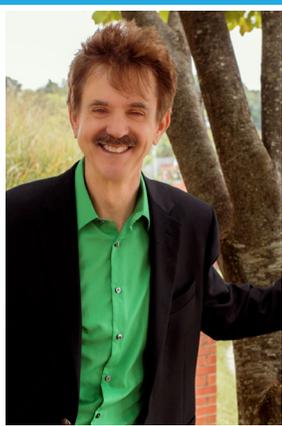
MAKE A PLAN AND GET WITH IT.

There is something about attacking a problem head on. When you stew over your troubles, they swirl around in your head in a never-ending cycle of worry and anxiety. But, you tend to get a sense of excitement from the very first action to defeat it.

God made you to be an overcomer of the whole world through faith in His Son. The enemy of darkness wants you to sit under the circumstance and believe there is no hope. Pray, seek and ask, then, with whatever wisdom you have, get crackin. The Spirit of God will lead you as you go and will give you the ability to climb the steepest mountain of adversity until you reach the High Place where your prayer is fully answered.

TO FIND OUT MORE

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- Watch my video at MattFore.com.
- Ask about my Comedy Devotional book, *The Truth Shall Make You Laugh*



Matt Fore Entertainment

Matt Fore is a Humorist, Writer, Speaker and Comedy Magician who routinely serves as the main stage performer for Corporate, Association and Faith based events around the country as he has for more than twenty-four years. He has performed for Carnival Cruise Lines, The Magic Castle in Hollywood and has appeared on several national TV Shows including The Crook & Chase Show on TNN, Fox Sports and Swan's Place on Odyssey. Matt is a contributor to Success.com, Entrepreneur.com and is the author of two books, "The Five Essential Elements - A Simplified Road to Success," and his very popular comedy devotional "The Truth Shall Make You Laugh. He is a lecturer among his peers in the areas of entertainment, sleight of hand magic and effective marketing. MattFore.com Matt@MattFore.com 423-926-7683