It is always better to...

Choose to be happy!

This is my dog Joia! She is always happy! She is happy when she is awake, she is happy when she is asleep, she is happy when she is eating, she is happy when she is playing with a toilet roll … she is always happy. But then, in her little brain, she doesn't know any different … joy and naivety is just part of her nature. Joia doesn’t have to think about or choose to be happy … but we do! A great man Skip Ross, author and speaker, says it this way … ‘We can choose to happy or we can choose to be unhappy – it is always better, it is always wiser, it is always smarter to choose to be happy!’

Sometimes however, we don’t feel like being happy … do we? Sometimes I feel like being cranky … sometimes I am cranky. How about you? What I have learned is that the mood I am in and the people I interact with will determine outcomes in my life … either fabulous or terrible. The less perceptive would put many outcomes down to luck, but the reality is that you and I start the ball rolling by the mood we choose to be in! Therefore, like our mood, our outcome is our choice!

I always remember the story I heard about a cranky real estate agent who lost a two million dollar sale … and that’s just the one sale that we know about. She probably put it down to bad luck and a global financial crisis … the fact was that it all snowballed from one 30-second interaction with a young shop assistant. She was running late to an appointment, almost had an accident and spilled coffee on herself. In her bad mood she was rude and insulting to a young shop assistant who was just trying to be friendly. The cranky agent didn’t realise that the shop assistant knew who she was and, in fact, was the granddaughter of a man she was about to close a two million dollar sale with that day! After a phone call from the granddaughter, the man cancelled the deal and spread the word around town! The real estate agent lost millions of dollars in sales and commissions all because she made the wrong choice … she chose to be cranky instead of happy!
What choice are you making?
Can you see how incredibly important it is to make better choices about your mood? Make the wrong choice and it could cost you dearly, as the real estate agent discovered. Make the right choice – to be happy – and who knows what blessings will come your way.

I was walking towards the bus stop the other day and I noticed an elderly gentleman waiting for the same bus. As I arrived this gentleman smiled at me and said ‘hello’ – so I smiled back and reciprocated his greeting. He was elderly, walked with a cane and did not seem to be financially abundant … but boy was he happy! He got on the bus, greeted everybody, then sat down and started chatting with some ladies. He was Italian and so I had no idea what he was saying, but the ladies were giggling like school girls!

When the bus arrived at his stop he said good-bye to everyone, thanked the bus driver and got off. As he hobbled, with his cane, down the street he laughed and waved to everyone he met. They looked a little shocked, but all waved and smiled back at him. At that moment I turned to look at the people on the bus … they were watching him intently and all smiling – including me! What a powerful lesson! Who would he have cheered up that day? How many people would he have inspired to smile and make someone else’s day? I know one person for certain!

Choose to be happy and happy you will be!
If you believed your mood influenced stress levels in your body and hence your overall wellbeing, would you more likely choose to be happy? If you believed your mood powerfully impacted; your ability to focus on tasks, your creativity and the results you get, would you more likely choose to be happy? If believed your mood influenced other peoples lives, would you more likely choose to be happy? If you believed your mood would start a chain of events that would lead to a significant outcome for you, would you more likely choose to be happy?

What if the cranky real estate agent, instead of being unhappy, rude and insulting to the young girl was happy, friendly and encouraging … despite the difficult circumstances she had just faced? Is it conceivable that the same young girl could have called her grandfather and said what a lovely person the agent was? Is it then possible to imagine that, in addition to closing that one deal, the man would refer this agent to all his friends? Could that one happy & friendly interaction possibly have led to many more sales and great success for the real estate agent? Do you see what I am saying? Choose to be happy!

‘You can choose to be happy or you can choose to be unhappy - it is always better, it is always wiser, it is always smarter to choose to be ...HAPPY!’ ~ Skip Ross.

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