

# The Happiness Solution Newsletter

November 2007



## Quote of the Month

"Much of our unhappiness is the result of our clinging to the notion that things should be different than they are."

## How Happy Are You?

The following quiz is used with the permission of [www.thehappinessinstitute.com](http://www.thehappinessinstitute.com).

Please read each of the following group of statements and select the one statement in each group that best describes the way you have been feeling for the past week, including today.

1. (a) I feel miserable almost all the time.  
(b) I often feel miserable.  
(c) I usually feel neutral.  
(d) I usually feel pretty good.  
(e) I feel great almost all the time.
  
2. (a) I find life to be boring all the time.  
(b) I'm pretty bored with most aspects of life.  
(c) I find life boring at times but at other times, it interests me.  
(d) I'm interested in most aspects of life.  
(e) I find life and living to be absolutely fascinating.
  
3. (a) I have no direction or life purpose.  
(b) I'm unsure about my life direction and purpose.  
(c) Sometimes I feel like I know my life purpose.

- (d) I'm pretty clear about my life purpose and direction.
  - (e) My life purpose and direction is crystal clear.
- 4.
- (a) I have no energy and feel tired almost all the time.
  - (b) I often feel tired and lethargic.
  - (c) I usually have enough energy to do what I need to do.
  - (d) Most of the time I feel energetic and enthusiastic.
  - (e) I'm bursting with energy and enthusiasm almost all the time.
- 5.
- (a) I'm extremely pessimistic about the future.
  - (b) There are times when I feel pessimistic about the future.
  - (c) I'm not sure about the future, one way or the other.
  - (d) I'm pretty optimistic about the future.
  - (e) I'm extremely optimistic and excited about the future.
- 6.
- (a) I don't have any close friends.
  - (b) I have a few friends but none I really consider close.
  - (c) I have a few good friends and family members with whom I'm close.
  - (d) I have quite a few good friends.
  - (e) I have lots of good friends & feel I easily connect with everyone.
- 7.
- (a) I don't think I have any strengths at all.
  - (b) I'm not sure whether or not I have any strengths.
  - (c) I'm getting to know my strengths.
  - (d) I know my strengths and try to use them when I can.
  - (e) I know exactly what my strengths are and I use them all the time.
- 8.
- (a) I never enjoy myself no matter what I'm doing.
  - (b) I find it difficult to enjoy life in the moment.
  - (c) I try to enjoy life as much as I can.
  - (d) I enjoy myself most of the time.
  - (e) I thoroughly enjoy every moment.
- 9.
- (a) I have absolutely nothing for which to be grateful.
  - (b) There's not much in my life for which I'm grateful.

- (c) I'm grateful for a few things in my life.
  - (d) I have quite a few things in my life for which I'm grateful.
  - (e) I'm extremely grateful for so many things in my life.
10. (a) I've accomplished nothing.
- (b) I've not accomplished much in life.
  - (c) I've accomplished about as much as the average person.
  - (d) I've accomplished more in life than most people.
  - (e) I've accomplished a great deal more in life than most people.

**Score each question** from 1 to 5 where (a) equals 1 and (e) equals 5 (your maximum score, therefore, should be 50).

**If you scored 40 or above** - you're doing extremely well. Keep up the great work.

**If you scored 30-39** - you're doing pretty well but might like to review the questions on which you scored 3 or below and consider how you might improve in these areas.

**If you scored below 29** - you could be much happier!

### Story of the Month

#### "20,000 Moments"

Princeton Professor and Nobel Prize winning scientist, Daniel Kahneman, has said that each day we experience approximately 20,000 moments. Each moment is defined as a few seconds long and has the potential to be experienced in a myriad of ways. Unfortunately, we take most of these moments for granted. We typically don't consider the potential impact of our choices in defining the quality of our moments. For example, if you encounter a person, you can influence what a moment feels like, depending on whether you decide to:

smile  
frown  
ignore the person  
acknowledge the person by name  
give a compliment  
say something critical

The Broadway musical "Rent" began on a side street in New York City. It wasn't even considered Off-Broadway. The overwhelming majority of these Off-Off-Broadway shows have little chance of big time success. But people were deeply touched by the show and word quickly spread. Not only did this rock musical make it to Broadway, it won the Tony and Pulitzer Prize. It was based on Puccini's 1896 opera "La Boheme" and celebrated the zest, courage, and hope of artists and rebels.

The play opened one hundred years after "La Boheme" and was written by the bohemian writer, Jonathan Larson. The author wrote from the heart and tragically died in his twenties on the day of its final dress rehearsal, just before opening night. The show's most magical moments come in an unforgettable song called "Seasons of Love." Here are some of the lyrics:

five hundred twenty five thousand six hundred minutes  
five hundred twenty five thousand moments so dear  
five hundred twenty five thousand six hundred minutes  
how do you measure, measure a year?

in daylights  
in sunsets  
in midnights  
in cups of coffee  
in inches, in miles, in laughter, in strife

in five hundred twenty five thousand six hundred minutes  
how do you measure a year in a life?

how about love?  
how about love?

how about love?  
measure in love...  
seasons of love...  
seasons of love...

Life is a series of moments. You can go through them on automatic pilot or you can experience them with your eyes and ears wide open. You have a choice whether to embrace the moment consciously and vitally or whether to approach it half-baked or half-heartedly. Twenty thousand moments a day to empower yourself and your life or to choose passivity, pessimism, boredom, and lethargy. Twenty thousand moments each day. Phew! That's a lot of responsibility. That's a lot of freedom. Are you up to it? I hope so. Your happiness depends on it.

### Holiday Promotion

I've come up with an idea that may make your life a little easier around the holidays. Tell me who you would like me to send my books to as holiday gifts. I'll sign them to whomever you'd like me to, wrap them in tasteful holiday gift wrap, and mail them directly to the addresses you tell me to. I'll include a gift card stating that the gift was from you. And there is no extra charge for any of this. It's just the regular price of the books. And, as usual, all of the money will be donated to charity. Just e-mail me your special instructions at [drgettis@aol.com](mailto:drgettis@aol.com). Happy Holidays!

### Nutrition Corner

If your mood lowers significantly in the winter, it could be that reduced vitamin D is a factor. Less daylight equals less vitamin D. While the health claims of many vitamins have not been supported by recent research, vitamin D has been shown to be a rising star in the field of nutrition. It is not only for bones and mood. Studies support that it's helpful for boosting muscle strength, may lower the risk of breast and prostate cancer, and may also reduce the risk of diabetes, periodontal disease, arthritis, and multiple sclerosis.

Reinhold Vieth, a professor of nutritional sciences at the University of Toronto, says, "I flat out recommend that people take 1,000 IU a day all the time. There's no downside."

### Closing Thoughts

Thanksgiving is just around the corner. Don't just give lip service to the idea of expressing thanks for your blessings. Having a (gr)eat attitude equals gratitude. Almost every study done on how to feel happier points to the importance of taking time each day to think about who and what you are thankful for. If someone's been there for you no matter what or has helped you out in a jam, call them or tell them to their faces that you are thankful to them and for them. Take a break from thinking about what's wrong with your life and pay attention to all that is right with your life. Your health and happiness will improve by your having this great attitude of gratitude.

I'd like to express my thanks to all of you for subscribing to my newsletter and for supporting charitable contributions by buying my books for yourselves, family, and friends.

## Happy Thanksgiving!

The stories on the website have been updated. Check them out at:

[www.thehappinesssolution.com](http://www.thehappinesssolution.com)

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