

The E-Factor

Progressive Synergy Coaching & Consulting Group

Volume 24

Got Happiness?



The last issue of the E-Factor Newsletter talked about one of Bruce D Schneider's 10 keys to being unreasonably happy – recognizing and accepting your moods and knowing that they will change.

Life is change!

Let's take a look at another one of those keys, described in his recent interview, "How to Be Unreasonably Happy,".

Bruce's fourth key to happiness is to appreciate variety and anticipation.

For most people, variety is truly the spice of life. Many

people complain of boredom and burnout because they do the same things again and again. Changing your life, even slightly, can go a long way to making you happier. After all, life is change, and change is inevitable. Knowing how to make change work for you is a valuable key to happiness. Sign up for a class, explore new interests, meet new people, and pursue your passion. Set a goal and make it happen!

Anticipation, at first, may seem contradictory to "being in the moment," something that's often thought of as being essential for happiness. After all, how can we be in the here and now when we're thinking about the future? There's a line in the song "Anticipation" by

Welcome



Welcome to the E-Factor newsletter. This newsletter is an educational tool to help you get the most from your Energy Leadership assessment and your coaching program.

The "E" in E-Factor represents energy—the energy of success. I hope that by reading these newsletters, the success I'm talking about will be your success.

Sincerely,

Belda R. Villalon

Founder & CEO



Progressive Synergy
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Carly Simon – “We can never know about the days to come, but we think about them anyway...” That’s true for almost everyone – but the way that you think about future events is what separates those who are unreasonably happy.

The anticipation of a future enjoyable event produces anabolic thoughts and feelings, and just knowing something exciting is going to happen can help us experience more happiness. Often, the anticipation is even more enjoyable than the event. It’s important to have things to look forward to, be they events or goals, as we can experience the anticipation in the present moment.

Worry about a future event produces catabolic thoughts and feelings – even if the dreaded outcome never comes

to pass. When you worry, you also experience anticipation in the present moment – but that anticipation is draining and distracting. How much happier could you be if you let go of worry?

Another aspect of “appreciating anticipation” is expectation. When you expect, you’re making a judgment about something occurring in a particular way – you’re attached to the outcome. Anticipating what is to come, while letting go of the expectation of exactly how it will come, is what allows you to be in the here and now while anticipating the future.

You can be unreasonably happy by trying new things, and looking forward, without judgment or expectation to what is to come. Why not try it for this month?

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