



**5 THINGS  
TO GIVE UP  
TO FEEL  
HAPPIER  
RIGHT AWAY**



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# 5 Things to Give Up to Feel Happier Right Away

While some of us may be naturally disposed to feeling more joy and less stress in any given circumstances, I strongly believe that we can train ourselves to feel happier.

In my work as well as in my own life, I have found that these ways of being usually involve letting go of something, rather than adding something.

Here are 5 things I encourage you to consider giving up. I believe that as you do so, you will start to experience more and more space within your mind and heart. Space for ease and happiness to move into.

## 1) Give up the need to be right.

This one piece alone can remove hours of tightness, stress and overall angst to your life. This is where the word “maybe” can become a delicious mental salve. *Maybe you're right, maybe you're not. Either way, it's ok.* Can you let the deep ease of this sink in? Suddenly there is nothing to defend, nothing to fight against nor for. In its place, just rest. As though all of a sudden your nervous system is softly smiling and putting its feet up. Note: you will find many opportunities to practice this.

## 2) Give up the attachment to “perfect.”

The Essence of Perfection can be a tricky task master, potentially leading us away from our actual goal. Better instead to know what true Essence we are yearning for - and do our very best to achieve *that*. If your Essence for this weekend's gathering at your home is Hospitality, keep this in the forefront of your mind as you prepare for your guests' arrival and notice how drastically different that feels than buying into the illusion of needing for everything to be perfect. Same thing for a speech you may have been asked to present. What is its Essence? It is Inspiration? Then go for *that*. This simple re-adjustment will save you lots of pain and re-direct your energy towards what truly matters, which will feel like a delicious relief.

### 3) Give up needing to know the outcome.

There is a fine and important line between visioning and planning for a situation, and being fiercely attached to a specific outcome. Allowing room for Life to surprise us, to add spices and ingredients which we did not even know existed, co-creating with a power bigger than ourselves - that's where so much of the magic lives. Think about a movie: if you already knew what the ending was - and exactly how the hero was going to get there - as you walked into the theater, your level of engagement would be terribly reduced. Feel the momentum, the drive, the invitation. Respond to it authentically. Then watch for Life's next move and respond to *that*. Stop resisting. Stop controlling. Dance. You may enjoy the dance a whole lot more.

### 4) Give up the illusion of "having arrived."

I am pretty sure that we grow, learn, fall and get back up as long as we live. Whether you now have as much money saved as you had worked towards for the last ten years, just gotten married (or divorced) or finally received that degree you worked so hard for, thinking that "this is it," is likely to cause you much unhappiness as soon as you discover that - surprise! - there is another plot twist right around the corner. So celebrate. By all means celebrate. And *then* open up to the next chapter, the one that will remind you that you are still alive and that there is more for you to learn, earn, live - and celebrate.

### 5) Give up the need to be liked by everyone.

When we are babies, we know subconsciously that without the acceptance of our caretakers, our life could end at any moment. As we grow older, we often forget to revisit this agreement and we spend countless hours and large amounts of energy trying to make sure everyone likes us. Which really, is impossible. The sooner you can line up with the reality that "no way is every one going to like you and that's okay," the sooner you will be blissfully happy. Here is a trick to help you: imagine that you know for sure that \_\_\_\_\_ (insert your neighbor's name) does not like you. Nope. Cannot stand you. Not the way you look, not the way you talk and definitely not the way you smell. There is just something about you that rubs

\_\_\_\_\_ the wrong way. *Sit with this.* Really feel it in your mind. Feel the discomfort, feel the urge to want to know why, and feel your yearning to fix it. Then let go. Let go of the effort, and let go of caring. Notice how the sun still shines and the grass still grows. More importantly, notice how you survive. Repeat with a new name each day for a week.

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There you go!

5 small-yet-huge invitations that have the power to transform your inner terrain gently and lastingly. Nothing to add, nothing to learn, nothing to do but remove some needs that have been getting in the way of your true joy.

As always, I would love to know how you are doing.

Laura



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