

HAPPINESS **STARTS** WITH YOU



RESOURCE CHEAT SHEET

The world will be a much better place to live in if everyone is happy. Unfortunately, there are far too many negative things going on around us. It's easy to get lost in the midst of a never-ending parade of challenges, chaos, and misery.

We've compiled this cheat sheet to help you navigate the dark, murky waters of unhappiness. Use this as a reference for when you need guidance on how to create a life of everlasting happiness for you and your loved ones.

Courses

Success: How To Be Successful in Every Area of Your Life

<https://www.udemy.com/how-to-be-successful-in-every-area-of-your-life>)

This short course is jam-packed with information on how you can be successful in business and your personal life. The course instructor, Libby Seery, will help you understand what success really means and how you can measure it. You'll be able to overcome your self-limiting beliefs, so you can finally achieve the success you desire.

A Short Course in Habits and Happiness | Positive Psychology

<https://www.udemy.com/a-short-course-in-habits-and-happiness-positive-psychology>

In this 1-hour video course, BracoPobric will show you 7 secrets to change your habits and become a happier person. For each 'secret,' he gives a corresponding exercise to help ensure you understand the topic at hand. Then finally, he will show you how you can turn these 7 secrets into powerful and life-changing tools.

Discovering Your Path to Happiness - How to Be Happy

<https://www.udemy.com/how-to-be-happy-in-life>

Chris Hall is an expert on Happiness Techniques. In this course, he's going to help you discover your path to happiness. He touches on topics like self-care, relationships, pursuits, and perspectives.

Science of Happiness - The 30 Days Happiness Program

<https://www.udemy.com/science-of-happiness>

If you want to be happy in 30 days, then this is the course for you. Manuel Kraus has created a short but concise course that will help you understand the common myths about happiness. He'll also show you how you can cultivate more positive emotions in your life and how to live with kindness, compassion, and mindfulness.

Books

Success Through A Positive Mental Attitude by Napoleon Hill

<https://www.amazon.com/Success-Through-Positive-Mental-Attitude-ebook/dp/B0030HKYUG>

If you only need to read one book on happiness, this should be it. This best-selling book has been a classic for generations, and the principles the author has written still holds true to this day (and will do so for many more years to come)! This book teaches a simple truth: a positive mental attitude is key to your success in life.

The Pursuit of Happiness: 21 Spiritual Rules to Success by Jennifer O'Neill

<https://www.amazon.com/Pursuit-Happiness-Spiritual-Rules-Success-ebook/dp/B007RGJ07Y>

In this book, Jennifer O'Neill will walk you through the 21 spiritual rules you need to live by if you want to pursue happiness. It's easy enough to read, so you can use it as a daily motivator. For instance, you can read one rule per day and take action, then do the next one the following day, and so on.

Getting Back to Happy: Change Your Thoughts, Change Your Reality, and Turn Your Trials into Triumphs by Marc and Angel Chernoff

<https://www.amazon.com/Getting-Back-Happy-Thoughts-Triumphs-ebook/dp/B07638LL34>

Happiness is a state of mind. If you want to be happy, you have to learn how to control your thoughts. This is what the authors teach in this book: change your daily habits to positive ones and work on improving your thought patterns to turn your life around for the better.

The Power of Your Attitude: 7 Choices for a Happy and Successful Life by Stan Toler

<https://www.amazon.com/Power-Your-Attitude-Choices-Successful-ebook/dp/B01LXJ4G6E>

In this book, Stan Toler will show you that your attitude has the power to steer you towards a happy and successful life. Make thinking positive thoughts a habit, and it will form the foundation of a more positive and happier life.

Websites and Blogs

Tiny Buddha

<https://tinybuddha.com>

Tiny Buddha is more than just a blog about happiness. They also publish great advice on love and relationships, meaning and passion, mindfulness and peace, change and challenges, letting go, healthy habits, and work fulfillment. Bookmark the site in your browser, so you get daily tidbits of positivity.

Zen Habits

<https://zenhabits.net>

If you want to read solid life advice and tips, and don't want to be bothered by pop-ups and ads that litter so many other similar sites, then head on over to Zen Habits. Even the blog's design is zen. Read a few articles, and you'll quickly realize why this is one of the top blogs on all things positivity and happiness.

MindBodyGreen

<https://www.mindbodygreen.com>

This site can get quite overwhelming with the number of articles and posts published. They do cover a wide variety of topics like mindfulness, health, food, movement, beauty, home, parenting, planet, relationships, and lifestyle. It's like your one-stop shop for when you want to read content that will inspire and motivate you.

The Utopian Life

<http://theutopianlife.com>

You could spend hours browsing on the site and not get bored. There's quite literally a ton of good content on happiness, productivity, healthy living, thinking, and positive mindset.

Podcasts

Happier with Gretchen Rubin

<https://gretchenrubin.com/podcasts>

This is one of the most popular podcasts in the happiness and personal well-being space. Gretchen hosts the show with her sister, Elizabeth Craft, and to date, they've published a few hundred podcast episodes. Try listening to a few episodes, and I promise you're going to have a smile on your face the whole day!

TED Radio Hour

<https://www.npr.org/programs/ted-radio-hour>

If you love TED Talks, then you're going to love TED Radio. This podcast started in 2013 and had been downloaded over 300 million times on iTunes! Check it out now and be inspired to create a life of happiness.

Terrible, Thanks For Asking

<https://www.apmpodcasts.org/ttfa>

What do you say when someone asks you how you are? Do you tell them you're fine and you're okay even though you're not? Well, this podcast is going to show you that there's nothing wrong with being honest and telling people how you feel. The host, Nora McInerny, will give you a refreshing perspective on life and happiness.