



Letter no. 1

What Does Happiness Mean to you?



4 February 2023

Hello Fiona,

The secret to making the world a better place is rather simple. Just one principle, easily integrated into everyday actions, will phenomenally and powerfully improve your life. Amazingly this one small concept spreads out in waves from you to everyone else you meet.

It feels good, works instantly, and doesn't cost a penny. The secret to lasting and unending happiness can be yours. All you have to do is follow one simple rule. The golden rule.

The golden rule teaches us that we should treat others in the way we want to be treated.

This philosophy positively extends out into the world but also results in measurable benefits to your mental health and mood.

Generosity and good deeds help to release serotonin, making you feel good, in a phenomenon known as the "helpers high."

**Being kind is a simple and sure path to genuine happiness.**

Acts of altruism benefit those on the receiving end, but they also directly contribute to an improvement in the giver's health and wellbeing. One study in Time Magazine, even showed that gift-giving can increase your lifespan because it helps to reduce stress and makes you feel good!

Being generous is a win-win for everyone and it's as easy as searching your social circle for someone to gift with kindness.

**How can you pay it forward?**

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Random acts of kindness multiply. One positive action snowballs to create goodwill in your neighborhood, your community, and even in the wider world.

The concept of paying it forward has two main components, and they both take courage:

- Firstly, you must **recognize the ways you have been a recipient of good fortune** and then allow gratitude to fill your heart. Be a mirror, reflecting into the world what you wish to receive back. “If you want something, give it.”

Deepak Chopra.

**Your Action Today: Write down the names of people in your life who have been there for you when you needed a boost.**

Sometimes people find it difficult to admit they have received support along the way. Alongside talent and hard work, help from others is a key factor in any individual's success.

That help may have been tough love from a parent, a tender message from a friend, or simply a vote of confidence

**Done! What's next? →**



## **Let Hope Bloom**

You are a rebel and paying it forward is an act of defiance. It's a way to say "I believe in kindness". **You have a choice every day to either give in to negativity or spread a message of love and positive energy instead.**

The neuropsychologist Dr. Rick Hanson writes in his book “Hardwiring Happiness,” that our brains naturally focus on negativity. To be optimistic is a conscious decision. He suggests that you focus on something good for 10–20 seconds, and really absorb and store the experience in your long-term memory.

**Your action today:** Nourish your internal optimism.