

# *A Rising Courage* Creating Happiness

Here are a few tips that help me set the tone, wash out the mud (clear the clutter), and ride onto the happy road that honors me:

- Focus on what makes you happy, brings you joy, and what you have, instead of what you don't have and your problems. Are all these problems really yours?
- Crank it up! Life is musical, it's a matter of listening to your own inner song and turning up the sound of your own inner wisdom. Set the pace for your morning by setting your alarm with music that soothes the soul, brings you to your happy place and is uplifting. I have an entire playlist that changes to keep it interesting.
- Get your face in the wind! If you don't ride motorcycles that's ok, roll down your window, ride your bike, take a walk – find your way of letting go of the worries and shift the direction of your thoughts, feelings, and create new actions.
- Write it down! Reflect on the things that you are grateful for, and why. This includes the stuff you view as bad. An example, I am so grateful for the delays that "A Rising Courage" encountered on our ride to Arizona, because the pauses provided new experiences, time for contemplation with opportunities to meet new people. Now it's your turn – get your write on!
- Define your space! Know what songs/experiences bring you joy and happiness, and welcome more of these experiences into your life. Learn the Boundary Dance! This will help to shield you from the worry and warts of others. The Happy Pad is by invitation only! And you are the host and you are the ride captain.
- Ask for help! You are not alone, and there are times when we all need a little extra support, a kind word, or a hand to pull us out of the mud and NOT into another muddy place. Listen closely, you will know.
- Patience and practice. It takes time to retrain the brain and others from mudslinging, and to develop new habits. I remember the first time I drove stick shift on a hill and had to stop. It took practice to shift and not stall. Now, it's fun. I practiced and now have confidence in myself, and have actually taught others to drive stick!

~ Dolores