



Seven Things That Will Bring You Joy and Happiness

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1. STOP WORRYING

Worrying about what may happen tomorrow will rob you of today's achievements. There is nothing that should make you happier than being alive and healthy. Ninety percent of the consequences of what you worry about never materializes anyway.

2. FEEL GOOD ABOUT YOURSELF AND THOSE AROUND YOU

A positive attitude and self-esteem do not grow on trees or suddenly appear, A positive attitude and personal self esteem occurs in your mind and grows in your mind as a result of planting positive seeds, thoughts and small achievements. A single, small spark of success ignites one raging fire of enthusiasm.

3. BE WILLING TO LET GO

Be willing to let go of your past, including past choices and past experiences that did not turn out so good. Immerse yourself into the many opportunities that come your way every day. Be aware of them and embrace them. Understand that you are in possession of all the tools you need to succeed at anything you set your mind to. These tools have always been there. They are still there waiting for you to seize them.

4. EMBRACE PEOPLE AND YOUR POTENTIAL

Every day you are around people or you are working with people. Have faith in others as well as yourself and expect the best from yourself and them, even though many may have let you down in the past. Believe in others and their potential. Always greet people with a big smile. It is the most important thing you put on every day. Your smile is your signature. Your smile will attract many people and relationships to you and will ensure positive thoughts entering your mind. Your smile is perhaps your greatest and most valuable asset you have.

5. GOALS ARE THE COMMON DENOMINATOR OF SUCCESS.

Unless you are willing to write down your goals in RED, absolutely commit to those goals and have faith that you will attain those goals the chances are you will not attain those goals. If you are not willing to share your goals with someone that is close to you and believes in you the chances are you will not attain those goals. If you are not willing to do whatever it takes to attain your goals you will not attain them. You will absolutely increase the chances of attaining your goals by 200% by writing your goals on your bathroom mirror in RED lipstick. PLEASE DON'T LAUGH AT ME HERE – JUST DO IT AND LET ME KNOW IT'S TRUE!

6. BE GRATEFUL.

I believe the “Law of Gratitude.” is the most important law of all. I believe that every other law or should I say principal is subject to the “Law of Gratitude.” The very first thing we do when we pray is to give thanks. I often ask myself what am I thankful for? I am thankful for everything that I have had, everything I have now and everything that I will surely get in the future. I am grateful for every choice I have made in my lifetime, every relationship I have had and every experience I have enjoyed or maybe not enjoyed. I am grateful for the good and the not so good results of my choices and my experiences and why is that? I am after 61 years on this earth the result of those good and not so good choices and experiences. Being grateful for everything is the seed of joy and happiness in your life if you can honestly say, “I have grown from them.”

7. GIVE BACK

Yes indeed, give back! Don't wait for opportunities to serve someone else. Get out there and find someone whose life you can enrich. Visit the elderly, the sick and those that are less fortunate than you. No matter how sick you may be or how poor you may be. Give the most valuable asset you possess to those you love and those in need of love. The most valuable asset you can give another person is your time. If you have substance, share with those in need even if it is just a quarter. I remember I was in line at a grocery store and there was an oriental lady at the register, she had three beautiful children with her. She was a quarter short on paying her bill. I gave her the quarter she needed. She looked back at me as she left the register and she was quite taken and emotional as she said to her little children, “That is a very nice man.” It was only a quarter but look at the experience and what came of it. When she said that to her children it made me feel good and I would have certainly contributed more if she was in need of it.