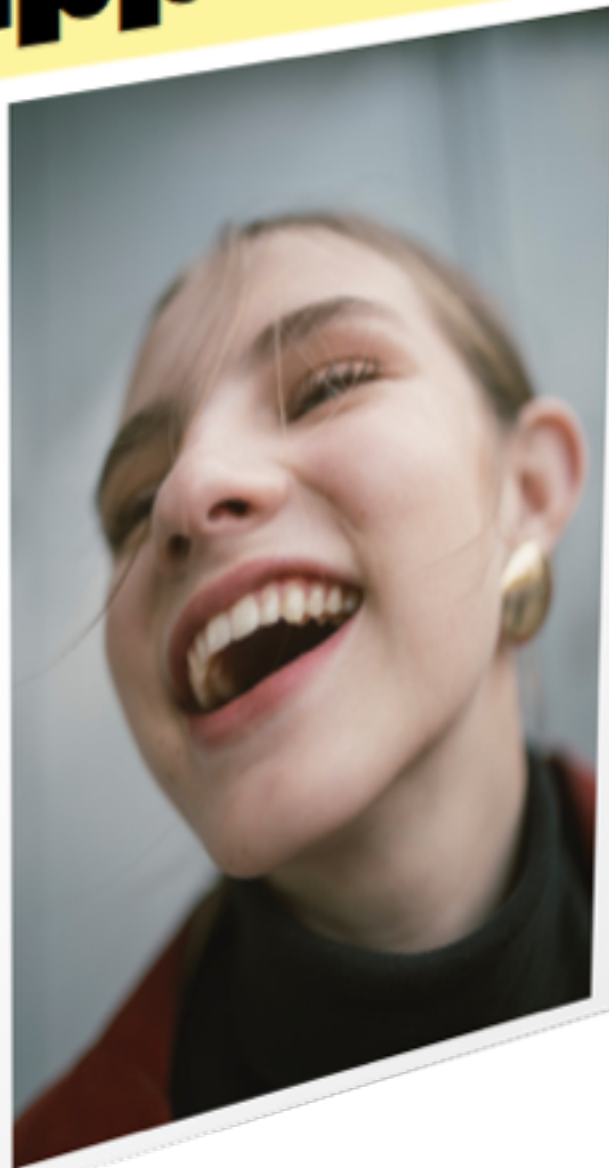


The 3 Secrets of Happiness

Uncover
the Simple
Formula to
Finding
Happiness
that Lasts!

by Kris Kemp



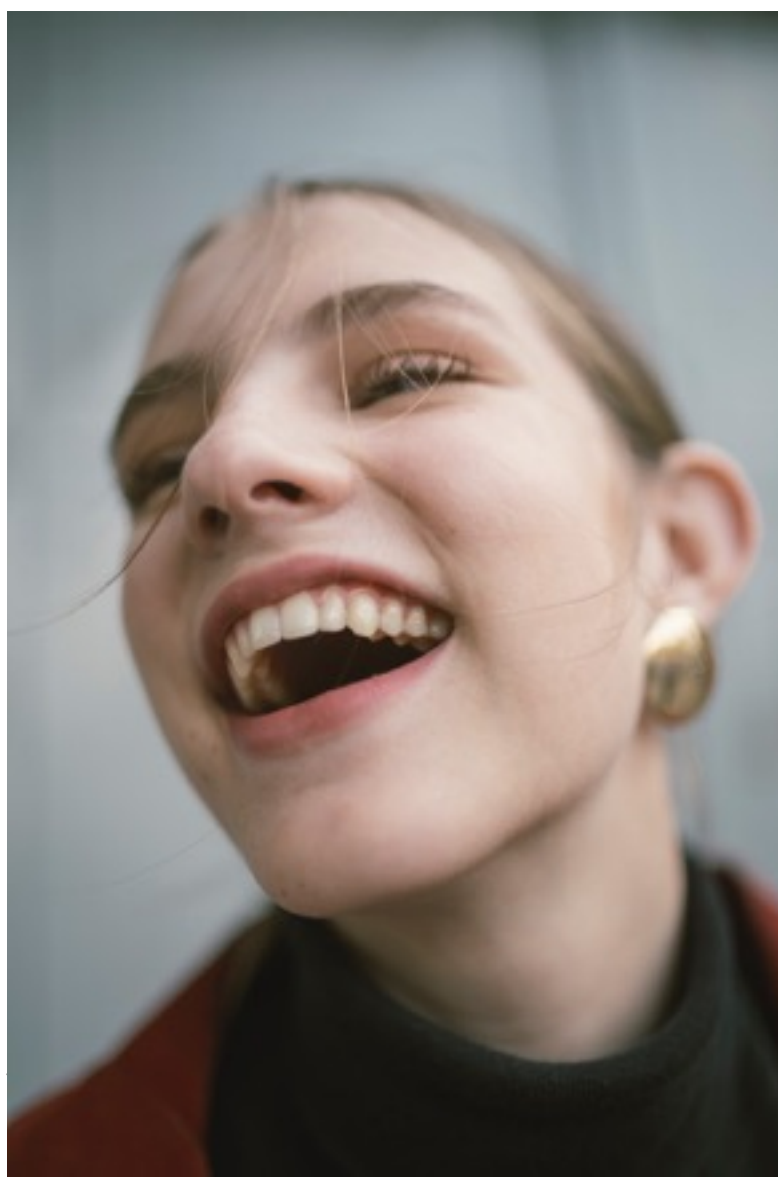
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The 3 Secrets of Happiness

Uncover the simple formula to finding happiness that lasts!



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The 3 Secrets of Happiness

Uncover the Simple Formula to Finding Happiness that Lasts!

by Kris Kemp

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About the ebook

You are about to discover the 3 secrets of happiness.

You are about to discover the simple formula to finding happiness that lasts.

You are about to discover “how you can be happy”.

This discovery is both simple and profound.

Simple because it's been in front of you all along.

Profound because it can be profoundly life changing once you step in to it and act on it.

Onward!

About the Author



Kris Kemp is a writer, musician, photographer, traveler, real estate investor, and creative entrepreneur. His writings include 19 ebooks, 5 screenplays, 2 musicals, a novel, and hundreds of blog posts and email sequences. Although he has a variety of interests, they share the common theme of freedom—travel/location freedom, time freedom, financial freedom, health freedom, creative freedom.

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You can be Happy

Happiness.

Is it possible to find?

Everyone seems to be searching for it.

How does one find happiness, and continue to find happiness in life?

Can happiness be preserved, enabling us to open it like a jar of jam?

Or, does it remain elusive, something that comes and goes, like the wind?

I believe that anyone can find happiness.

You can be happy.

I'm happy, and there's a few things that I incorporate in my life that keep me happy. I'll be sharing them with you here.

I believe that Tony Robbins, the Life Coach, has a good point when he says: "Progress equals happiness."

I find that when I am continually moving forward, making progress, in the direction of my dreams, that I am happy.

You can be happy.

It's easy when you discover, and apply, the 3 secrets of happiness.

The 3 Secrets of Happiness

Here are the 3 secrets to happiness that can change your life.

1. Always have something in life to look forward to.
2. Don't expect the sun to rise and set on anyone else's shoulders.
3. Understand that everyone's chasing a feeling.

I will explain these principles in the pages that follow.



The First Secret of Happiness

The first secret of happiness is ...

Always have something in life to look forward to.

Always have something in life to look forward to

One way to be happy is to have something in life to look forward to.

It is that hope, that positive expectation, that "looking forward to" that is one of the secrets of happiness.



This could be a number of things ...

1. Meeting a friend for dinner
2. Watching your favorite show on Hulu, Amazon, NetFlix or any of the other streaming channels like Disney+, HBO
3. Finding your favorite obscure movie on a streaming media channel like Tubi, FilmRise, Dust, Vudu, or Crackle
4. Planning your next travel adventure
5. Finding out what happens next in that novel you're reading
6. Going to church
7. Having the thrift store to yourself on your day off
8. Getting last minute and free tickets with [EventBrite.com](https://www.EventBrite.com) to see one of your favorite deejays, then hitting the dance floor with genuine happiness, and seeing your best friend nearby!
9. A day off of work.
10. Taking that "special someone" on the first date.

Whatever it is, you need to have "something in life" you look forward to doing, something that "gets you excited" when you think about doing it. It is that anticipation that will help you to be happy. Even if your current situation is miserable, that thought of "something you're looking forward to doing" is what will keep a smile on your face.

One of the key secrets of happiness is this: Having something in life to look forward to doing.

Doing = action

Even if that “action” is sitting in front of a smart TV or eating, it is, technically, still doing something.

Always have something in life to look forward to, and this will put you in a positive state.

Once you’re in a positive state, you’ll see things in a different way because things will be in a different way.

When you change your energy, the energy around you changes as well.

So remember, always have something in life to look forward to.

Please note: It’s easy to replace “something in life to look forward to” with “someone in life to look forward to”.

In doing this, two things are happening ...

1. We’re refusing to take responsibility for our own happiness.
2. Putting our happiness on the shoulders of someone else, might put a burden on them, one that they may feel they should not have to bear. This may lead to resentment.

Imagine the places you are excited to travel to ...





Action Plan

I want you to do something, right now.

Are you sad, depressed, irritated, annoyed, frustrated, worried?

If you feel this way, I want you to get a sheet of paper, or you can open a text file on your computer or phone, and type in why you feel “sad” or why you feel “depressed” or why you feel any-of-these-other-emotions.

Once you’ve written this down, make a few dashes, then write what you’re going to do about “that feeling”, what action you will take to remedy, to change, this feeling, this situation.

Now that you’ve written down the “feeling” and “what you’re going to do about it”, I want you to fold up the piece of paper, or save and close the text file, and forget about it.

Take a deep breath. Relax.

Think about something that you are looking forward to doing. If you have nothing in life that you are looking forward to doing, plan something you would like to do.

Think about that how you will feel when you’re doing that fun activity.

Whatever that activity is, imagine how good and how fun it will feel to be in that moment.

Allow that feeling to wash over your entire body.

The Second Secret of Happiness

The second secret of happiness is ...

Don't expect the sun to rise and set on anyone else's shoulders.

Don't expect the sun to rise and set on anyone else's shoulders.

You are responsible for your own happiness.

If you are unhappy, ask yourself if you are reacting to people, places, and situations around you. If so, change your proximity to them, change your reaction to them, or do both of these actions.

Don't expect the sun to rise and set on anyone else's shoulders. If you do, you're likely to end up disappointed or disillusioned or both.

Media, particularly movies, have led us to believe that all our problems will be fixed when we meet "the one".

Some of you are laughing.

Maybe you've experienced this personally.

You met "the one".

You met that perfect guy — smart, handsome, in great shape, a good family, well-educated, in line to work a 6-figure job at well-known tech company.

You dated, fell in love, and eventually got married. It was great, the wedding, the honeymoon, purchasing your first place together.

But now, it's 20 years later. That guys 6-pack has turned into a keg.

And that thick hair he kept well-groomed and clean and good-smelling, that you loved running your fingers through? Well, it went South for the Winter. It's been a long Winter, and it's not coming back.

And the job? The company he was working at (he even moved up to Vice President) went bankrupt. Since then, he's been working juggling two jobs: part-time teacher at the local community college and part-time Home Depot worker. You're embarrassed. (No offense to Home Depot workers.)

It's not all bad, though. You've got two lovely kids, and you do love him, but the fire's gone out.

Things have changed.

He's turned into a stranger.

You've changed, too.

Expectations came and went.

You feel stuck.

You're bored.

And it's all his fault!

To further complicate things, there's this new guy at your job who's been flirting with you. He's in his late twenties. You've been going to lunch together.

He wants more.

You appreciate the attention but he wants to meet outside of work.

You're tempted, by the fruit of another. (Note to Eve: Don't eat the fruit.)

(Don't do it. Don't cheat. Run. A short fling ain't worth the 20-year investment of marriage and your children. Don't hurt your family. Don't hurt your kids. Be responsible.)

But you feel so special when he gives you attention!

Oh, those feelings!

This is why people cheat.

Because it adds an element of danger, it adds excitement into their life.

It prevents boredom.

And most people will do anything to prevent boredom.

Why?

Because most people, I would venture to say almost everyone, is chasing a feeling.

Love is a commitment, not a feeling.

Carrie Cutlip

And this—chasing a feeling—when it's done in an illegitimate fashion, such as cheating, will lead to someone getting hurt.

I'm going to tell you something that you might not want to hear.

But what you want and what you need are two different things.

It's your fault.

Feel stuck?

It's your fault.

Quit blaming your husband.

Quit blaming your boyfriend.

Quit blaming her.

Quit blaming your wife.

Quit blaming your girlfriend.

Quit blaming her.

Quit blaming them.

Quit blaming other people.

It's not them. It's you.

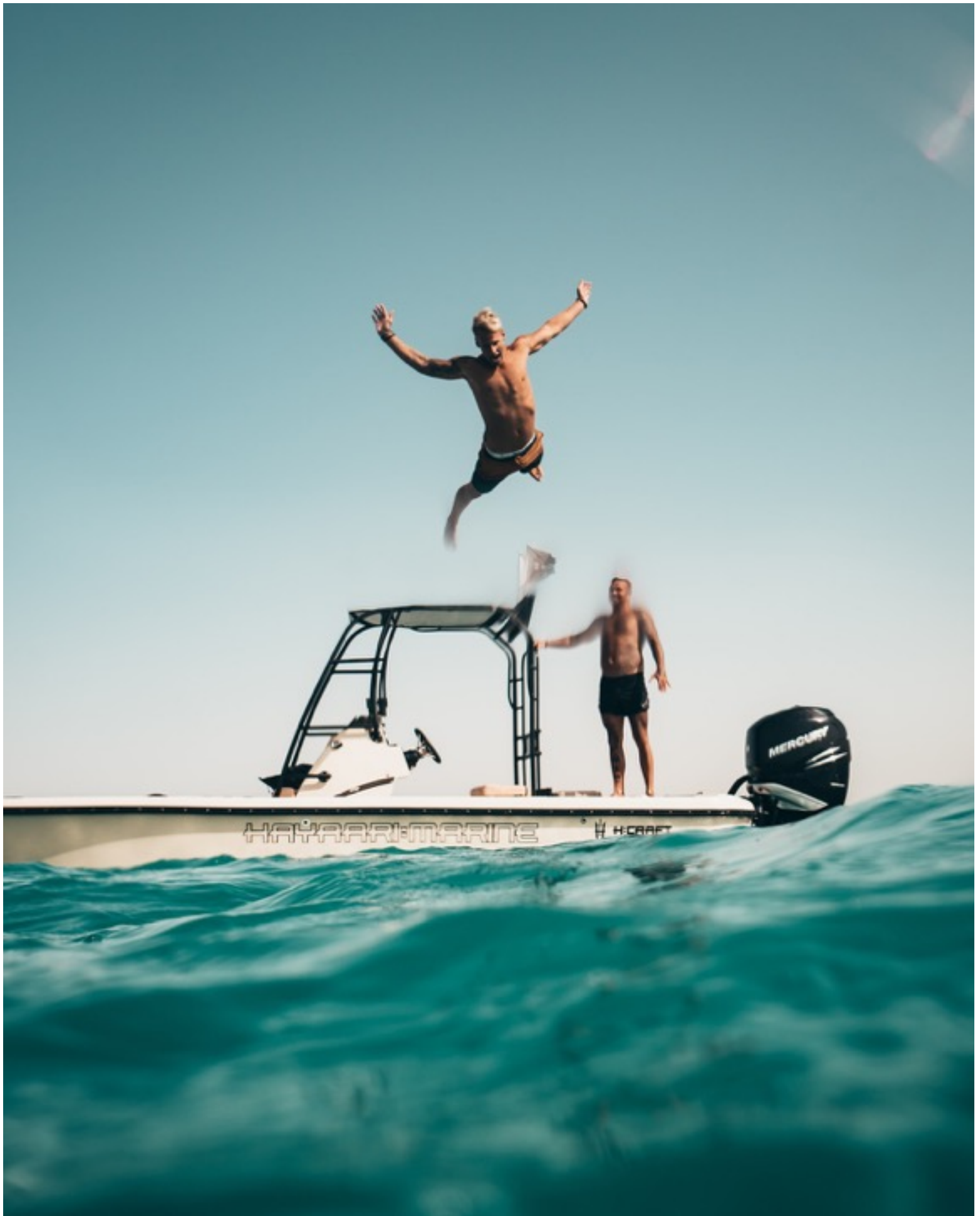
Change yourself.

If you try to change other people, you are still bringing your "same self" to the environment, to the situation, and you are likely to attract the "same type of person".

Think about it.

Change yourself. Change yourself, first.

Change yourself, and the entire world will change around you.



Take action. Action eliminates fear.

Action eliminates fear.

Action eliminates fear.

Carrie Cutlip

Do one new thing—one new action step—that will bring happiness into your life.

Quit depending on that person, place, or thing to make you happy.

Only you can make you happy.

Remember, the sun doesn't rise and set on any one else's shoulders except your own.

Quit expecting other people to bring you happiness.

Expectations are premeditated resentments.

What about standards? Can you have standards?

Yes.

Raise your standards for yourself, before you raise them for anyone else.

The combination of taking action and raising the standards for yourself will bring happiness into your life.

Remember: Don't expect the sun to rise and set on anyone else's shoulders (except your own).

Action Plan

Don't expect the sun to rise and set on anyone else's shoulders.

You are responsible for your own happiness.

If you are unhappy, ask yourself if you are reacting to people, places, and situations around you. If so, change your proximity to them, change your reaction to them, or do both of these actions.

Action plan

1. Identify what makes you happy, and what brings you happiness, and move in that direction.

2. Give yourself permission to be happy.

If you have experience difficulty in "giving yourself permission to be happy", you might be "so used to being unhappy" that that state (of being unhappy) has become comfortable and familiar to you. If that is the state of your current situation, then you need to become uncomfortable, in order to become happy.

3. Know who you are. Then, find someone to help you celebrate that.

**Know who you are. Then, find someone
to help you celebrate that.**

Ana Torlen (artist)

4. Know who you want to become. Then, find people, places, situations that can help you get there.

5. Become conscious of what you are reacting to. Are you reacting to people, places, situations that are making you angry, sad, frustrated? That are out of your control? If so, you need to refocus on what makes you happy. Once you do this, it will be easier for you to put your emotions into what makes you happy.

Don't expect the sun to rise and set on anyone else's shoulders.

You are responsible for your own happiness.

If we do get caught up in the belief that another person can make us happy, it's likely that we are being emotional rather than logical.

This leads us to number 3 on our list, which underscores the importance of feeding our emotional hunger.



The Third Secret of Happiness

The third secrets of happiness is ...

Understand that everyone's chasing a feeling.

Understand that everyone's chasing a feeling.

Everyone's chasing a feeling.

Knowing this, you can understand that feelings fluctuate and, because of that, you might not always feel happy.

For these moments, give yourself permission to feel unhappy.

No worries. No problems.

Feelings fluctuate. They come and go.



These unhappy feelings, like little birds, will fly away, into the forest, to search for food, because these little birds are chasing a feeling to, a feeling of fullness they get when they eat something delicious.

The same feelings you get when you're drinking your favorite beverage, snacking on your favorite snack, when you see the mile-meter switching to 3 miles on the treadmill odometer at the gym.

Hollywood, movies, smart TVs, the entertainment industry, knows this: that everyone is chasing a feeling. They rake in billions of dollars giving people a feeling ... of excitement, sorrow, laughter, tension, and more.

The job of a good screenplay is to elicit a feeling. A well-written screenplay, if turned into a well-made, well-produced movie, will elicit feelings. This is what we pay for when we go to the movies: feelings. Thus the phrase "that movie took me on an emotional rollercoaster".

Hollywood is in the business of selling you a fantasy.

Why?



Because this is how they make their money.

Everyone's chasing a feeling.

And Hollywood knows this.

This is the reason we pay \$12 - \$15 bucks a month for NetFlix, Amazon, Hulu, or Disney+, and other streaming media, because, watching it gives us a feeling.

What does this have to do with you?

Everyone's chasing a feeling.

Use this to your advantage.

How?

By giving them that feeling.

Identify "the carrot" that they are chasing.

Determine the feeling they will get when they get the carrot.

Give them that feeling.

Now, let's go a bit deeper.

No one cares about the carrot.

They care about the feeling they will get once they get it.

This is the difference between "means values" and "ends values".

If you ask a woman what she wants in a guy, the typical response might be "tall, dark, and handsome".

Let's go further with this.





Ask the same woman: “How will it make you feel when you’re with a guy who’s tall, dark, and handsome?”

I’ve done this many times and the answers are usually the same.

“If he’s tall,” the girl explains, “it makes me feel safe, so I feel safe.”

“If he’s dark, there’s a sense of mystery to him, and it’s exciting, because it’s like he’s a puzzle that I have to solve.”

“If he’s handsome, it makes me feel pretty.”

At this point, I ask them: “How does it make you feel pretty if your guy is handsome.”

She pauses, searching for the right words, then slowly reveals the answer.

“It makes me feel ... like I’ve been chosen, like I’m special.”

Here, the means-values are “tall, dark, handsome”.

The ends-values are “safe, mysterious (exciting), special (chosen)”.

What’s interesting is that the means-values reflect his physical appearance, his persona, his character.

The ends-values reflect the way that she feels.

She, like most people, is chasing a feeling.

Have you ever seen a beautiful woman and their with an average-looking guy?

You’re probably thinking, “What is she doing with him?

He must have a lot of money, or be a producer promising to put her in a starring role.”

Perhaps he does have a lot of money or he is a producer. Then again, maybe it’s none of these.

Maybe he gives her the ends-values she is looking for.

Despite the fact that he is not “tall, dark, handsome”, he makes her feel “safe, mysterious (exciting), special”.

How? Maybe he knows karate (tall/safe), works a secretive military job (dark/ mysterious/exciting), makes her feel special (handsome/special)

Where am I going with this?

Everyone is chasing a feeling.

Understand this.

Feelings fluctuate.

Feelings come and go.

Understand that those feelings are not permanent.

Don't make permanent decisions based on impermanent feelings.

Everyone is chasing a feeling.



Action Plan

Everyone is chasing a feeling.

So, understand that you may not be happy all the time.

Give yourself permission to be unhappy.

When that unhappiness, that itch, that restlessness rises to the surface like ...

Volcano of esoteric adjectives ...

The Ranch dressing you use to turn that salad into a swimming pool of creamy delight ...

See it for what it is—those unhappy feelings are based on a feeling.

And feelings fluctuate.

They come and go.

So, don't make rash decisions based on a feeling.

You can change your feeling in an instant.

How?

By changing your state.

Change your physical state and the feeling (emotional) will follow.

This is biology.

How do you do this?

Simple. By taking action.



Dance to your favorite 80's song.

Tell that special someone how you really feel.

Grab a cup of coffee at your favorite coffeehouse.

Take a cold shower.

Go for a walk.

Tell that girl that you love the way she styles her hair.

Move to another state.

Move to another country.

Finish writing that novel.

Start writing that novel.

Dedicate an hour a day to learning another language.

Read The Bible.

Fast one or two days a week.

Go camping.

Do something.

The 3 Secrets of Happiness: Overview

The 3 Secrets of Happiness are ...

1. Always have something in life to look forward to.
2. Don't expect the sun to rise and set on anyone else's shoulders.
3. Understand that everyone's chasing a feeling.



Let's go over the 3 Secrets of Happiness

1. Always have something in life to look forward to

If you don't have something in life to look forward to, what's the point of living?

Find something, anything, to look forward to doing.

If you're at a job you hate, you can look forward to going home and taking an online course to get a job that you'll like.

If you're unhappy in your present state, think about what you're going to do when you have some free time.

It can be something simple.

Often, the simplest things are the best things.

They're like hinges on a door that opens to new possibilities.



2. Don't expect the sun to rise and set on anyone else's shoulders

Your happiness is your responsibility.

Unhappy?

Take action.

Otherwise, you're wasting your time and wasting other's people time by blabbing about it.

Look, I'm not trying to be hard on you, I'm just being honest.

I understand you've fallen into a pothole, but it's time to see it for what it is—a pothole.

It's not San Andreas Fault.

It's your fault. Ba-dum-dum.

Unless your name is San Andreas. Ba-dum-dum.

Take action.

Action eliminates fear.

Rise above.

Rise above the noise and chaos and drama.

Take action.

Raise your standards.

Rise above.

3. Understand that everyone's chasing a feeling

Including yourself.

Feelings fluctuate.

Feelings come and go.

Can you really be happy 100% of the time? Probably not.

Knowing this, give yourself permission to feel sad.

Trust the process.

Feelings come and go.

Don't make a permanent decision on impermanent feelings.

You don't have to stay in that "one feeling".

Things do get better.

Eventually, sad feelings will go away.

If these "sad feelings" remain, I encourage you to do something physical.

Take action.

Action eliminates fear.

Do something that is physically challenging.

Something like ... running, bicycling, swimming, dancing.

This action, will help you change your state, by flooding you with adrenaline and endorphins that increase your blood flow, lift your spirit, and wash over you with new feelings.



Often times, a change in physical state will bring about a change in emotional state.

Action eliminates fear.

Take action and move in the direction of your dreams.

Give yourself permission to be happy and trust the process.

You can be happy. It's a choice more than a destination.

I hope you use the 3 principles and find happiness as a result.

The 3 Secrets of Happiness can change your life.

The 3 Secrets of Happiness

1. Always have something in life to look forward to.
2. Don't expect the sun to rise and set on anyone else's shoulders.
3. Understand that everyone's chasing a feeling.

Once you learn the 3 Secrets of Happiness by applying them (putting them into motion by acting on them) in your life, you're likely to find happiness that much quicker.

On a Personal Note

I feel that I'm happy most of the time. I think I'm happy because I'm moving in the direction of my dreams, by writing (ebooks, copywriting, novel, musical), putting together creative projects (musical, music video, movie), and encouraging other people to find their passion, pursue their passion, and move in the direction of their dreams as well.

At the end of the day, there is noise and drama and chaos all around us.

You can wallow in it, complain about it, and let it affect you, or you can rise above and build a better world, one in which your dreams do come true.

Rise above. Your dreams can come true.

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There might be one little thing getting in the way of you reaching your dreams. And perhaps you're so deep in your situation, you're unable to see that one little thing. If you need an additional pair of eyes, email me: bicycledays@yahoo.com

About the Author



Kris Kemp is a writer, musician, photographer, traveler, real estate investor, and creative entrepreneur. His writings include 19 ebooks, 5 screenplays, 2 musicals, a novel, and hundreds of blog posts and email sequences. Although he has a variety of interests, they share the common theme of freedom—travel/location freedom, time freedom, financial freedom, health freedom, creative freedom.

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