



## **Find Your Way To Ultimate Happiness In Life**

What makes you HAPPY? What do you have to DO to be happy? What do you NEED to be happy?

Do you need to win in the lottery, do you need women, traveling, your dream body or a designer outfit?

I would like to introduce some ideas to you that will touch your heart, so you can/may understand what life really is about. This is your guide to live happier and enjoy the beauty of HAPPINESS entirely.

Because...

### ***...your way is the goal!***

- Enjoy every moment until you reach your goal, because you only have each one **ONCE!**
- What if **EVERY** moment would be the **BEST?**

You've certainly heard or even said that yourself, to a friend that copes with a situation, that seems hopeless to him, while you don't see/judge the circumstances as bad as he does.

The reason for this distortion lies within your perception. You are wearing different 'glasses' and therefore are perceiving the situation in another way. Are there really BAD and GOOD moments? Or are they just the way they are? And you are giving the situation a meaning, as you have learned it through your programming, beliefs and education.

This also means that if WE give the meaning of your experiences, it is possible that we can CHANGE them.

I will tell you the **Secrets Of Happiness now...**



## 14 QUESTIONS that will TRANSFORM your LIFE:

- What do I really want in life?
- Why do I want to achieve certain things? Am I only obsessed with the results?
- Do I have an **IF – THEN** Happiness?  
**IF** I have more money, my dream body, my one, **THEN**....
- Do I really want to sacrifice all moments along the way for that **ONE** moment that seems to be sooo fantastic and exceeds all the other moments ?
- Which feeling do I wish to achieve, when I am successful?  
Acknowledgement, pride, love, devotion or respect from others?
- **then please imagine that you have achieved your aim:** I received my promotion, I found my ONE... How does it feel? – There is this quick moment, when everything is perfekt. And then...? What's next...?
- Then the next IF-THEN comes!!!
- Do I really want to **skip** all beautiful moments, each step moving forwards to my goal?
- Why am I sure that I am only **fulfilled**, if I get what I want?
- Is this feeling of fullfillment something, I can only find on the outside?
- Can't I produce this feeling by myself? Actually why not?
- Why can I be happy now?
- What can I do TODAY to be/become happier?
- What am I grateful for in my life?



**IMPORTANT:** Put different '**glasses**' on! Choose experiences, which you have connected/linked with positive associations! If you change your **thoughts** and those influence your beliefs positively, your feelings will change profoundly and your life incrementally becomes happier.

Imagine the following situation:

- a) You walk along the street thinking about the unpleasant conversation with your boss, while you are being jostled...
- b) You walk along the street thinking about your recent vacation at the ocean with your girlfriend in the sun, while you are being jostled...

-> Does your **reaction** change?



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For further questions just write me. Reach me here

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