



Kestrel Business Assist

You must be more **Grapeful** !!!

My five year old daughter admonished me with this statement as I was trying to get her to clean up a far flung mess of toys, pencils and bits of cut up paper.

She is right of course. We can all be more grateful.

One of the prevailing theories about happiness proposes that:

Happiness is the difference between our expectations and our reality.

From this it is easy to see how a money poor, third world peasant farmer can be happier than an ambitious merchant banker from Macquarie Street.

Our own individual happiness can be actively and quite deliberately increased, not necessarily by lowering our expectations (although an honest review wouldn't hurt!) but by appreciating what we have and what we have achieved and thereby raising our reality. Be grateful for what we have.....

.....and we have things to be grateful for in every part of our lives.

Celebrate them.

Write them down.

Think them. Say them out loud. Tell people. Thank people. Hug people.

I guarantee an instantaneous result.

Contact **Kestrel Business Assist**

to raise *your* reality.

