

# Episode N°9 3 Simple and Easy Practices To Be Happier Now

Audrey Hepburn said, 'Happiest girls are the prettiest.'

We all love and want more beauty, love, and happiness in our lives, right? In today's episode, I am so excited to share with you how to increase your happiness level every day. Are you excited? Let's dive in.

Welcome to the Haute Couture Life podcast. I'm your host Mana here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

Hello, my gorgeous friend! How are you doing? Are you enjoying the beautiful and gorgeous springtime? I recently logged in to my Instagram and updated my story for the first time in a long time (laugh) when it comes to Instagram, I barely use or upload once every 6 months or like in ages (laugh) and I personally love to use Pinterest but I know that maybe as you are listening to this podcast,

First and foremost welcome and thank you so much and maybe you use Instagram so I may sometimes upload more in the future so, please follow me @manahautecouturelife. If you search ManaHauteCoutureLife you can find me on Facebook, Pinterest, or YouTube as well so I am happy to receive any DM from you and you can ask me any questions about the podcast or blog podcast or anything related to like 1950s style or vegan, please feel free to say hello to me and I will say hello back to you. (laugh)

So in the stories of the Instagram, I was talking about how springtime is so gorgeous and we sometimes really want to stop and savor and enjoy the beautiful moment right. I personally love autumn and wintertime, I was born in December and I love snow so much I used to really not into springtime, but I really begin to think about how gorgeous the flowers are in the spring, and also I love strawberries and cherries and later peaches are in the season.

And now, you don't need to wear any heavy coat anymore and now I am so happy to wear my favorite vegan tweed pink jacket or dresses and outside is so warm when I go for a walk and it is already feeling so light and so bright from 5 am which is my favorite time, and so as I shifted my focus on how beautiful, warm and lovely the springtime is, I begin to like it.

Haute Couture Life Podcast with Mana

## Episode N°9 3 Simple and Easy Practices To Be Happier Now

So today I want to talk about the importance of focus as well to really feel happiness. So when it comes to happiness, what comes to your mind? when it comes to happiness, we all have our own preferences, style, purpose, and vision so the most important thing we can do is that we all need to define our own happiness by ourselves. we all need to get rid of any should from especially other people. Okay? (laugh)

Did you know that happiness is a feeling and it is an emotion so actually happiness doesn't come from the outside world especially if it is material things. let's say maybe you got a new bag you wanted how long does your happiness last? Happiness is all about comes down to what you make it mean and what you focus on.

We are somehow conditioned to think the life goal is being happy but you know my friend, happiness is the emotion that if we want to, we can generate right now, and feeling happiness in the process and journey is the ultimate key and essence to make our dreams come true.

So in today's episode, let's have fun generating happiness with three simple easy practices and boosting your energy level. So, after listening to this podcast, I promise you will feel so much calm, excitement, and joy. Are you excited? Let's get started.

The first step is to look for what you love and want. Tony Robbins said, 'What's wrong is always available. But so is what's right!' We all have amazing skills that we can focus on whatever we want. we all get to decide what to focus on and tell brains to seek out.

Especially when I began to apply what I have been learning from personal growth books from almost three years ago, one of the things I started and I began to see all the magic everywhere was focusing on what I love, looking for beauty, and noticing the beauty around me.

We all live in a massive digital world right now however if you turn off any news or media, or maybe you put away your phone and start looking around, you will notice how the sky is blue and gorgeous and beautiful, how the wind is so warm and relaxing, you can always look beautiful birds on the trees, cute flowers on the street. If you keep focusing on the things you love and beautiful, how would you feel? you feel so good right?

## Episode N°9 3 Simple and Easy Practices To Be Happier Now

Our brain is always looking for danger and negativity because it is its job to keep us safe but as you begin to manage, train, and direct your brain little by little, day by day, you will completely be able to rewire your brain what to focus on and I promise you from my experience, it is absolutely possible. As we practice, we will be good at anything.

So the first step to increasing your happiness level is always to tell your brain to look for love, beauty, happiness, and things that make you happy and energize you. In the end, you will become your best friend with your own brain. (laugh) If you tell your brain to focus on beauty, the brain will be like and say 'Here, you see! I actually like it.' So good. The next step is to focus on gratitude.

Tony Robbins also said, 'When you are grateful, fear disappears and abundance appears.' 'You can't be fearful and grateful simultaneously. Gratitude is the antidote to fear.' I am so sure that love and gratitude are the best emotions, energy, and frequency.

If you are feeling a little bit stressed right now, let's do some exercise to focus on more happiness. Close your eyes, take a deep breath, and answer the following questions. *What is going well in your life right now? What is working perfectly at this moment? Where in your life are you grateful for? What are you really grateful for? What do you love in your life? What do you love about yourself? Who do you want to say thank you to?*

How are you feeling right now? I am sure if you take time with this, your stress is going to be so much smaller. Being stressed is also what you think and believe about and what you focus on. You know, our thought is like a dress. We get to choose what to think and how you think about it. let's wear the one that fits you beautifully inside out.

So, I would love to give you dresses of thoughts when you are especially feeling stressed. Close your eyes and try to fit these dresses on. *What if everything is working out perfectly for me? I am loved and protected by the universe no matter what, it is safe. I am a woman who enjoys and trusts the process no matter what.* How would you feel differently?

As you practice more gratitude, Let's practice appreciating what you already have as well. Let's say, for example, your favorite cute bag or phone. When you got the item, you were so happy but again, how long does it last? It does not last long until you see more of the latest bag or phone right? Things don't bring you happiness because it is all about what you make it mean about the things but why don't we practice appreciating what we already have first? I think it is a very delicious and rich experience.

## Episode N°9 3 Simple and Easy Practices To Be Happier Now

Speaking of which, a little caveat is that I am not talking about how we should feel happy 120% all of the time and get rid of any negative emotions in our lives. You know we don't want to be happy when you want to feel the emotion of opposite like sadness because life has contrast and that makes us full of experience of this beautiful world and also makes us grow and live to the next level.

But in the end, I just want to say that being happy is always the choice and happiness totally looks great on you and you make the world so much better place.

The last step to practice being happy right now is stepping into the happy world, in other words, using the triad by Tony Robbins.

This is a magical skill that you can learn from Tony Robbins. With this thing called triad, you can generate any emotion that you would love to feel. When we feel a certain emotion, we are going to act in a certain way and that action will create the result so personally, whenever I want to get things done, I love the emotion of excitement. it always leads me to take action so I always think of the thoughts that generate excitement first so it is easy to take my desired action.

So first, the triad is made of physiology, focus, and meanings. It is actually easier done than said. (laugh) I just made up the words. So close your eyes take a deep breath and let's start.

Imagine the happiest moment in your life so far. Remember the happiest moment in your life. *What was your body movement like when you were feeling the happiest moment? At the time, what were you focusing on? What kind of language were you using?*

Slowly open your eyes and how are you feeling right now? How gorgeous it is that anytime we want to feel happiness, we can access it immediately to focus on it, using our body movement, and words, languages, or meanings to which we attach to it.

So again, the triad is made by physiology, focus, and meanings. Our body is deeply connected to what we think so we can use our body to feel more happiness. We don't look down when we are feeling happy right? And whatever you focus on, grows. Let's focus on things that really make you happy and use your body and the words that energize you.

## Episode N°9 3 Simple and Easy Practices To Be Happier Now

So let's recap three simple and easy steps to be happier now. First, focus on what you love, energizes you, delights you, and things that make you happy around you. Next, practicing focus on gratitude. Keep training your brain on what to focus on. And lastly, use the triad. remember the happiest moment and start generating happiness right now. I will share Tony's link about the triad in my show notes if you are interested, please check it out.

By the way, if you love this kind of mindset work and you are interested in learning more, especially 'How To Be Your True Self', our first-ever exciting Haute Couture Life Course is going to open soon!

We are going to do way deeper mindset work and you can't even imagine that it is going to be so much fun. Right now, we are in the process of refining and putting the finishing touches, it is going to be so good and you cannot find a course like this out there so I cannot wait to see you there as well.

It's going to be one of the best skills you can have in your life forever. You will learn not only to discover your truth but also I promise you, you will love yourself and your life forever. So, please to make sure subscribe to not only this podcast but also our newsletter so you can get the details of the course first.

So, have a beautiful week my goddess friend. I cannot wait to see you next week.

As we wrap up today's episode, I encourage you to take action on what you learned. Visit [hautecouturelife.com](http://hautecouturelife.com) to leave your comments. I am so excited to hear your takeaways and insights. So until next time stay beautiful and have an amazing week my goddess friend!