

Happiness Hack #1

Be of Service to Others

Start simply by sending your loved ones peace, wellbeing & prosperity.

IMAGINE THEM HAPPY!

Do the same for friends, colleagues and strangers.

This simple, **DAILY** act of **GIVING** brings instant happiness, synchronicity and inner-peace.

This is so simple and works so quickly! Picturing your friends and loved ones happy, smiling and laughing fills your heart with love. Their happiness grows and because you get back what you give ten-fold, your happiness grows too!

Life keeps getting better and you find yourself wanting to give even more. Starting this way may naturally lead to you wanting to take more physical action to help others and it doesn't have to be financial giving. You might choose to surprise a friend with something they need or go out of your way to help a stranger or even volunteer with a local charity.

As a direct result of your acts of service your health will improve, your relationships will improve and things you desire will manifest quickly for you.

Giving is a beautiful gift in itself, no matter where you start.