



Happiness Is Your Choice

A grand thank you to all of you who helped me celebrate my 50th birthday with an email, card or gift. The present of your presence are blessings. I had an intention that my 50th would be the best birthday of my entire life. For the last two years I had the goal of going to Iceland on my 50th birthday. Why? Because I am always cold and thought Iceland would be the perfect cold "knock Chere's socks off" adventure. My intention is to live the next 50 years "out" of my comfort zone. I searched and searched for a good airfare and was dismayed at the high price of going for a three day birthday weekend. Two weeks before my BIG birthday I still had no plans. I was getting worried and had no one to blame but me. I went to bed on a Sat night and dreamt about the place I wanted to be on my birthday~ I pictured a cabin, big trees and a fireplace. I decided that when I woke up the next day on Sunday I would make a reservation somewhere..anywhere. The next day like magic I found an ad for Spicer Castle which had a small 100-year-old cabin. The bonus was also a murder mystery dinner. Talk about happy!!

Happiness is about WHAT WE CREATE not what is created for us. I could not blame Gary for not making plans or my busy speaking schedule. When you look at the word happiness you see the letter "I" is the center of the word. If you wait for something to happen or someone else to bring you happiness you will wait a long, long time. If you want to have a good day, have the intention for an open heart and mind.

Use my favorite happiness formula: happiness reality – expectations + hope.

My expectation for 2 years was to go to Iceland for my 50th birthday.

The reality was that I celebrated my birthday in a log cabin in Minnesota.

I packed my bag with the hope that this would be the best birthday of my life. Many people are chronically unhappy because their expectations are unrealistic. Don't fall into the trap of putting your happiness on hold. Too many people delay being happy, waiting until they get that promotion, find true love, or buy that bigger house. Happiness does not operate on a future schedule. Remember the right time to be happy is NOW!!

Chere Bork is a Health and Life Balance Enthusiast, Speaker and Coach
Contact chere@cherebork.com or visit www.cherebork.com to live happy and healthy ever after.

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