

How to Experience
Challenges
with Greater Ease

manual

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Introduction

We all know that life is filled with challenges, therefore the trick is to learn how to deal with them intelligently and with ease. We have to accept life on life's terms and more often than not, life's terms do not fit into the picture of our dreams and hopes. However, these challenges can become our best teachers and our greatest opportunity for our growth. Most often we react to our problems with resentment and anger. We can keep the anger but resentment never leads us to a path of peace. It creates a hardening of the heart, stubbornness of the will and ultimately a dis-ease. Anger, when handled properly can become the best fuel for the development of our empowerment. It can spur on our creativity and lead us to our destiny. Most good causes were birthed because someone got angry enough to do something about an injustice or imbalance.

“To be or not to be – the decision is ultimately ours.”

Exercise 1

Mastery

A master is a person who quests knowledge, loves learning and craves wisdom. Anyone can become a master. However, it takes determination and devotion to our own self-discovery. A master is filled with a yearning to better understand the world we live in and our purpose for being here. In truth, mastery is a continual pursuit of our personal victories over ourselves.

The word Mastery holds within it Seven Attributes which create a development of seven strengths.

Attributes

I AM

Mindful

Aware

Sensible

Truthful

Enduring

Respectful

Yielding

therefore

Strengths

I HAVE

Calmness

Consciousness

Capability

Clarity

Courage

Creditability

Cultivation

1. Which of the attributes do you feel is your strongest and why?

2. Which of the attributes do you feel is your weakest and why?

3. Do you understand how the attributes lead you to your strengths? Write a sentence for each attribute as to how this can play out in your personal life.

4. Study a challenge you have been having and how these attributes and strengths can assist you in better handling the situations.

Exercise 2

Mindfulness

Emotional intelligence comes from our mindfulness. We begin to process things in a centered and balanced way. We do not react, instead we respond. We do not get resentful, instead we become reasoning. Challenges become the vehicles for us to expand our empowerment and brilliance. We stay grounded in our wellness and our willingness to experience life with all its character flaws.

The following statements are important steps to our belief system, which is seeded from our mindfulness.

1. Through our truth - our backbone is never fractured.
2. Through our faith - our foundation is never cracked.
3. Through our good deeds - our protection is never compromised.
4. Through our wisdom - our serenity is never ruffled.
5. Through our right mindedness - wrong doings are annihilated
6. Through living a pure life - nothing can destroy us.
7. Through conquering our greed - nothing can limit our freedom.
8. Through our positive thought forms - negativity is erased.
9. Through our patience - bad decisions are warded off.
10. Through our calmness - calamity is avoided.
11. Through our compassion - resentment is denied.

1. Which of these statement meant the most to you and why?

2. Which of these statement is the most difficult for you and why?

Exercise 3

Morals

Those who set their hearts on doing good, will be forever free from evil.

Confucius – 551BC – 479 BC

Confucius was a brilliant scholar and an expert of intelligent behavior. He was driven because of the corruption he witnessed in the government during his time. However, he left behind wisdoms that are revered and practiced throughout the world.

Quotes from Confucius

1. By nature, we are similar, by nurture, we differ greatly.
2. It does not bother me that others do not know me, but it bothers me that they do not know themselves.
3. Just as luxury breeds arrogance, so a frugal lifestyle breeds humility.
4. If you are hard on yourself and forgiving to others, people will find it hard not to like you.
5. Cherish your old knowledge and strive for new, that you may be a teacher of others.
6. There are people who act without understanding their reasons, but be not one of them.
7. Hear all evidence, then select what is worthy.
8. The virtuous always speak correctly, but merely saying the right thing is no proof of virtue.
9. Heroes may be brave, but not all of those who act bravely are heroes.
10. Ignoring someone worthy of hearing is an insult to them - speaking to someone unworthy of hearing is an insult to yourself.

11. The truly wise do not waste their words.
12. There is nothing that can be done for those who do not think before they act.
13. Value faithfulness and sincerity above all other things.
14. A smart person would rescue a man trapped in a well, but he would not jump in himself. He is not perfect, but he is not stupid either.
15. Did you know that it is possible for one to do nothing but good for a whole day?
16. Be courteous, wide-ranging, honorable and diligent and you shall eventually succeed in every task.
17. Support yourself with righteousness.
18. The virtuous are slow in words and true in deeds.
19. The true of heart practice before they preach.
20. Boasts are hard to honor.
21. Advise friends loyally and guide them to the best of your ability. If they pay no attention...stop...or you risk yourself.
22. If you are always true, others will not dare to be false.
23. The true of heart must be unyielding when they are right.
24. The true of heart should not act kindly towards their enemies because then how shall they act with their friends.
25. Meet kindness with kindness but meet resentment with the merit it deserves.
26. Have no time for people who sneer at other's shortcomings.
27. You must be serious, attentive and sincere, even as you walk among barbarians.
28. The wise do not promote people simply for what they say, nor do they ignore good advice simply because who says it.
29. Those who do not discern will soon find themselves in situations wishing they would have discerned.

Exercise 4

Moments

When challenging moments occur, we need to study in order to best ready ourselves. It takes concentration and commitment. This in itself is the most precious gift we can give to ourselves. Truly study each statement and make notes as to how you will integrate these wisdoms into your everyday life. This can ensure less remorse and more certainty of what is right.

1. Always know the mind of someone challenging you.
2. Never create rash action – it will lead to wrong decisions.
3. Be prudent, perseverant and precise.
4. Preserve your energy and chi.
5. Contemplate your goals, desires and dreams.
6. Team with like- minded people.
7. Do not allow yourself to become enraged or resentful.
8. Make decisions with respect and honor for yourself.
9. Use only your integrity to attain what you want.
10. Act strongly when you know what is right.
11. Move on opportunity fearlessly.
12. Respond always in an emotional intelligent way.
13. Do not act on anything that will take you off your path.
14. Be well versed in inferior elements and negative thought forms.
15. Do not let humility penetrate your inner being.
16. Always consider the harm others can do to you before you act.
17. Look for strong ground to stand upon.
18. Stay calm, drama must not be tolerated.
19. To overcome challenges, one must be mindful, heartfelt and brave.
20. Success is achieved through the focus on your own abilities to overcome the challenge.

Exercise 5

Closing Exercise

1. What do you feel you learned from this manual that you will incorporate into your work life?

2. What do you feel you learned from this manual that you will incorporate into your personal life?

3. Which exercise did you like the best and why?

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