

# *The* **PATH TO HAPPINESS**

Diamond Outcome

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# Diamond Outcome



## Who We Are

We, Diamond Outcome, are a motivating happiness community that you can join for a lifetime, because we are here to support you in more ways than you might expect. We aim to help you discover your highest potential and all you're capable of doing and achieving in your life. We will help you pursue your dreams and implement good habits that will make your life more fulfilling. We become your biggest well-wishers and supporters. Living in alignment with one's purpose is an important part of one's life, which is why we aim to help you analyze your capacity and capabilities so you can strive for your highest potential.

## Our Values

Being true to yourself

A happy person lives a life that is authentic to who they really are. They're always true to themselves.

Freedom to pursue your goals

A life of happiness is a life where you can do the things that interest you, freely.

Aiming for the best

We should always try to be the best people we can possibly be. That's how life should be lived.

## Our Mission

We make sure that you are happy, feel fulfilled and passionate about your life. There's an incredible old saying, "You can solve any problem, just by being present and hopeful, towards solving it. Fewer small steps are nothing but a road to the biggest of achievements." That's correct. We are here to help you take those first steps, by providing you with our products and services. They are as good as having an apple a day! These will keep you away from failures and feeling low in life. We want to help you in tackling future hurdles in life and ensure that you're thriving and living your best life.

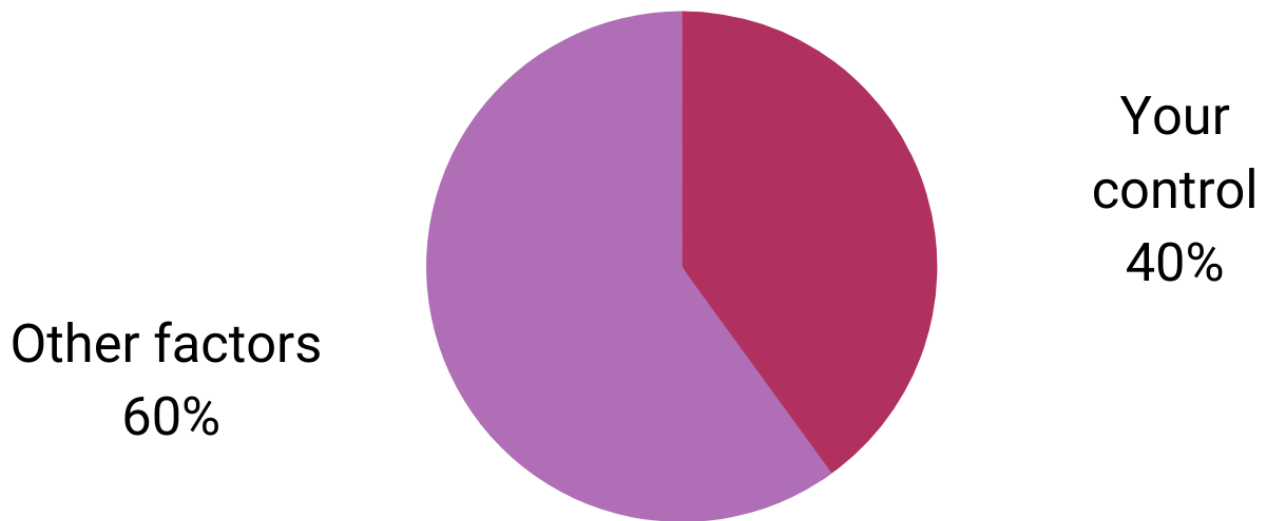


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# Personal Happiness Statistics



You are in control of your happiness, or at least up to 40% of it if you have to be scientific. Researchers believe a big part of your happiness is beyond your control, a mix of factors, such as genes, other people's behaviors, and life circumstances.

While each person has a genetic set point for happiness (like we do for weight), a big chunk of how you feel is under your control, meaning the way you spend your time and the thoughts you allow to linger can really impact your mood and your long-term happiness.

## Diamond Outcome Approach

We encourage you to make the most of the 40% which you can control, and make decisions that may directly or indirectly cause the remaining 60% to work to your benefit.

# Introduction

One of the main goals of everyone's life is to achieve happiness, a fragile state of mind in which both one's attitude and the environment around him influence. And, being happy is not an easy task, especially when it is set as a goal. Reaching happiness does not mean reaching a goal. It is an attitude, of following a path that requires daily work. Human beings have been searching for the secret of happiness for thousands of years and, the truth is that there is no magic formula beyond the education of our own emotions. If you want to be happy, you have to believe that you deserve to be happy and that it is your right to create your happiness.

What is happiness?

Happiness is the feeling that you have when you know life is good and you can't help but smile. It's the opposite of sadness. Happiness is a sense of well-being or contentment. When people are successful, or safe, or lucky, they feel happiness. No one ever complained about feeling too much happiness.

Why happiness is Important

Being happy is very important, it comes with benefits that cannot be present in our lives if happiness is absent. These include us becoming more compassionate and feeling healthier both physically and emotionally. We become more creative, witty, energetic, and fun to be around. This can also lead us to become more successful in our career and financially. Like I said earlier, it is your responsibility to create your happiness. The purpose of this book is to guide you through this responsibility and help you to achieve life-long happiness. Follow me dearly as I will be your tour guide in this journey to happiness.

# Chapter 1





# Find out who you really are

The greatest adventure you will undertake in your life is to find out who you are. It may seem counter-intuitive, but many of us live our days unconsciously, pursuing false ideals and false desires. Knowing yourself is a very important factor in finding true happiness.

Knowing yourself is a fundamental step both to accept yourself for who you are, and to know where your ambitions can go and what goals you can achieve. This is not just a cliché, even if it might seem so: get to know yourself, and you will conquer the world. Or at least your world, which is already a great starting point. If you don't get to know yourself, you will never know when to trust your feelings and you will always be afraid, hovering between survival and something that could be but never will be. But how can you know who you really are? Let's see together some tips to get to know yourself.





## Self-Awareness

The desire to know yourself seems to be something natural and simple, however, some spend half their lives trying to find out their true self and never quite succeed. Self-awareness is something that is discovered more or less two years after being born, the day that for the first time we see ourselves reflected in a mirror and we recognize ourselves, at that moment we begin to be aware of our thoughts, of our feelings, and the sensations caused by the environment that surrounds us, we discover that we are one.

Self-awareness is a process that begins from the first days of life and becomes one of the most important experiences in existence. It implies "realizing" who I am, how I am, and my environment. It is the ability to know my shortcomings, my abilities, my values, my hopes, my emotions, my thoughts, my attitudes.

Why do you have to be Self-aware?

I. If you are aware of what is in you, you will feel more alive, and you will be more alert and truly available to the outside, or you will realize in time who you are not!

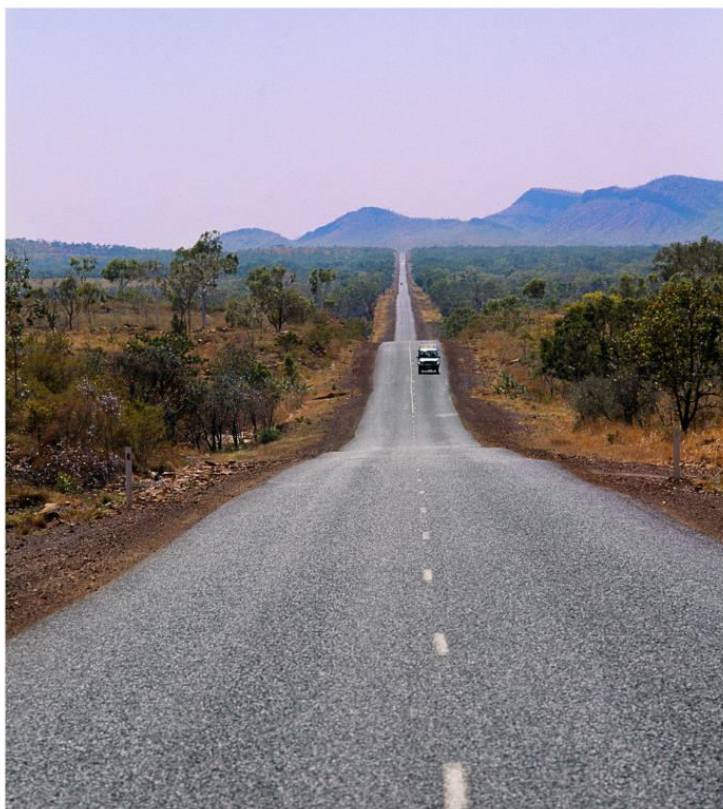
II. If you are more "in you" than in "what is happening", you will maintain a distance that preserves you, and preserves the quality of our relationships by reducing our emotional reaction.

## Self-Discovery

If there is one thing that many fail at when trying to find happiness and make ourselves better people, it is in achieving effective self-discovery. Self-discovery can be the culmination of the control that we can have over ourselves. What happens is that it is sometimes difficult for people to even understand themselves.

Self-discovery is a process by which we generate a realistic concept of ourselves, regardless of biases that depend on our optimism (idealizing our self-concept) or our pessimism (creating an image of ourselves that is too negative because of the sadness or low mood). Thus, it is a complex process, since to get involved in it you have to renounce those immediate and intuitive impressions that come to mind just at the moment in which something happens capable of appealing to our sense of identity. Self-discovery is a very important factor for finding happiness in life; you cannot be happy when you are "outside of yourself", you have to "be in yourself" to find true happiness. This is the theme of Self-discovery.

Always bear in mind that Self-discovery is not introspection, it is about being sincere in the search for your real self. The opinion of others also counts.







# Values

Values are the principles, virtues, or qualities that characterize a person, an action, or an object that is typically considered positive or of great importance to a social group. Values define the thoughts of individuals and the way they want to live and share their experiences with those around them. Values motivate people to act in one way or another because they are part of their belief system, they determine their behaviors and express their interests and feelings.

There is a series of values that are shared by society and establish how people's behaviors and attitudes should be, to achieve collective well-being. Among the most important values, human values stand out because they have greater recognition and impact on different social groups. These values are related to respect, tolerance, kindness, solidarity, friendship, honesty, love, justice, freedom, among others. For example, freedom is a human value that all people have to make our decisions and express our feelings and opinions.

Examples of some common and important societal values are Respect, Justice, Freedom, Tolerance, Gratefulness, Humility, Patience, and Honesty.

The importance of values lies in recognizing the principles that govern our behaviors and feelings, and that motivates us to be better people every day. Values are also important because they serve as a guide to making the right decisions in the face of various life events, and they allow us to take responsibility for our actions.

# Priorities

From the Latin prior ("previous"), priority refers to the preference of something concerning something else, whether in time or order. That which has priority is first compared to other people or things.

We all have priorities in life: work, money, family, health. But not all of us stop to meditate on them, to see if we are really making decisions in a manner consistent with our values and objectives. This lack of internal analysis often leads us to evade responsibility for our decisions and we end up making various excuses that only deceive us. Sometimes, we need to be calm and begin to analyze the things that we have given priorities in our lives; then we will find out that some things are not important but we have to hold on to them because we never take time to analyze their usefulness to our lives. By mindfully redefining your priorities, you connect to your true self and realize the real you. A man is better described based on the things that he has made as priorities in his life.







# Spirituality

Spirituality is the knowledge, acceptance, or cultivation of the immaterial essence of oneself. Human spirituality is defined as the awareness of a part of us that does not manifest itself materially and which is linked above all living beings.

Spirituality is a word that derives from three Greek words fragments; "spiritus" which means "spirit", "alis" which refers to "relative to", and the suffix "dad", which indicates quality; therefore, etymologically, spirituality is everything related to the quality of the spiritual or spirit. In religion, spirituality is directing life and spiritual development according to the teachings and standards of a god or prophet. Christian spirituality, for example, is based on the teachings of Christ and his disciples. Spirituality is a positive and superior value since it is a quality that determines, in most cases, a behavior consistent with the moral and ethical values that help individual development.

Humans are made up of three dimensions; the body, soul, and spirit. The spirit is the core of human existence. Connecting to our spirit, that is to the core of our existence, is important for our personal growth, to be better for ourselves and others, helps us find well-being and satisfaction, and leads us to inner peace. In this sense, spirituality also entails our purpose and search for personal meaning.

Spirituality is a way to combat human dissatisfaction since it involves seeking experiences that make our personal life make sense, looking for alternatives to fill the inner emptiness, and thus contributing to our happiness.

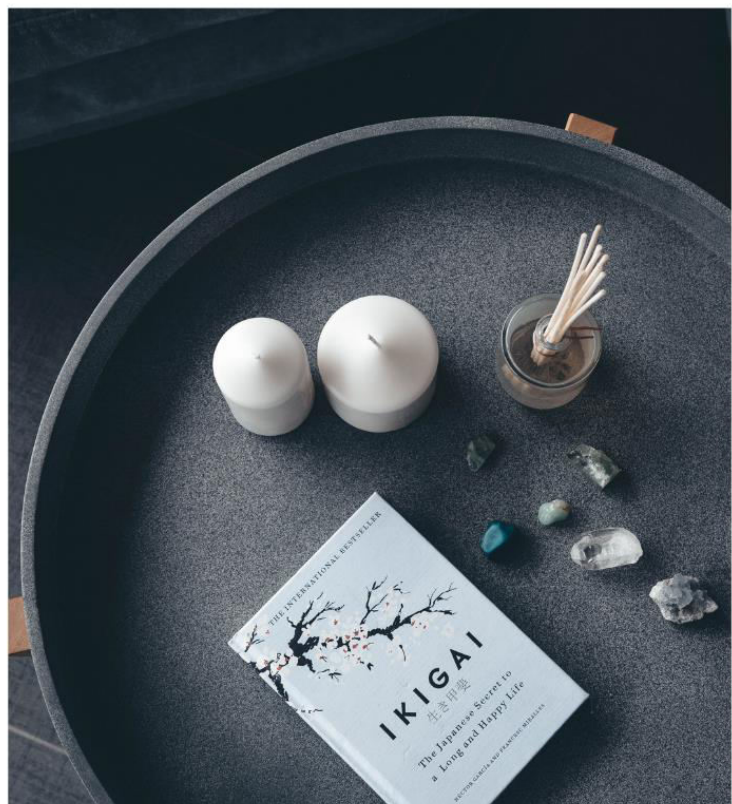
# Life Purpose

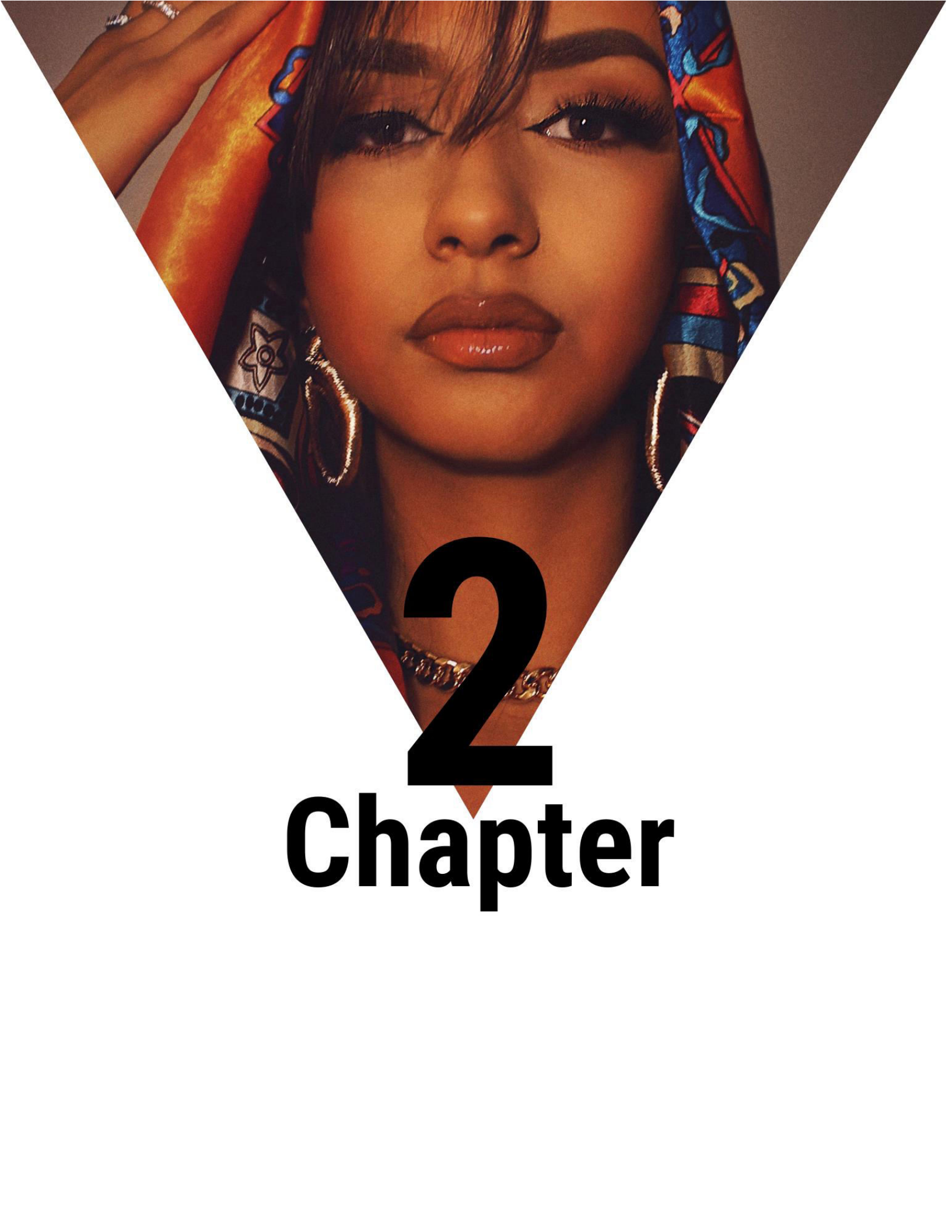
Did you wake up this morning having a clear of your next action, the updated project inventory, and the objectives for this year defined? But do you perceive that something is missing that is out there and that has just made non-sense of the whole? Maybe you are looking for the purpose of life.

Life purpose is that intention or motivation that drives a person to perform or stop acting to achieve a supreme state of well-being. Your life purpose consists of the central motivating aims of your life; the reasons you get up in the morning. Purpose can guide life decisions, influence behavior, shape goals, offer a sense of direction and create meaning. For some people, purpose is connected to vocation, meaningful satisfying work. The purpose of life is a personal statement that when fulfilled leads us to a state of maximum well-being. That state of maximum well-being that is fulfilled with the purpose has a different name for each one. Some call it happiness, well-being, completion, or satisfaction, and you surely have your name for it.

You need to find your life purpose and completely reinvent yourself to live a happy life. Here are ten effective steps to connect with your purpose:

- I. Stop comparing yourself
- II. Work is a means, not an end
- III. Define what you don't like to do
- IV. Permit yourself to try new things
- V. Define what are your best professional skills
- VI. Follow your curiosity
- VII. Don't make money your main motivation
- VIII. Difference between pleasure, passion, and purpose
- IX. It's okay to switch, retire, and try other things
- X. Your purpose is not a stroke of luck, it is a discipline





# 2

## Chapter





# Start Living As Your Authentic Self

Being ourselves is much more difficult than it may seem. We are continually conditioned by external factors and people around us that prevent us from being ourselves and showing our authentic side. From a young age, they teach us certain rules to coexist in a society that, at times, restrict us from expressing our real selves. This is not necessarily negative; normally, we need rules, but sometimes we transport them too far, to ourselves. This is when we stop being authentic. To start living a life filled with happiness, the first thing is to look inward and start being yourself.

Here are the keys to start being you.

# Self-Acceptance

Self-acceptance means treating ourselves with affection and acknowledging that we are valuable and worthy of being loved and respected despite not being perfect. We live in a highly competitive society, and self-acceptance requires, on many occasions, to change our way of thinking and re-educate ourselves.

Not accepting ourselves as we are is a barrier between us and our emotional well-being and growth, because it prevents us from facing life with energy and makes us succumb to difficult experiences and difficulties that we may encounter. Life has good moments, but it also has difficult moments and you have to accept them, but we have to accept ourselves first. If we do not accept ourselves, we are our worst enemy. Here are tips for achieving self-acceptance:

- Make a list of negative self-judgments and let them go
- Learn to validate your emotions
- Cultivate a good relationship with uncertainty
- Don't compare yourself to others
- Learn to accept your imperfections
- Practice Mindfulness





# Intentional Living

Intentional living is about learning to make better decisions. It's about focusing on what matters most to you and the people around you and then forgetting the rest. Sometimes life is more difficult than it should be. This is where the "intentional life" comes into play. You may not be able to control the results every time, but over time you will design a life that you love and serve as a blessing to others.

An intentional life is creating a good story for yourself, choosing to live a meaningful life regardless of circumstances or opposition. When you intentionally use your daily life to bring positive change in the lives of others, your life begins to matter. The intentional life is the map that helps you navigate through life and allows you to value it. So much, that you decide how you want to live in advance, allowing you to make the best decisions. It doesn't mean having a rigid and inflexible plan that you have to stick to, as things can change in the blink of an eye. However, there are times when life does not change and you have the authority to choose, intentionality is the best way of life.

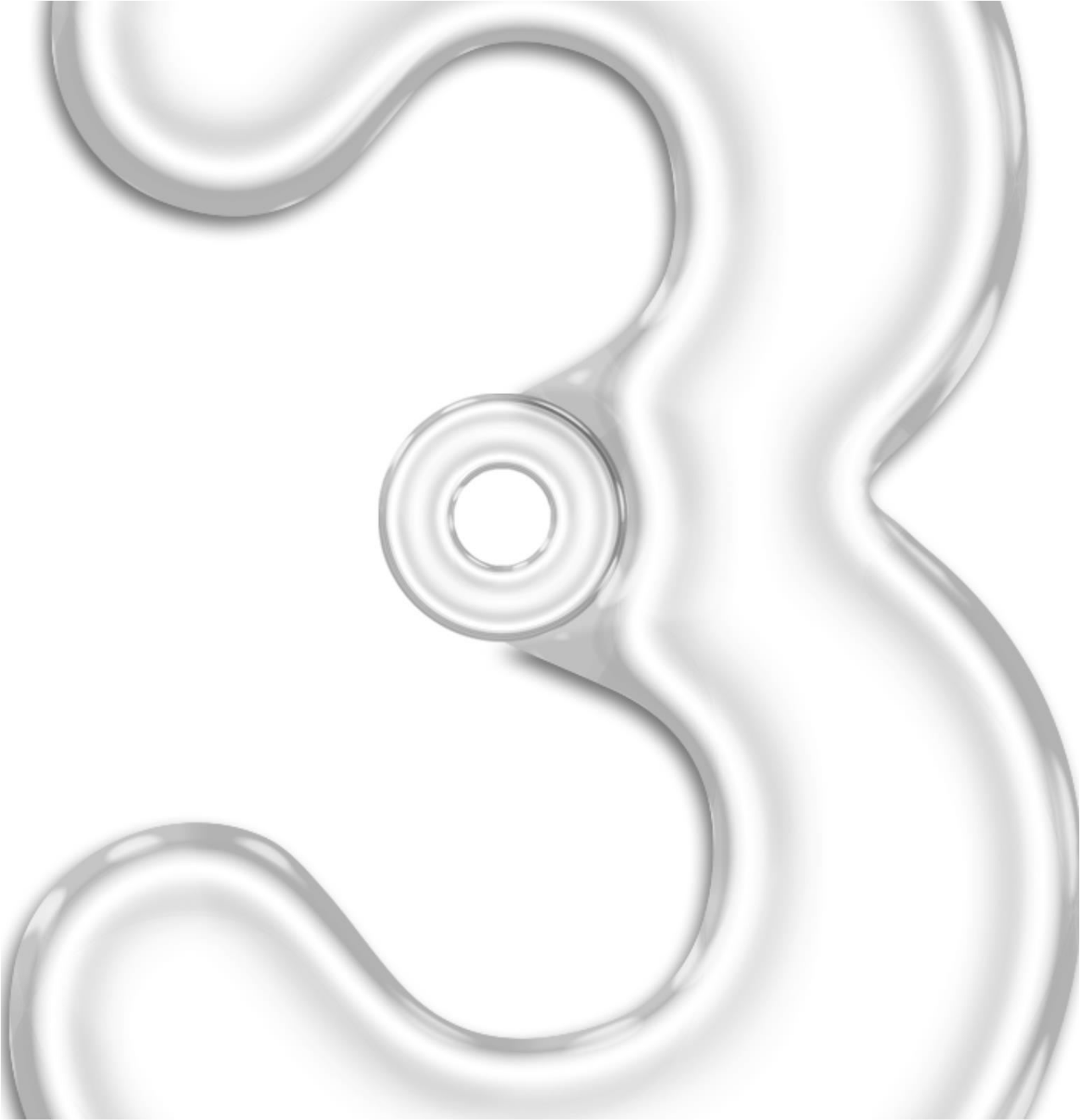
It is imperative to focus on the areas of your life where you want to work the most, but not leaving the rest neglected too. Here are simple steps to intentionally address all areas of your life:

- > Think intentionally
- > Create a vision
- > Take an inventory
- > Create a general plan
- > Set long and short term goals
- > Implement habits that support success
- > Reward yourself when you meet your goals, review, and repeat

## Keep Healthy Relationships

In general, healthy relationships are those that provide you with well-being and a more vibrant and fulfilling life experience. Whether it is your friends, a partner, our family, or support groups; the important thing is always to start from yourself to, in this way, reflect outward all the good that you have to contribute, as an expression of your well-being.

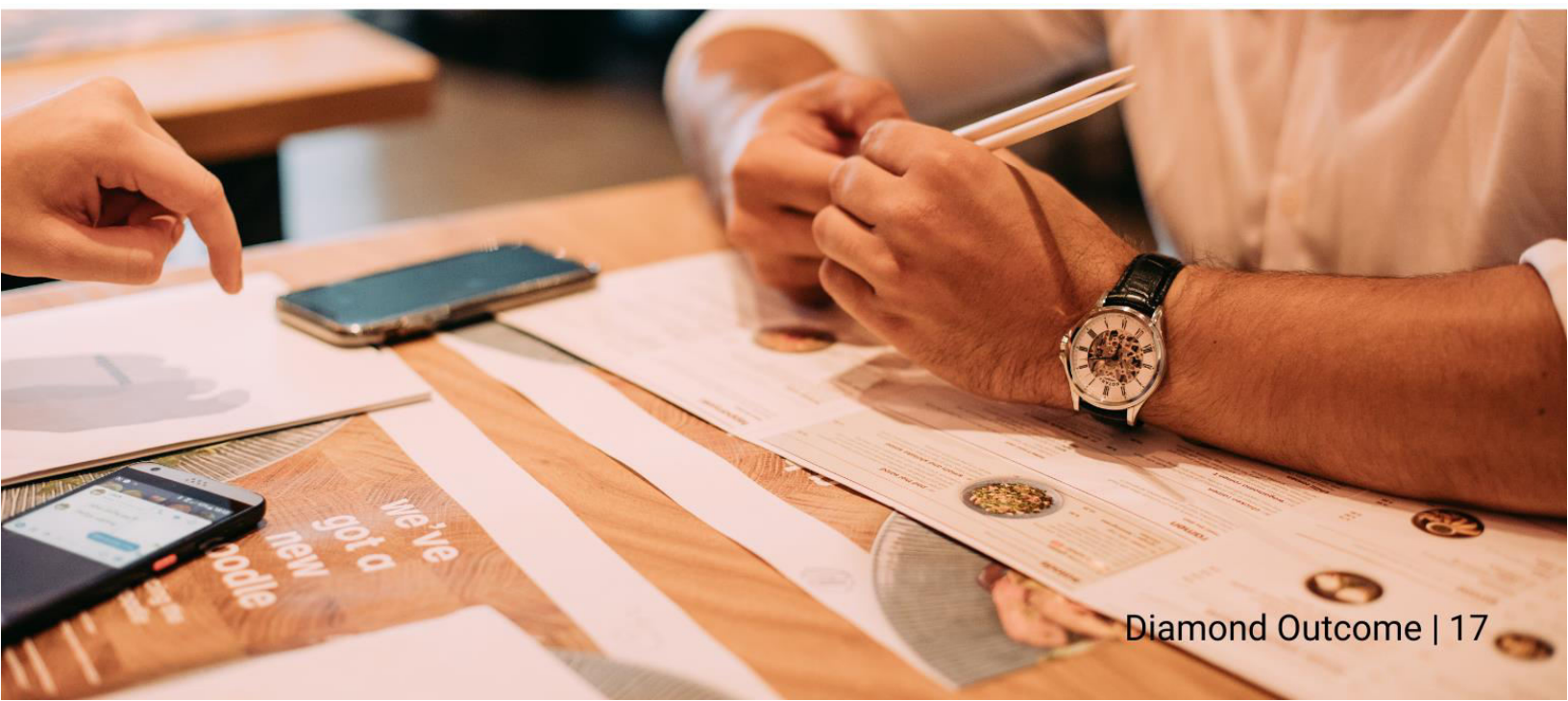
The relationships you keep will either make you or mar you. Therefore, you have to keep a good relationship with people that are similar to you and won't pervert you in your course of being your authentic self.



# Chapter 3

# Advance Yourself

Difficult situations in our lives can lead us to feel defeated and deprive us of our happiness. In these cases, we must focus on overcoming these crises, no matter how big they may seem. Self-improvement is something that depends on you, and not on the circumstances. Even though things don't turn out the way you imagined they would, there is always something to be gained and learned.



# Self-Improvement

Self-improvement shows the ability of a person through their intelligence and dedication to achieve their goals and grow as a person. Self-improvement is that intrinsic engine that moves the human heart at the level of motivation when a person aspires to be wiser, more competent, and more capable. Self-improvement refers to that temporary process of change in which a person leaves their comfort zone to establish new habits and qualities to improve their quality of life.

self-improvement leads a person to be happier. Ultimately, assuming a process of this type is a personal decision that can never be imposed externally. That is, no one can be helped if they do not allow themselves to be helped, and no one can change if they do not want to.

## Invest In Yourself

This category includes all the actions that change you positively and permanently. Learning new languages, taking a trip to another country, or reading a book are ways to invest your time, the results of which you can enjoy for the rest of your life.

You are the most important asset you have and working on yourself should be your priority. I want it to be very clear to you, so I will repeat it: "you are the most important asset you have". Unlike a car, which can be exchanged for another at any time, you will remain you until the end of your days. You cannot sell yourself or change yourself for another you, but what you can do is improve yourself day by day.

These are four fundamental areas in which I recommend in self investing:

- Health
- Learn new languages
- Social skills
- Books





## Read over and over again

Good books are like idea boxes carefully put together for us so that we can assimilate them. So why not take advantage of this incredible resource? Most people stop reading books after their school education is over and never read another book in their life. Do what most people don't; subscribe to publications, read blogs on topics that interest you, follow the latest news, read books relating to personal development, and become a better you.

## Acquire new skills

Everyone had great learning plans that didn't come to fruition.

The question is now how to go about learning new skills.

Because one thing is indisputable; life-long learning is a necessity in self-improvement. The goal is to be more flexible in the face of challenges, to strengthen one's self-confidence, and to remain at the peak of your potential.



## Get An Upgrade

This process of updating values and habits is the path to follow to exploit the benefits of happiness described in this book. We often see happiness as an endpoint, while it is part of the journey. Happiness comes from the level of hardware and operating system you live with. Achieving happiness every day is possible only by realizing that it is not a consequence of our actions or that of others, but a state determined by the level of updating of our mind and how much our actions are aligned with our values.

## Try New Things

Trying new things doesn't mean turning your life upside down. Small gestures, small daily experiments, are enough to open up to new experiences. You also learn a lot of interesting things and make unexpected encounters. This, perhaps, is one of the best habits to develop one's creativity. Trying new things improves one's life.





# Chapter 4



# Live Your Best Life

Living better is not an art, it is an exercise to be practiced daily. Nor does it depend exclusively on social status or material possessions. Happiness is not something already done, but depends above all on our attitude, that exceptional ability to develop a positive vision. Sometimes it is not so easy to take this approach. Life is noisy, it is full of pressures, obligations, and adversities. Yet amid all these odds, you still have to live at your best to have genuine happiness. What then do we do to live our best life?



LIVING  
**MY BEST**  
*life* 

# Self Care & Love

## Practice self-care

The self-care movement has been gaining momentum for some time now and, luckily, it seems to be here to stay. This is exciting because it means that we are all realizing and agreeing on something super important. Self-care doesn't make you selfish. It makes you strong. The only way you can take care of your loved ones is to start by taking care of yourself. And while self-care has meant many things depending on your personality and what makes you feel good, no matter what it means to you, you must do it. Your physical, mental and emotional health depends on it.

So whether you're a personal care professional or new to the practice, here are some great ways to make sure you're taking care of yourself, whether you only have a few minutes or an entire day:

- Include time for yourself in your daily routine
- Exercise daily
- Learn to say no
- Find ways to relax every day
- Nourish your body
- Enjoy a hobby
- Make sleep a priority
- Live the moment

## Practice self-love

Self-love is that muscle that we should all exercise perfectly and at all times. Although yes, more than an action, it is a mental and emotional state, the one in which we feel good about ourselves. In this sense, self-love is important to live well. It influences the way we relate to others, the image we project at work, and the way we deal with problems.

Self-love doesn't just mean feeling good. It is not something that can be achieved by taking care of the image, through inspiring readings or spending quality time with loved ones, or enjoying activities that we like alone. As rewarding as these and other things may be, self-love is not this. It defines above all our ability to appreciate what we do and value who we are. Reflect on the following tips to practice self-love:

- Stay alert and aware
- Act on your needs, not your wishes
- Practice good self-care
- Set limits
- Protect yourself from toxic people
- Forgive yourself
- Live with intention

# Goals

Everyone knows what a goal is. It is always defined as a future aspired state. I like to think of a goal as a desire written in the ink of ambition and built on the foundation of action. It is the goals in which we invest our attention every day that make us different from each other.

How to define a goal

A goal must be SMART. Smart is an acronym that refers to five different characteristics commonly summarized as specific, measurable, achievable, relevant, and time-bound. Several experts offer different interpretations, and the following is my summary:

- S- Specific and strategic, but also Simple
- M- Measurable and Motivating
- A- Achievable through our diligent actions and steps
- R- Relevant and Results-oriented
- T- Temporally defined and traceable



# Enjoy Every Moment

Every moment is filled with experiences that you should enjoy. Have you ever counted the days that you enjoyed them from start to finish? Have you counted the times that you have taken your present and enjoyed it, putting aside your past and your future? You probably don't even know the answer. We are continually reminiscing about a past that has already happened and has left an indelible mark, or we are obsessing over a future that we cannot control. If we think about it well, it doesn't make any sense. The important thing and what we have to value is the experience of the present. It is what we can enjoy right now. It is the only real and palpable thing we have. We must learn to enjoy "now".

The best way to enjoy every moment is to have good experiences from every moment. Here are some tips:

- Start by opening your eyes to life in the present
- Go to a park or some other outdoor place that you like
- Live in the present and work on attitude
- Focus only on what you have in hand
- Get rid of preconceptions



# chapter 5

The image shows a woman in a dark patterned dress and sunglasses walking a small, fluffy dog on a leash. A man in a dark t-shirt and blue pants is walking alongside her. They are in a grassy park area with trees in the background. The image is used as a background for the large number '5' in the chapter title.

"The purpose of our lives is to be happy."

- Dalai Lama



# Develop Strategies To Cope With Life's Challenges



Resilience is that natural capacity that every human being has to successfully face the challenges and adversities that life puts before him and to reinvent himself whenever he needs it.

We all have the experience of having lived situations in which we surprise ourselves by the way we have responded to the circumstances that we had to face. For the resources that have emerged from within us and for the creativity, we have shown when making effective use of them. In a way, resilience is woven into a series of strategies that make it an effective way to cope with life challenges:

# Strategies To Develop:



## Self-Confidence

Self-confidence means being firm in your roots and stop looking for continuous confirmation of your work. If you don't trust yourself, no one else will do it in your place. You may have all the tools you need to accomplish your goals, but if you don't believe in yourself you will fail.

When we compare ourselves with the friend who has been successful, with the always perfect sister, with the impossible father to equal, we make a mistake that undermines our confidence in ourselves.

Having confidence in yourself is having confidence in your ability to make a choice, to make a decision, to act, and to adapt to the change that awaits you. It is also knowing that you deserve to be happy. Self-confidence is an act of awakening accompanied by a daily practice of knowing who you are and who you are not. A self-confident person has a huge advantage in getting things done, so you are more likely to be successful in whatever you do if you have confidence in yourself. By being self-confident, you have the head-up to overcome challenges.



## Forgiveness

We often live with the perception that we have been offended, not understood, rejected by someone, both for things that are very important to us, and for things that seem less important to us. So we coexist with emotions of anger, frustration, a sense of injustice. Forgiveness is the cessation of the resentment we feel towards a person. In practice, it is giving up punishment or revenge towards those who have made a mistake with us. Forgiveness, therefore, means putting our relationship in balance with a person.

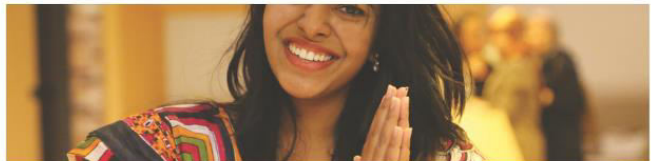
Not forgiving is taking poison and hoping that the other person will die. Start forgiving today and rid your soul of every toxic substance that resentment has deposited.



## Kindness

Every time we analyze, blame, or judge; we abandon that position of not being judgmental, which allows us to go to the heart of the experience. When we blame people, judge their behavior, or analyze what they do, we don't just prevent a true knowledge of the other, we also limit our ability to truly be in a relationship to protect ourselves.

This is why the practice of kindness is so important; because it allows us to go beyond the narrow view of our faults and the faults of others. It allows us to see beyond our valuation of unworthiness and our deepest fears. The more we explore these aspects, the more we have tolerance towards ourselves and others.



## Gratitude

It is simply the recognition of a benefit. Often we spend our lives focusing and recognizing everything that hurts us. The gratitude is to do the opposite. What if when we focus on what is wrong with our lives and recognize only what is going against our well-being, what happens? It gets worse! Now, if we focus on what makes us feel good, recognize it and accept it, what can the effects be? Gratitude helps us to direct our attention to the happy things in our lives and distract us from what we lack. It encourages us to develop positive emotions by focusing on our chances. The goal here is that you move from the harshness of "I want this" to the gratitude of "I'm happy with what I have".



# Positive Thinking & Growth Mindset

## Practice Positive Thinking

Positive thinking is helpful for stress management, overcoming life challenges, and can even improve your health. Positive thinking doesn't mean that you don't want to see reality or ignore the less pleasant situations in life. Positive thinking just means that you deal with the unpleasant more positively and productively. You think the best will happen, not the worst.

Positive thinking usually begins with self-talk. Self-talk is that never-ending stream of hidden thoughts running through your head. These automatic thoughts can be positive or negative. Part of the internal dialogue comes from logic and reason. Another part may arise from misconceptions that you create due to a lack of information. If the thoughts running through your head are mostly negative, your outlook on life is more likely to be pessimistic. If your thoughts are mostly positive, you are likely an optimist, someone who practices positive thinking.

## Develop a Growth Mindset

The growth mentality is believing that one can develop with efforts, strategies, and the help of others. There is no development without action.

The growth mindset goes beyond the positive attitude. It allows you to become aware of your potential and your ability to succeed, to push your limits, to deploy the necessary efforts, to take up challenges, and overcome obstacles. Such a mental posture has impacts on how to react to failure and influences the ability to be successful in the long term.

Develop a growth mindset with four simple steps:

- Listen to your inner voice
- Make a Conscious Choice
- Replace the Negative with the Positive
- Take Action!

# Simplicity

Simplicity is the language that comes from the heart and does not understand or seek artifice. It is the will to respect others as oneself, leading a life in which one accepts and celebrates everything that one possesses, however small it may be.

We can say that in our everyday life we are not used to acts full of simplicity and humility. People often have very high aspirations, ambitious dreams, and habits far removed from this kind of purer and more elementary actions that define humility. To make the flag of simplicity fly, one must know how to adapt and accept. These features allow everything to flow without trying to force it or change its course. All of these promote spontaneity, another virtue that is only present in balanced and healthy people.

Six ways to practice simplicity

- > Put yourself first
- > Declutter every day. Keep a small box by a convenient exit in your home and drop things that you don't use in it every day
- > Ask for help
- > Document your practice
- > Connect without Comparison
- > Discover what you love

## Spend Time In Nature

Spending more time in nature is a simple idea that can greatly improve your life and your state of well-being. This is so obvious that it almost seems trivial. And today it is also supported by scientific studies.

Being in the middle of the green, even just admiring the landscape, helps us to relax and detach ourselves from all those habits that distance us from what is our true origin: unity with nature! Even just a walk in a park, if you cannot reach uncontaminated places far from the city, can arouse in you a sense of inner peace and invigorate both the interior and the physical.

# Meditation & Mindfulness



Meditation is a practical means of calming yourself, letting go of prejudices, and seeing what is openly and clearly. It is a mind training method that teaches us to systematically explore our internal dimensions. It is a system of commitment, not of commandment. It connects us to our inner selves to know ourselves deeply. The mind itself is the biggest obstacle between us and this awareness. The mind is undisciplined and resists any attempt at discipline and guidance. The mind has a mind of its own. This is why many people do not deepen and give up: they have never reached that stillness that distinguishes the real experience that Deep Meditation offers.

When we learn to understand what is within us through meditative practice, we reach the greatest of all joys that can be experienced by a human being. All the other joys in the world are fleeting, but the joy of Meditation is immense and eternal. It is not an exaggeration, but a truth supported by a long series of essays and experiences lived by those who have succeeded.

If you are still wondering how to start meditating, don't worry about how it comes to you. Just do it. Now! For 12 seconds. The rest, from tomorrow morning.

Mindfulness requires a quality of attention to the current experience, without filter, without judgment, without expectation, and applies perfectly to the practice of meditation. It often happens that we do several things at the same time, not being attentive to what we are doing or reacting impulsively to requests, without even being aware of it. In these situations, we can be 'absent' from our life.

Mindfulness has to do with focusing on the present moment and present activity being carried out at every point in time. The practice of mindfulness allows you to improve your quality of life, develop your serenity, get to know yourself better, and discover others, but also to manage emotions, stress, anxiety, and mental rumination.

## 5 Ways to Practice Mindfulness

- > Stop what you're doing and take a breath. Take a moment to notice the sensation of your breath.
- > Put down your phone.
- > Do one thing at a time
- > Find mindful moments in your daily activities
- > Notice the moves you already make





# Conclusion

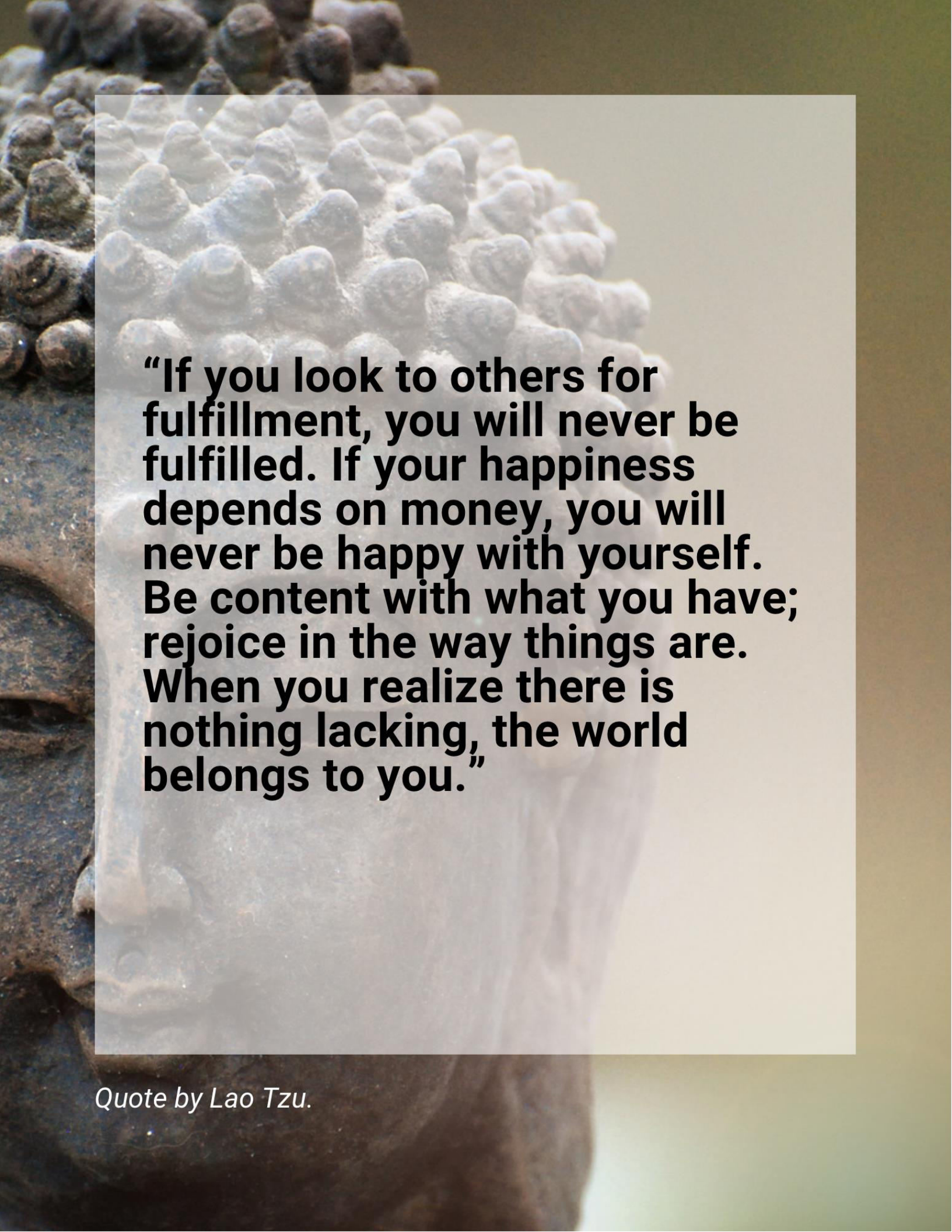
Enjoy the beautiful journey of life.



It's not easy. It is not immediate. You need training, you need study, you need continuous exercise to expand your awareness. But there is nothing more beautiful and all-encompassing than working on yourself day after day; to get to know yourself, understand yourself, learn to guide your life, and lead your life day after day towards the realization of who you are and what you are. Nothing is more beautiful than discovering how great the gift we have received is to be able to build a life that makes us real and to live it fully.

At this point, having talked about self-awareness, self-improvement, and how to cope with life challenges, it is impossible not to open a parenthesis on the creativity associated with suffering, many artists find the maximum expression of their art in suffering, here then we should think about the concept: what is happiness? For many people, happiness is to know how to not feel pain: physical, mental, or emotional. Happiness for each of us is something different, but for all of us, it is what makes our life long and creative.





**“If you look to others for fulfillment, you will never be fulfilled. If your happiness depends on money, you will never be happy with yourself. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the world belongs to you.”**

*Quote by Lao Tzu.*



# Thank You

I'm delighted that you made it to the end of the book. I hope you now have a clear understanding of happiness and what Diamond Outcome is about. If this book was helpful, please leave us a review. We would love to hear from you!

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We not only want to make sure you're happy, but living your best lifestyle as well. We offer an amazing life coaching service for this purpose. Please check it out too. Thanks again.

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