

Get a Life That Doesn't Suck ~ 10 Surefire Ways to Live Life and Love the Ride  
Michelle DeAngelis 2008

Times are tougher now than many of us have ever experienced in our lifetimes. It can be very easy to approach each day with a frown, but it can also be very easy to wake up each day with a smile and a positive outlook. Get a Life That Doesn't Suck ~ 10 Surefire Ways to Live Life and Love the Ride ~ first of all, the title alone grabs you ~ helps put a lot into perspective. The author parallels a lot of what Dr. Dan Baker wrote about it What Happy People Know - choosing, giving thanks, managing our attitudes, etc.

Here are some of my favorite quotes and takeaways from the book. After reviewing them, I bet you'll find your life doesn't suck or, if it does, you have the power to change it.

“What we call the secret of happiness is no more a secret than our willingness to choose life.”

Leo Buscaglia  
Professor and Inspirational Author

### **Defining What “It” Takes to Move Toward Loving the Ride**

“It” is the starting point and involves remembering:

- You on your best day
- That feeling of things flowing easily
- What you feel like when you feel most alive

“It” is also:

- Noticing the good things all around you
- Having a connection with something greater than you that makes you feel great
- Calling upon a powerful and welcome energy to surge through you whenever you need it

### **Maintenance**

Once you start loving the ride, maintenance is required. Maintenance is action-oriented:

1. Start. Do it now.
2. Get a system.
3. Honor your health.
4. Give. Be grateful.
5. Expect surprises! Be flexible and open.
6. Think good thoughts.
7. Think good thoughts – still!
8. First, love yourself. Then love others.
9. Have fun! Celebrate life.

10. Say what you mean. Do what you say.

## Repair

Repair is needed if your ride derails or gets stalled:

Repair = BACK = **B**reathe + **A**cknowledge (your feelings) + **C**hoose + **K**ick into gear

“People with higher happiness scores on psychological tests have up to 50 percent more antibodies.”

The Stress Institute, April 2005

## Considerations

- Base your choice on reality – how things are *now*.
- Be crystal clear about your desired outcome.
- Break it down into bits.
- Seek the input of people you respect.
- Balance messages from your heart and head.
- Consider *all* options, then narrow them down.
- Set a deadline for making your decision.

## Traps in Decision-Making

- Being unaware of your biases or filters
- Over/underestimating input from others
- Being too analytical or emotional
- Ignoring your gut feelings
- Not being clear about your desired outcome
- Considering too many or too few alternatives
- Being frozen in inaction
- Being distracted

## Plain Truth

A Native American medicine man was talking with his grandson. He was upset and was sharing some of the details of the dilemma he had been mulling over the past few days. He told him, “I have two wolves fighting in my heart. One wolf is angry and wants to seek revenge. The other is compassionate and wants to forgive.”

“Grandfather, which wolf will win?” his grandson asked.  
The medicine man replied, “The one that I feed.”

The thoughts – good or bad – we feel by dwelling on them grow stronger. What we focus on gets bigger.

“This is a very important lesson. You must never confuse faith that you will prevail in the end – which you can never afford to lose – with the discipline to confront the most brutal facts of your current reality, whatever they might be.”

Admiral Jim Stockdale  
The Stockdale Paradox  
As written in Good to Great

### **A Formula for Positive Change**

Intent - Attachment = Possibility  
(strong desire) (an unhealthy tie to a particular result) (opportunities)

Japanese proverb: “Fall down seven times. Get up eight.” Failure is temporary. Don’t treat it as permanent.

### **Give Thanks**

Why Gratitude is Important

- Gives a gift back to the giver
- A powerful way to keep you from slipping back into thoughts of scarcity
- Counting blessings and showing gratitude can measurably increase happiness and reduce depression

“If you want to lift yourself up, lift someone else up.”

Booker T. Washington  
Educator and Author  
(1856 – 1915)

“To affect the quality of the day, that is the highest of arts.”

Henry David Thoreau  
Author and Naturalist  
(1817-1862)

### **Laugh Often**

Janice Gregg reported in 2002 in Laughter is Good Medicine that children laugh up to 400 times a day. The average adult manages only about 15 laughs a day. There’s a challenge everyone can enjoy – increase your daily moments of laughter.