

How to Be Happy Even When Life is Crappy: 40 Tips and Quips to Get You There

Macro-level happiness (what you came here to do and be):

1. **Settle schmettle.** Life's too short not to live fully.
2. **Happiness is an inside job.** To be truly happy, make sure that what you do, whom you're with, and where you live match who you really are.
3. **Shine in sequence.** To live your passion and purpose, first clean up the deeper stuff that's holding you back.
4. **Peel the onion, baby.** Underneath your excuses are your fears. Under your fears is what's really preventing you from getting what you want.
5. **Change is a double-hop.** Letting go of what wasn't working is only the first step. Sticking it out until you get where you want is where true courage lies.
6. **Transform on your own time.** Baby steps are as good as a big leap. Just keep moving forward.
7. **Quit if it doesn't fit.** You know you've found your purpose when you can't *not* do it.
8. **You already know.** The question is why you're not doing it.
9. **Why *not* you?** You deserve to have it all.
10. **You'll know when it's juiced.** When deciding whether to stay in something, wait until you feel bored, detached, and only half in it. At that point, you're done.
11. **Think like a Spaniard.** In Spanish, "esperar" means both to wait and to hope. Instead of trying to control specific outcomes and timing, have faith in "this or something better."
12. **Practice "practical passion."** Balance your dreams with your current reality. If you can't be a rock star, you can still sing in the shower.
13. **Let it all out.** In a society that values specialization, be proud if you have multiple passions and skills. Michelangelo and DaVinci were the rock stars of their day.

14. **Bottoms up.** When you hit rock bottom and can't take it any more, your spirit is ready for you to do what you came here to do.
15. **Redirect from the rear view.** You're clear on what you want to leave behind. Now focus on where you're going.
16. **Correction, not rejection.** When things don't work out, it's just not where you belong.
17. **Repeat after me:** I trust myself.
18. **Make it fun.** Your life is supposed to be joyful, not an endless flatline to the grave.
19. **Just answer the call.** Your vision's been on voicemail for too long.
20. **It's time.** The world is waiting for your gift.

Micro-level (how to be happier in the moment):

21. **Lose the schtick.** Recognize when you're acting a certain way because it's authentic in that moment versus how others expect you to be.
22. **Unsubscribe from your to-do list.** Life is supposed to be fun, not an endless chase of chores.
23. **Celebrate your inner freak.** Do or say one "out there" thing daily that you're sure everyone will judge.
24. **You are what you Tweet.** Be as aware of your words as you are of your actions.
25. **Choose among the chatter.** Of all the voices in your head, follow the one that's calm, non-judgmental, and clear. That "no duh" is your inner wisdom.
26. **After me, I insist.** Your needs are just as important as everyone else's. No excuses, no resentment, no apologies, no guilt.
27. **It's not your problem.** Just because someone is upset with you, it doesn't mean you've done anything wrong.
28. **Drop the wet noodle.** Be as gentle and compassionate with yourself as you would be toward someone you love.

29. **Your nose knows.** Listen to your intuition for when to trust someone and when to keep up your guard. If something smells fishy, it probably is.
30. **Reboot your worldview.** Deliberately rewire your brain by choosing to interpret things in a more positive way.
31. **Fight to be free.** Fill your heart and empty your mind.
32. **Decide like a dog.** Animals don't dwell in "analysis paralysis;" they listen to their gut instinct.
33. **Downsize blame.** Own your piece, nothing more, nothing less.
34. **Skip the Superhero act.** Just because you can do it, it doesn't mean you should.
35. **Kill your doubts.** If someone held a gun to your head and shouted, "Decide right now!" ten times out of ten, you'd know just what to do.
36. **Check their baggage at the door.** You are fully lovable even when others can't fully love you.
37. **Listen to your body talk.** When your body doesn't look or perform the way you'd like, it's giving you an important message.
38. **Shake the blanket.** Being friendly doesn't mean you're friends. Let go of anyone who betrays or criticizes you.
39. **Return to sender.** When someone gives you feedback, treat it like a package in the mail. Consider who's sending it and why. Shake and smell it for anything harmful. If it's not loving and legitimate, send it back.
40. **Avoid unproductive ickiness.** You don't have to have every difficult conversation. If the other person isn't mature enough, trying to work it out may actually make things worse.