



HAPPINESS MANTRA

Spheres Consulting Emporium
www.sphereconsultingemporium.co.za

Hello,

I feel like as entrepreneurs, creators and business owners, sometimes happiness is a state of mind or feeling that is not readily available because of the pressures that we go through on the daily. For me, at least, I find that I need reminders that it is not all doom and gloom, I mean we are running spaces that allow us the freedom to create an income for our families and ourselves as well as the freedom to be with our family...

This mini book is my reminder to you to take a moment to pause and reflect, not just during special occasions, but throughout the year. It's in these moments that you are gifted the opportunity to look back at your journey, assessing the milestones and lessons learned.

Reflecting on where you have been and where you are can evoke a mix of emotions, that are both challenging and uplifting.

Personally, in both my personal life and professional life, since starting my dream of working for myself, the journey has been a period of significant growth. It's been filled with challenges that have tested my resolve and core beliefs. Yet, it has also been a period where I have received unwavering support from my amazing community—both online and offline.

When I felt like giving up or when I was down, my online community reminded me of my "Why's" and encouraged me to persevere until I achieved a breakthrough. This period of reflection, year after year, serves as a gentle reminder to express my gratitude, in how far I have come,

In our spaces, where challenges are abundant, I've come to realize that success isn't just about numbers. It's a narrative crafted with passion, dedication, and the profound impact we make. Witnessing something grow from nothing to a milestone—a client, a logo, or a registered company—is what makes the journey truly worthwhile.

As we stand at this juncture, no one can tell you exactly how to stay happy and grateful, but in the spirit of sharing, I would like to extend my gratitude with a token of appreciation—an eBook titled "Happiness Mantra." This mini guide is my way of hoping to remind you to find your happiness. There is no payment, no catch.

I invite you to take a moment to read and delve into the pages, I hope the words resonate and inspire you on your unique path.

Here's to growth, gratitude, and the resilience that defines the spirit of entrepreneurship and what makes us human. Enjoy.

XoXo
Thabo Nyamane

Creative Director

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SYNOPSIS

Happiness is a state of one's mind. You do not look for it. You do not even have to chase it. Happiness, in truth, lies within yourself, starting with you and ending with you. In the simplest essence, happiness is about getting back your true nature. While other people try to look for happiness through their wealth, career, money and success, you have to understand that happiness is something that you choose for yourself.

So, what are the basics of happiness? What are the things that you can do in order for you to truly start being happy with your life?

*The Basics***Be in Control and Take Possession**

Your body is composed of hundred trillion of cells, all of which are answerable to you and you alone. You are basically these cells' commander in chief and they are working constantly not for the benefit of other people, but only for your own benefit. For these cells, you are the only person that exists. To start on your journey to happiness, you first need to be in control of these , take charge and be responsible , in so doing; you also become the master of both your mind and body.

Be Yourself

Newborn babies practically share the same level of happiness the moment they have been given birth to this world. However, their happiness level starts to change once they get older. One basic rule in order to become happy is for you to remember that your fundamental nature is soft, vibrant and full of enthusiasm, energy, and love. You must never compare yourself with other people because you are exceptional and unique. And this uniqueness is something that you need to explore. If there is one thing about you that you do not like, never put the blame on your parents, on other people and most importantly, on yourself. What you need to do is acknowledge its existence and accept it as it is. Instead of lamenting, what you should do is exert some efforts in order for you to eliminate this one thing that you do not like and by this, you can expect to be happy.

Free Your Mind

If you are truly determined to be happy, you also need to free your mind and body from all negativities. Remember that there is nothing negative on earth, only your thinking makes things that way. Get rid of fear, frustration, ego, tension, hatred, anger and stress from your system. Be aware of your destination and imagine yourself getting there. Relax. If things are bound to come, they will come, only if you want them to. Perfect way to do this is to journal. Paper journal is better but if you cannot get one a digital journal will work just as well.

After you have learned how to empty yourself, the next step is for you to fill yourself with as much positive energy as you can. Fill yourself with hope, kindness, compassion, positive feelings and thoughts , gratitude and love. As you do so, you can finally tell yourself that happiness is just within your reach.



SYNOPSIS

“Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad.”

— Henry Wadsworth Longfellow

With everything happening around the world, with all the wars, natural calamities and other kinds of catastrophes that befall on the people, it is no longer a surprise that many of them end up sad, or worse, even depressed.

If you feel down or you got the blues, then, you should know that you are not alone. Every single person in this world gets sad. When you are sad, you will surely feel that that sadness is bound to last forever. But more often than not, sad feelings do not really last that long – remember that. Nothing lasts for long.

Sadness

Sadness – What is It?

When you feel sad, the whole world might seem unfriendly and dark to you, all of a sudden. Deep inside you, you feel that hurt that seems to crush both your spirit and your heart. Most of the time, you find yourself crying, with the tears difficult to stop.

For most people, crying alone can already make them feel better. The moment sadness starts fading away, that is the time when you feel as if the heavy and thick blanket has finally been lifted off your heart, and you feel happiness all over again.

The Natural Reasons for Sadness

It is only natural for a person to feel sad every now and then. Maybe you were not able to get that one thing that you have always wanted. Maybe you suddenly missed the presence of a person close to you. You were probably rejected by someone or maybe, you simply do not feel that good about yourself.

People actually have a lot of reasons why they feel so sad at one point in their lives. One of the most common reasons for sadness is loss. Losing someone you love or something important to you will surely induce feelings of sadness. Whether it is the loss of a loved one or a pet or moving to a brand new city and leaving your old friends behind, this kind of losses are enough reasons for a person to be sad.

While relationships are the best source of fun and happiness most of the time, these can still make a person sad. A lot of kids today end up fighting with other members of their family, particularly their parents, as they struggle growing up and gaining independence. Relationships in the workplace can also bring about sadness in most people today, especially when you are constantly having discussions with your colleagues or your boss does not seem to notice your hard work.

But probably the most usual reason why a lot of modern men and women today feel sad is because of self-image, or the way that you feel about yourself. Adults in particular are not totally happy on how they look. They feel inferior with others whether in school, at work and other aspects of their lives. It can be easily observed especially when talking with the opposite sex, with some people feeling shy to do so because for them, they are not that good enough.

While it might be pretty much understandable why many people today feel sad, there is actually no reason for them to dwell on this feeling. At the end of the day, being happy is something that they should strive to achieve, for many reasons.



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“True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.”

— Lucius Annaeus Seneca

True happiness refers to the measurement of two kinds of happiness, namely experienced happiness and remembered happiness.

True Happiness

Experienced happiness pertains to those moments of relief, bliss, laughter, or joy that you have experienced within a day. Imagine your friend asking you randomly during lunch time about what you are doing and how happy you actually are at that very moment. That is experienced happiness, the kind of happiness that comes from the things that you do for a particular period of time.

On the other hand, remembered happiness refers to how you think about yourself in general. This is how you will answer that million dollar question "Are you happy with your life?"

This is how you remember those years you had in high school, the vacations that you went to, the holidays you have spent with your whole family, the early days of childhood with other kids, your history of jobs, or even your divorce. Remembered happiness is pretty much like the bigger picture or perspective on your state of happiness.

It is not surprising that experienced happiness and remembered happiness do not match all the time. For instance, millionaires in general have higher rate for their remembered selves compared to those people who only earn 50,000 per annum. However, a millionaire might have more responsibilities in life. He may experience more pressure in his work, with a larger house to run and a spouse who is more demanding.

It only goes to say that even if they are earning millions, these people might have lesser moments of spontaneous happiness during their day to day lives, and living their lives less happily.

Meanwhile, an ordinary employee who considers himself as less happy since he lacks the kind of luxury that he has been dreaming of might, in reality, experience great bliss and pleasure with their jobs, with their family or with their hobbies, thus, they tend to have more blissful moments in their day.

Experienced and remembered happiness might be entirely different things but once you have happy moments in your past and your present, then, you can say that you have reached the so-called true happiness.

EMPOWERED HAPPINESS MINDSET – WHAT DOES IT ACTUALLY MEAN?**SYNOPSIS**

Do you want your life to be happier? Do you want your relationships with other people better than before? Do you want your business to be successful? Well, the real secret to all of these lies on your mindset. Weird as it may sound, you are living in a world in which things happen depending on what you think.

This is something that most people fail to realize. Whether you actually believe this or not, this is something that works similarly for everyone.

By focusing on the things that you do not want or complaining about those negative things in your life, more negativity tend to enter your life.

But if you start to focus more on things that you want and think about all the positives happening to your life, you also bring in more of that.

What does it mean?

What Is It

Happiness, as they always say, is a choice, which means that if you choose to be happy, then, you will be. Happiness is a kind of choice that you make and create for yourself. It is not something that depends on creating the happiness of other people or getting their approval. In reality, the level of your life's happiness has nothing to do with the things that other people say or do, even if you feel like it actually. Happiness is not something that you capture through the affirmation or actions of others.

Can you really make up your mind to be happy?

The answer is YES. The empowered happiness mindset is set on the principle that despite the things that happen to you or whatever dire circumstances you might be in today, you can still be happy.

Your happiness comes from within and happiness can only be experienced if you have established a connection to your core self, that part of you that lies deep within and never changes even after all those year.

If you decide that you will be happy right from your core, then, you are the one who have the power to identify the degree of happiness that you will experience.

If your core self is not being overpowered by hormonal or chemical challenges or overshadowed by your mind's incessant chatter, then, there is a high chance for you to experience the so-called "unconditional happiness." Your core self has the ability to stick to its decision of being happy and not falling apart or giving in to discouragements once it encounters less than perfect conditions.

When you learn living from your core, it is not impossible for you to be happy even during the toughest of times because you already know how you should hold on to those good times and chase all the bad away. With an empowered happiness mindset, you will know how you should let life to happen and stay open to wallowing in bliss of happiness whatever your circumstances might be.

TRADITIONAL HAPPINESS IDEAS
VS. NEW AGE HAPPINESS IDEAS**SYNOPSIS**

When you dream of happiness, you probably dream of that one place where suffering is absent – a place with no guilt, anxiety, melancholy, and mood swings. With the present way of life of many people, most of them surely look forward to that one day when all their mental battles and worries will subside – that one golden day when purely positive things will take place and there will be no more reasons to experience pain, tension, and sorrow.

TRADITIONAL HAPPINESS IDEAS VS.
NEW AGE HAPPINESS IDEASWays To Look At It

But unfortunately, all these things are just part of a mythical place. This is a kind of place that society would like you to believe exists, just another gold pot sitting at the end of that proverbial rainbow, which, when found, will give you security and wealth.

The traditional happiness ideas revolve around this mythical place with perceived security and comfortable luxury. However, there is no way for this ideal to come to reality all because of one law of life, which can be easily summed up in a single word – change.

Life is a constant ebb and flow—your strengths, emotions, connections, challenges, and the overall fabric of your existence are always evolving, irrespective of cultural notions that may suggest otherwise.

Disaster, death, unforeseen misfortune, conflict, disease, heartbreak as well as the simple anxieties of your everyday life will continue and disrupt what you perceive to be peace of happiness.

The new age ideas about happiness dwell on the principle that even though the traditional happiness ideas might be mythical and somewhat boring, still, there is a chance for you to find a deeper and truer state of being. As a human being, your greatest satisfaction will lie not in the constancy, but in the transformation.

In our contemporary world, genuine joy comes from welcoming, embracing, and even finding humor in your struggles. The goal is to recognize that your challenges are a natural outcome of life's transformations, serving as essential stepping stones toward your personal growth and development.

EMPOWERMENT FOR HAPPINESS
– WHAT DOES IT MEAN TO YOU?

SYNOPSIS

From the very moment of your birth, life unfolded without your choosing. As a newborn, distinctions like white and black, happy and sad, good and bad were inconsequential. However, as understanding dawns and you embark on the journey of seeking joy, the quest begins: What truly defines happiness, and how do you access it?

**EMPOWERMENT FOR HAPPINESS –
WHAT DOES IT MEAN TO YOU?****What does it mean?**

Joy is not a commodity you can simply buy from a local store. If that were the case, pockets would empty, and banks would break as everyone sought happiness for themselves and their loved ones. This implies that those without financial means would be denied the opportunity to experience happiness.

But of course, this is not the case. Happiness is something springing from within, a product of all your actions. And despite being intangible, happiness is not necessarily elusive.

So, before immersing yourself in negativity and contemplating giving up on your quest for happiness, it's crucial to feel empowered. To achieve this, understanding how to set goals is essential, paving the way for genuine and lasting happiness.

First, pinpoint the factors that contribute to your negative emotions. List each one on paper. To attain authentic happiness, it's imperative to recognize the sources of your sadness. This is the key to confronting and addressing these issues directly.

Laughter is hailed as the best medicine, it may not resonate well, particularly when all you desire is to shed tears or release a scream at the top of your lungs.

Happiness will only come if you will address those things that induce negative feelings such as sadness, guilt, anger, and so on and so forth.

Second step, after writing down the things that make you feel bad, the next thing to do is right down those that make you feel good, small or big alike.

It is impossible to achieve every desire instantly, as certain factors may hinder your progress. However, there's no need to worry. You simply need to organize your time effectively and establish clear priorities. Through goal-setting, you'll acquire the skill of time management, enabling you to fulfill responsibilities while also engaging in activities that bring you happiness

Lastly, and equally important, never allow others to extinguish the hope you hold in discovering genuine happiness. If anyone insists it's impossible for you to find, show them through your actions that they are mistaken.

Remember, the power to be happy lies within your choices, and by embracing it, you unleash the strength to create a life filled with joy and fulfillment.

WHY ADOPT THE EMPOWERMENT MINDSET FOR HAPPINESS?

SYNOPSIS

Having a happy mindset is very powerful and is not something that you should underestimate. In just a single day, you have thousands of different thoughts, and only some of these are actually happy and positive. It is not a secret a happy person has happier and more positive thoughts compared to an unhappy person. When you think positively, you are also given with an improved clarity as well as courage and confidence in facing the day that lies ahead.

EMPOWERMENT FOR HAPPINESS – WHAT DOES IT MEAN TO YOU?

Why Do it?

Adopting the empowerment mindset for happiness helps you in adopting the empowerment mindset for happiness helps you in determining your own path instead of following others.

Sad to say that through the negative thoughts like jealousy, fear and anger, people are thrown off their path, losing their ability of thinking and acting effectively.

But if you try to have a happy mindset as opposed to an unhappy one, you can certainly attain greater things in your life. You will have the chance of being a happier person overall.

When you are happy, a more exciting future waits ahead of you while being unhappy and thinking negative thoughts places you stuck in a vicious circle where you continue to be afraid and fearful, causing you to act defensively. It is something that tends to push other people away from you, creating more problems as you become lonelier and more afraid than ever.

Following the empowerment mindset for happiness as you travel in the path of life can help make you feel better, which will then lead you to become a stronger and even more stable person. With this kind of mindset, you will be completely in control and not someone who will be easily pushed around by others.

While there will always be bad days and negative things that will happen, learning to see the positive side of these things and learning how to avoid yourself from being dragged by such situations will help you stay on happiness' path.

Thoughts occur automatically, implying that altering them requires effort and time, although not inherently impossible.

Embracing the empowerment mindset for happiness enables you to cultivate automatic positive thinking, paving the way for a longer, healthier, and joy-filled life, brimming with uplifting thoughts.

TIPS FOR BECOMING
EMPOWERED FOR HAPPINESS*SYNOPSIS*

“Happiness is not a possession to be prized, it is a quality of thought, a state of mind.” — Daphne du Maurier, Rebecca

In their search for happiness, a lot of people search for it not within themselves but in other people. Many of them assume that things such as a good job, more money, better relationships and others will give them the happiness that they are searching for.

But, the truth is, you can only find true happiness and contentment if you look within yourself and you will learn how to be your self’s best friend. It means that you need to care, trust, and love yourself the way you care, trust, and love those people near your heart.

Here are several tips that are guaranteed to make you empowered for happiness that you might want to keep in mind:

WAYS TO UNCOVER YOUR JOY**Tip 1*****Acknowledge Your Achievements with Personal Rewards***

Celebrate your accomplishments by treating yourself to a small reward when you've done something you're proud of. Avoid waiting for external praise, as relying solely on others' acknowledgment may lead to disappointment.

Taking a moment to commend yourself every now and then not only feels good but also leaves a lasting positive impact on your well-being.

**Tip 2*****Elevate Yourself Instead of Bringing Yourself Down***

Rather than engaging in self-criticism, focus on lifting yourself up. If there's an aspect of yourself that you're not fond of, take proactive steps to make a positive change. In instances where change isn't possible, embrace it with acceptance.

Refrain from negative self-talk, as dwelling in pessimism diminishes the likelihood of positive transformation.

**Tip 3*****Practice Self-Forgiveness***

Cultivate the art of forgiving yourself. Just as you wouldn't continually scold a child for a mistake, avoid doing the same to yourself, as it serves no purpose. Grant yourself the gift of forgiveness in the face of errors. Following this, reflect on the lessons learned, using them as inspiration to make wiser choices in the future.

**Tip 4*****Embrace Positivity in Your Environment***

Surround yourself with positivity. Choose to be in spaces that uplift your spirit and connect with individuals who inspire and encourage you. Creating a positive environment can significantly impact your overall well-being, fostering a mindset of happiness and contentment.

**Tip 5*****Celebrate Your Unique Qualities***

Always remember to celebrate the wonderful qualities that make you who you are. Recognizing and embracing your strengths and positive attributes is a crucial step in empowering yourself for lasting happiness.



SYNOPSIS

No matter where you are or who you are, we all face moments that bring us down emotionally and mentally, making happiness feel out of reach.

Countless studies have unraveled the secrets of happiness, showcasing its numerous benefits in both our professional and personal lives.

Life throws challenges our way – financial struggles, the pain of losing someone dear, or even gloomy weather – things that can cast a shadow on our happiness. But, there are also things we can control.

In those moments, happiness becomes a choice. It's easy to fall into a pit of self-pity when the blues hit, but embracing the empowerment mindset for happiness can truly turn things around and bring significant benefits to your everyday life.

CULTIVATING HAPPINESS

The Results of Cultivating Happiness***Motivated in the Mornings***

Adopting a mindset for happiness serves as a powerful motivator to face each day with vigor. It eradicates the lethargy associated with mornings, replacing it with an energized approach to life. This positive outlook fosters happiness and optimism, allowing you to concentrate on the positive aspects of your life.

***Boots Creativity and Productivity***

An empowered mindset for happiness contributes to increased creativity and productivity. Unhappiness often leads to distraction, decreased productivity, and sluggishness. Conversely, a happy disposition results in improved focus, heightened creativity, and enhanced productivity, allowing for successful completion of tasks with spare time for enjoyable activities.

***You Glow with Positivity***

Happiness attracts positive interactions. A happy person is more likable, creating a pleasant environment for those around them. Unhappiness, on the other hand, can spread negativity and lead to discomfort. The contagious nature of happiness creates a positive ripple effect, uplifting those around you and fostering a more optimistic atmosphere.

***In wrapping up our exploration, let's embrace the journey of ongoing growth and well-being***

In our pursuit of well-being and growth, embracing the empowerment mindset for happiness leads to numerous positive changes. It not only enhances our personal well-being and contributes to creating a more positive world but also serves as a catalyst for personal growth, making you a better person. Choosing to adopt this mindset is a significant step toward making the world a happier and better place for everyone, as well as fostering your own continual improvement.

“Happiness depends more on the inward disposition of mind than on outward circumstances.”

— Benjamin Franklin

In conclusion, the Empowered Happiness Mantra is about...

True happiness resides within you, accessible regardless of your current circumstances. While fleeting joys may accompany pleasant situations, they can chronically distract you from the pursuit of lasting happiness.

Here are the core components for achieving happiness



Understand that your emotions and thoughts are not your essence but fleeting products of the mind.



Don't outright reject short-term pleasures but prioritize long-term happiness when faced with choices.



Regard your heart as the compass guiding you towards choices that foster long-term happiness.




Allow your mind undistracted rest and time for peaceful contemplation, creating mental space in your calendar.



Despite life's imperfections and inevitable moments of heaviness, remember that happiness is a choice, not a random occurrence. You, and only you, decide when to embrace happiness. It's a matter of will. If you truly desire happiness, there's no reason why you shouldn't find it.

May this Empowered Happiness Bible be your guide and inspiration on the journey to experiencing genuine happiness! Instead of searching elsewhere, look within yourself—there, undoubtedly, you'll discover the fulfillment you've long been seeking!





Embrace the journey of cultivating happiness within, where genuine joy becomes a choice, not merely a circumstance.





Happiness
mantra

An Inward
Journey!