

# 10 RULES TO



# HAPPINESS

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CSP



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# 10 RULES TO HAPPINESS

With everything that is happening in today's world, many of us need to take a step back and look at life from a different perspective. In essence we need to 'change' our way of thinking. Hence I would like to share 10 insights to bring about a magical change in your life.

1. You are in control of your destiny. Only you can make your dreams come true. If you have not achieved your dreams up until today, and are still following the same routine you have been doing for the last few years, guess what – nothing will change. You have to change, do things differently, re-invent yourself, take responsibility and do things in a new way. Become acutely aware of everything around you and take responsibility for your own actions.
2. It is imperative that you set time aside every day to meditate on your dreams, desires and goals. By meditate, I mean quiet time where you reflect on your own life. It does not have to be an hour per day. It can even be ten minutes only. But you do need to give yourself time to 're-energise' and find your focus again.
3. Practice the Law of Giving. And by 'giving' I don't necessarily mean materialistic things. Meeting someone and quietly sending this person a blessing of love and health – but doing it consciously. Smiling at someone you never speak to at work. Offering comfort to somebody that seems down. And most of all – doing this from an 'unconditional love' point of view. In other words, do it without expecting anything in return.
4. Do not be disappointed by setbacks. Remember, the most successful people on earth have failed more than anybody else. The only difference is that they never saw the failure as bad or negative. They saw it as a learned lesson and stepping stone. It is through determination and never giving up, that we achieve our dreams.

5. Don't listen to people that put you down. If you believe in yourself, follow your heart and follow through. Do not hang out with negative people who try and break you down. Stick with the positive one who support you.
  
6. Respect is earned – remember that. Often you have to earn it by being hard. Never take the easy way out just to win a popularity contest. I much rather be respected than popular. No matter what you do in life, not everyone is going to like you. But, by doing what is right, rather than what is easy, even if someone doesn't like you – they WILL respect you.
  
7. Get out of the rat race and stop being conditioned by what society and the media expect from you. Even if you manage to win the rat race, remember, you are still a rat! You will only find inner happiness and peace if you are honest within yourself and live the life you are meant to live. The only way you will find that answer is through blocking out all the 'outside' influences and spending quiet time alone looking within yourself. Think about it, the media will always try control your thinking and make you want to buy the latest craze. Why, because they are controlled by the governments who want you to buy everything and have debt. Because, if you have debt you have to work and pay taxes. The government needs your taxes to function. If you had no debt, and were content with the simple things in life and not run after money all day long – you would be free.
  
8. Find your passion again. Do you wake up excited and happy about the new day? Or do you wake up moaning? Think about it, what makes us lose our zest for life? Easy ... expectation! We do something because we expect something in return. When things don't go our way, we are completely disappointed and depressed. Practice unconditional love and do whatever you do because you really want to do it. It must be fun and make you feel good, without you wanting anything in return. Guess what, the laws of the universe are such that it will come back to you. However, because you had no expectations, it will just be so much greater when it does come back. Life is like a mirror – what you put in front of that mirror, is what reflects back on you. It's as easy as that.

9. The most precious asset you have is your own body – so look after it. Eat right, exercise and stay fit. Once your health is gone, that's it. Take care of your body.
  
10. Life is like a roll of toilet paper – the closer you get to the end, the quicker it goes! So enjoy every moment of it. Learn to live in the now. If you are depressed and negative, it is because you are living in the past. If you are stressed and anxious, it's because you are living in the future. Think about this: NOTHING has ever happened in the past or the future. Anything that will happen in your life will happen NOW. You cannot do anything about, or change the past - it has happened, it is over. Yes your actions today can have an impact on your future. But right now you are living in the now. You do not know how long this 'now' will last. So why not make the most of it. By constantly living in the now, to the fullest, every yesterday WILL become a good memory and the future WILL be something you look forward to.

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## ABOUT THE AUTHOR:

**Wolfgang Riebe** is a unique international keynote speaker, comedy magician and moderator who has created *Memorable Magical Moments* for millions of people worldwide. He is a best-selling author with appearances in over 150 countries - from Hollywood to Singapore. Star of numerous television shows and many of his own prime time TV series, coupled with 30 years experience in the speaking, service and entertainment industry, making him a world leader in his field.

His career began as a magician on British television on BBC & ITV, before traveling around the world as a headline act on cruise liners and tackling expeditions throughout the Arctic & Antarctic where he performed world-class illusions to thousands of international passengers.

In later years he relocated to Cape Town from where he focused on the EMEA market combining strategically planned illusions with speaking in order to reinforce corporate messaging throughout Africa, Europe and the Middle East. He completed a thesis in Complexity Thinking and its affect on Innovation amongst leadership in multi-national organisations at the York St John university in the UK.

In 2012 the National Speakers Association (NSA) awarded Wolfgang the CSP (Certified Speaking Professional) designation, which is the highest award given to any professional speaker in the speaking world. This designation is currently only held by less than 800 professional speakers globally.

His passion is to share life truths and connect people through logical thinking and fun, as can be validated through his You Tube channel with over 850 videos. In 2015 he appeared as a TEDx speaker and is currently based in Frankfurt where he focuses on the English Speaking meetings & events market. He is married with 2 daughters.

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