



15 Happiness Factors Every Frazzled Person Should Know

By Greg & Fiona Scott

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We want to help you have LESS....

Wow, that's a switch, isn't it? Most people want MORE AND MORE.

"If I just had more money. A bigger car. A larger home..." Those expressions of longing usually end with...

"...then I'd be happy!"

Here's the twist...

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WHY ARE WE BLISSFULLY HAPPY WITH LESS?

We're happy because we **have less**. And we have less because we leveraged the internet to start an online business. WE HAVE EVEN LESS because we love to share what we've learned with people like you!

Stay with us as it's important. In fact, read this bit... S L O W L Y:

We have **less** time wasted on commuting.

We have **less** frustration because we don't answer to a boss.

We have **less** restriction on how we schedule our days.

We have **less** (zero) work place stress.

We have **less** pointless meetings, needless deadlines, and inane reporting.

Wouldn't you love to have less too?

We'd like to help you reach that goal... and many others.



DOING WHAT IT TAKES...

We've found the **lifestyle business model** that works exceedingly well for us – because it enables us to **be happy with less**. And we're sure it'll work for you too when you plan properly, and invest your time and effort into that plan and into yourself.

Now, it's true that starting your online business will likely take many waking hours at the get-go, and the 'hourly rate' probably won't be glamorous – at first!

But... when you build and scale your business, you'll experience great satisfaction and pride – not to mention a sustainable income, happiness and freedom!

Think about this... ***You've been liberally handing over all your help to your boss - so he can live the high-life.***

Isn't it high-time you do that for yourself?

And start living a happier life on your terms?



DREAMS: LOST AND FOUND

Before we started our business, we were so overworked, stressed out, and under-appreciated, that we were totally incapable to take stock of what was really important in our lives. Our work was unfulfilling. We lost touch with our dreams. We weren't intrinsically happy. We were simply going through the motions of getting by – week after week, month after month.

Maybe, that's where you're at today? It doesn't have to be where you are tomorrow.

Today we can say with confidence and relief that we're honestly HAPPY! We constantly pinch ourselves. You can too.

Many people think about going to heaven. That's fine. But what about creating heaven on earth in your life today?

LET'S EXPLORE. FURTHER



Let's explore the things in life that bring genuine happiness. Take them to heart and move from frazzled to fantastic as you build your lifestyle business and do something you're passionate about.

Imagine being able to earn a sustainable income in your spare time AND have the freedom to go with it. **It's bliss in our world.**

That's what this report is all about – to help you to identify the 15 happiness factors which genuinely make life joyful - so you can constantly be mindful of them whilst building an online business which gives you the freedom to spend more quality time with people who make you happy.

And NOT – going to work to earn money to buy the fuel for the car that you drive to work.

NOR: paying for an education to get a job (that's not guaranteed at all), just to get a job to pay for school!

The truth is: your brain is wired for your survival, but not your happiness. However... **you can work on rewiring your brain.**

How can you start that rewiring:- **don't let your brain talk you into accepting it's uneducated opinions!!**

MONEY CAN'T BUY HAPPINESS, OR CAN IT?

Have you read any of the stories about people who win a huge amount of money in the lottery? Those stories rarely have a happy-ever-after ending.

Some of the winners blew the lot in record time - expensive cars, followed by a house with a garage big enough to hold all those cars.

“Friends” appeared out the wood-pile with hands out. Long-lost relatives showed up at their door.

Before long, those so-called winners were worse off than the day before they purchased their lottery tickets. ☹️

In ‘Happy Money: The Science of Happier Spending’, Psychology Professor and Author, Elizabeth Dunn, reported on a study from Spain which concluded: wealth makes it harder for people to appreciate simple pleasures.

Dunn added, “...that’s bad news for your overall state of mind. Most of life is made up of simple pleasures, so finding joy in them is a major happiness attractor factor.”

No, money doesn’t buy happiness; **money can buy things that distract us from realizing something more important is missing.**



Where do we find happiness?

In reality, society/media/peers dupe us into trading time and money to buy stuff. That’s not a negative or wrong thing to do. People have the right to make informed choices.

However, those choices ought to aid creation of the kind of life you truly want to live.

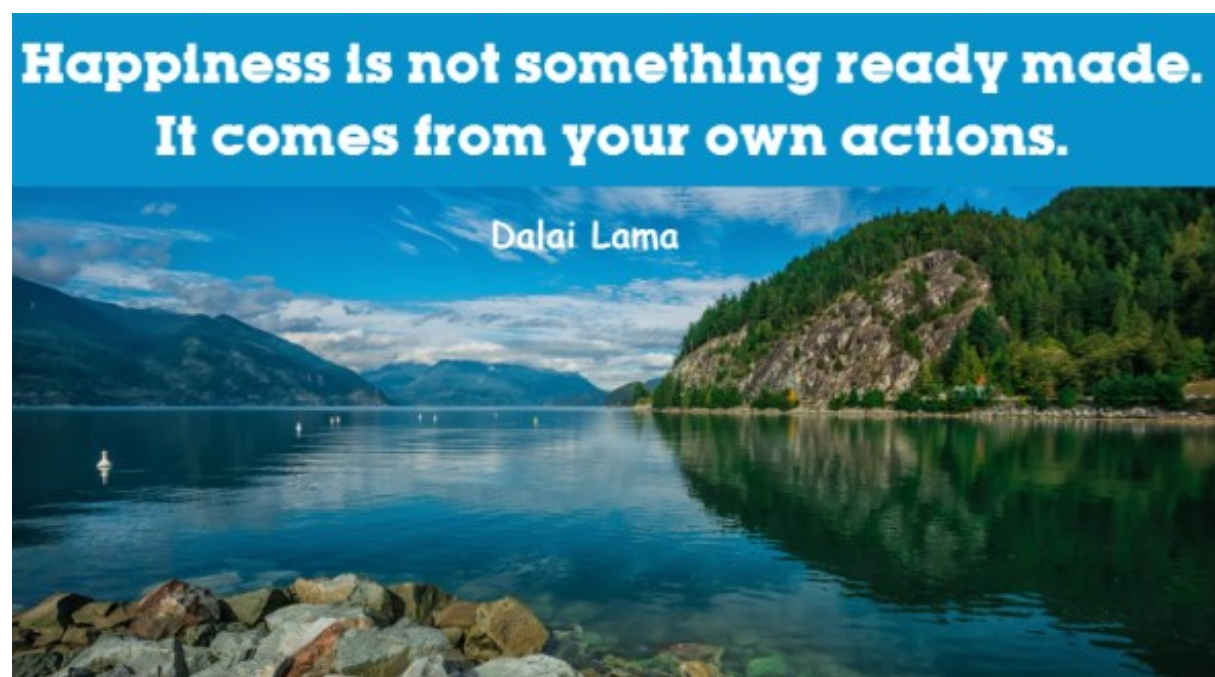
Which will be different for everyone.

Now for another study of proof, this time by Nobel Prize winner Daniel Kahneman. He evaluated people's *day-to-day happiness compared to the amount of money they have*.

Kahneman determined that "lack of money brings both emotional misery and a low life evaluation." So there's a level of happiness money can buy. BUT...

What's also interesting, he discovered that when people earn above \$75,000 a year, their marginal happiness attractor factor goes down – which means you get less bang for your buck – so the more you earn over \$75,000 pa, happiness increases disproportionately.

So you 'need' to get that minimum \$75,000 pa "in the bag", along with time freedom, so you can then focus your entire attention on what's important... the things that make you happy 😊



WHAT WILL YOU CHOOSE?

Most people give lots of thought to what they choose from a restaurant menu, yet practically sleepwalk through their days. WTF!

They're so busy making a living they don't pause long enough to carefully consider what they genuinely want out of life.

So, let's explore those "simple pleasures" Dr. Dunn tells us will lead us to happiness.



HOW TO FIND HAPPINESS

A friend of a friend who's had incredible success helping people reverse depression shared a list he created with us. He's researched the subject of happiness for over a dozen years. And now. We're able to share the fruits of his research with you.

You'll be 'happy' (ha ha) to learn there are 15 happiness attractor factors which account for the happiness of most people.

We'll start with lowest first and build up to the highest happiness factor.

Ready?

15. Material Possessions

Yes, those big name brands, flash cars, and bling you buy, do provide a level of happiness, but it's usually short-lived which is why it's number 15 on the list – so there's 14 more happier factors to have in your life 😊

14. Sex

Just slightly above buying that brand new car or shiny piece of jewellery – we're human after all, and sex is pleasurable, intimate and loving.

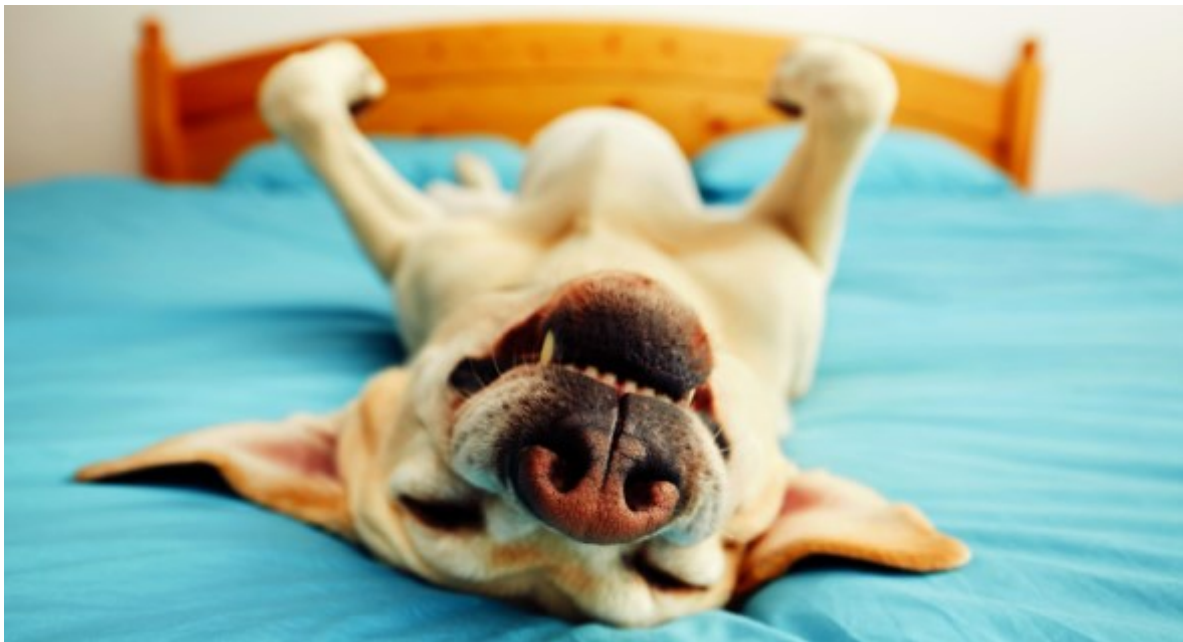
13. Physical Activity

Dancing, sports, running. Anything that involves moving your body to get your heart beating a bit faster, triggers 'feel good' endorphins to course through your veins (Note #14).

12. Pet Time

Animals (for us, it's dogs) give unconditional love and affection without seeking anything in return (we can learn a lot from dogs). There's a reason why animal images and videos are popular on

Facebook – which we love as we can't have pet dogs because we travel so much. It wouldn't be fair.



11. Sleep

Oh, how we love those naps we succumbed to when we were little. Nothing's changed now we're grown up. Time to recharge. Time to dream. Time for bed!



10. Bath and Shower

Refreshing, relaxing, renewing - we all enjoy the silkiness of luxurious lather, the scent of soap, the feel of fresh water.

There's a lovely serenity to feeling clean, being clean, and smelling clean.

9. Forgive

It's hard to understand the concept that forgiving is not for the other person, it's FOR YOU. Until we opened up and started forgiving people. Freedom is found in forgiveness.



8. Pray or Meditate

Each person will 'centre in' in their own preferred way. It's about reaching out and looking inward. It's about accepting the mystery. It's about finding yourself in the midst of all that swirls around you.

7. Show Affection

A smile, a hug, a pat on that back. We all need that sense of acceptance, reassurance, and caring. A gift to the giver and to the recipient. The healing touch.

And it's free!

6. Express Gratitude

A simple thank you said to someone makes their day - and makes you feel pretty darn good too. But, gratitude is more than that. So, let's move to #5.

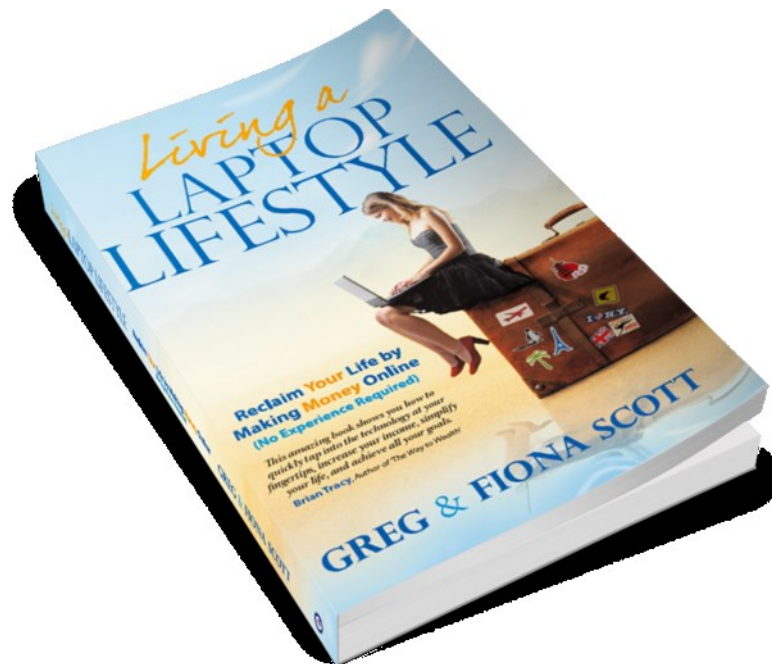


5. Be Grateful

The attitude of gratitude for all the little things we might otherwise take for granted sets in motion a flow of abundance on many levels. In other words, remember to stop and 'smell the roses' – be grateful for EVERYTHING that's good in your day.

4. Help Others

Whether you're paying it forward or doing for others what was done for you - helping others is powerful! That's why we want to; no, why we MUST share what's worked for us in business with as many people as possible! Maybe you should help others too and share this report 😊



3. Music

Listen, sing, dance. Play an instrument. Let music surround you and move you. Music is the soundtrack of our lives. It touches all of our emotions and becomes part of memories of where we've been. (Blondie's 'Tide Is High' was playing when we first met...)

2. Family and Friends

They're the ones we laugh with, love with, do life with. Enjoy each precious moment with the ones who enrich your life. We're thrilled

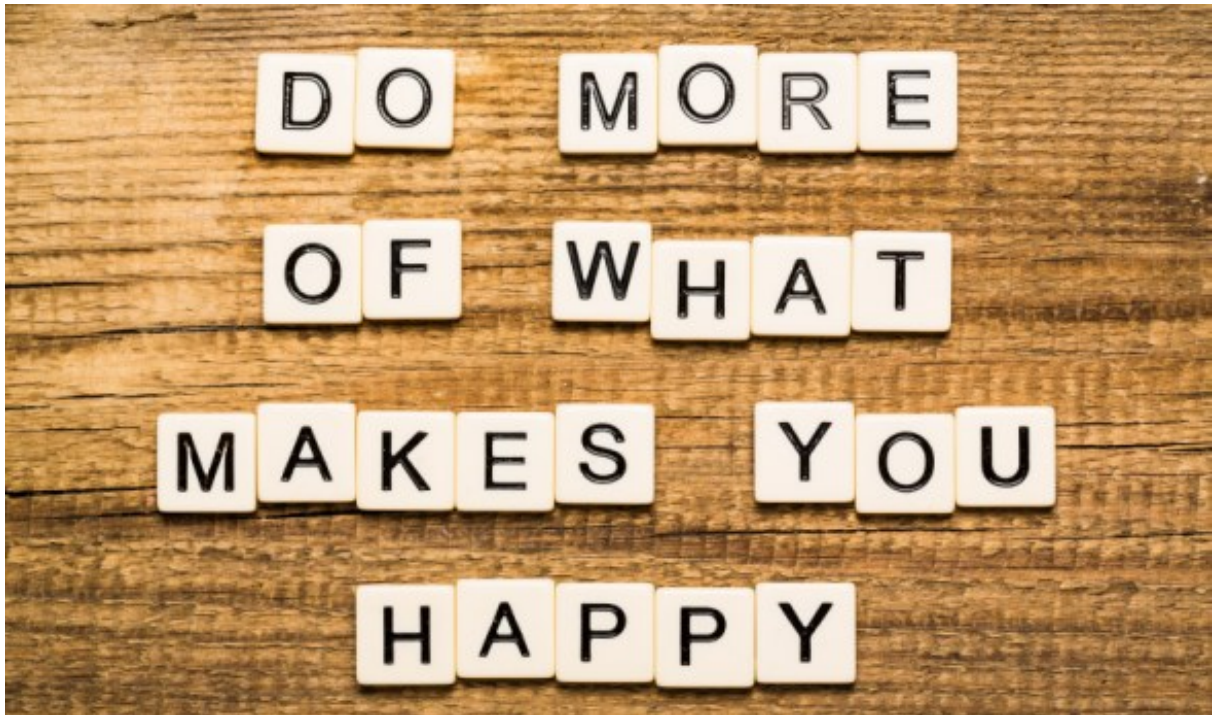
to have found a way to create a sustainable income which gives us more time to spend more quality with those we care about the most.



And finally...

1. Safe Shelter, Healthy Food, Clean Drinking Water

Such simple things. Things we take for granted, that many throughout the world fight to have every day. Not first world problems. One of the great gifts of success is a financial situation that allows you to help make a difference for others, so they can enjoy these basic happiness necessities.



YOUR TREASURE IS HIDDEN IN PLAIN SIGHT

We know in our hearts where our treasures lie. We need to spend more time enjoying these 15 things that seem so simple but create a life of worth, wealth and happiness.

HOW WILL YOU MAKE THESE PRIORITIES PART OF EVERY DAY?

When you fail to plan to make time for what you know is important, you're sure to miss out on the potential for happiness.

Making a great income online helped us be "un-frazzled." It erases the stress of never having enough. Focusing on the 15 areas of happiness and making time to focus on them makes for a joyous life.

It's time!

Time for you to move from FRAZZLED TO FANTASTIC. You won't regret it.