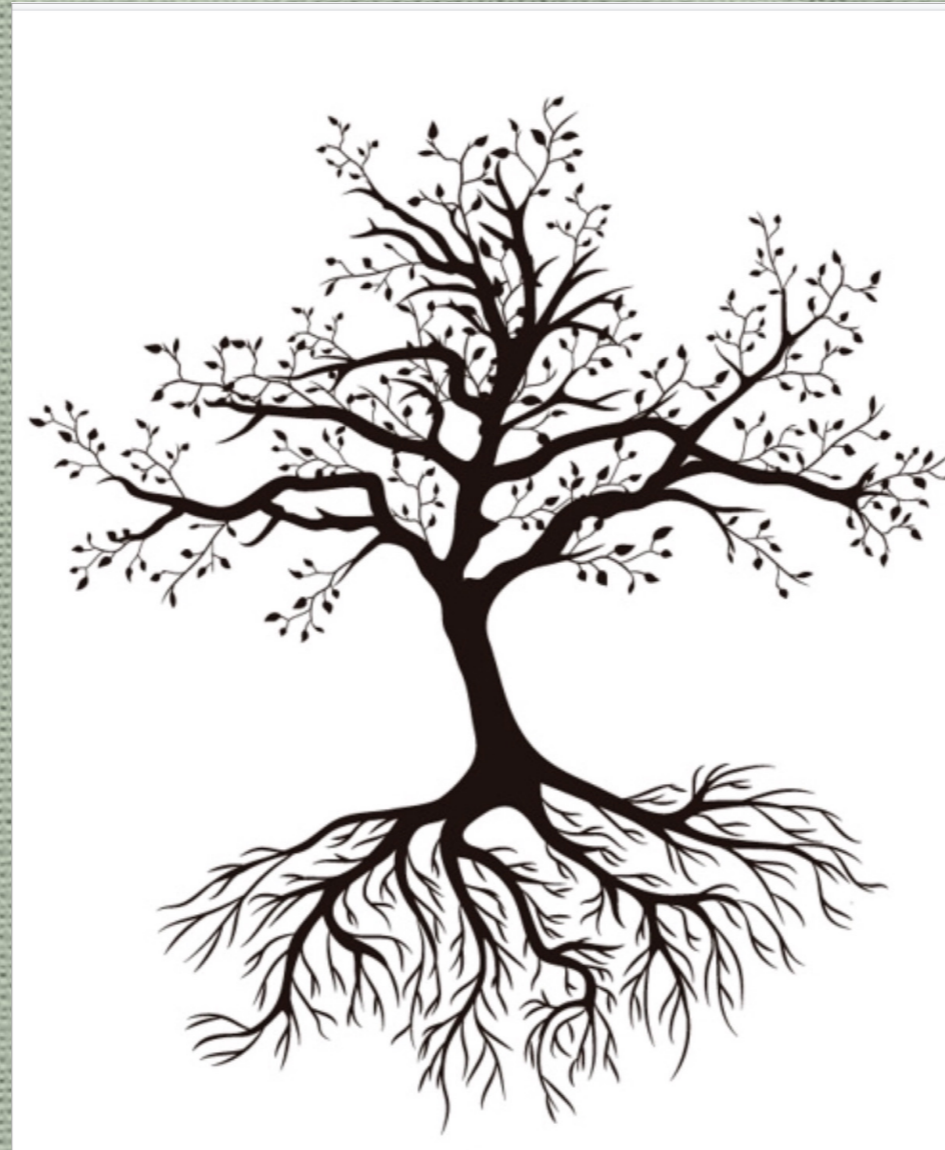


HAPPINESS LIFESTYLE HABITS



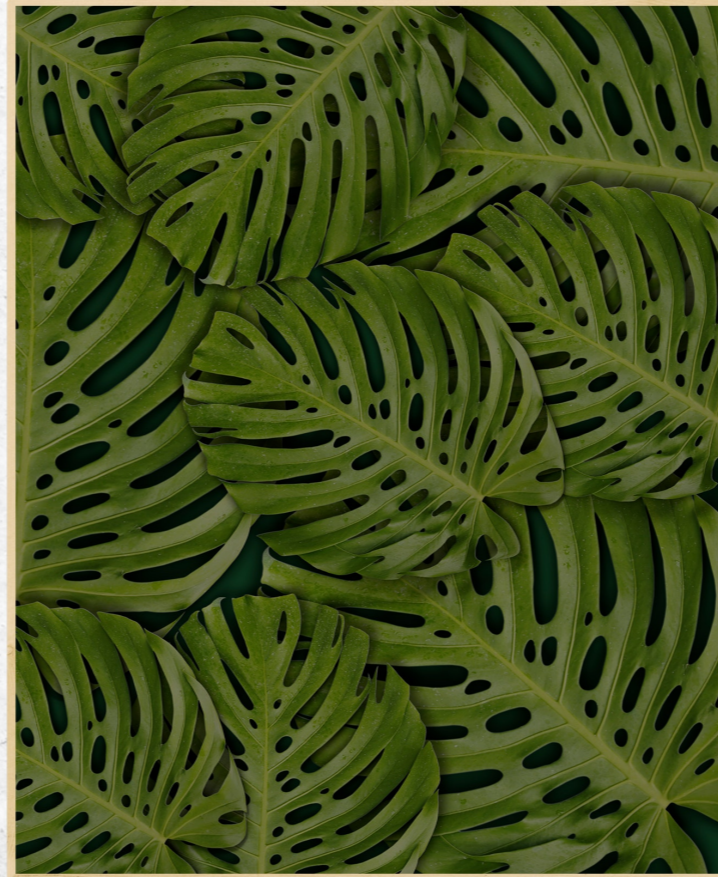
by Alexia Georghiou

Organize internally to survive your external environment!



WELCOME

- Your happiness depends on your choices.
- All of us go through challenges, disappointments in life, and hurts.
- There is hope.
- Today, let's make a decision together to elect to focus on what is going well.
- We acknowledge the problem.
- Takes steps to find solutions.
- Let go of what is out of our control.
- This is happiness.
- Not an emotion.
- An optimistic viewpoint, looking forward to a future of possibilities.
- Today do not miss your opportunity to turn around your life to focus on the good that is all around us.



5 Happy Habits Defined

1. Identify the problem.
2. Do what is in your control to solve it.
3. Let go of what is out of your control.
4. Focus on what is going well.
5. Breathe...your pathway will lead you higher than anything you ever expected!



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Alexia Georghiou is a native of Knoxville, raised by immigrant parents from Cyprus. She has been a mental health therapist for over 20 years, and is an avid traveler. Her passion to innovate culture was sparked by her life experiences, with recent studies in Happiness, Positive Psychology & Quantum Physics. She contracts with individuals and organizations to foster engagement & motivation of employees, strategies for teams/organizations in transition, and Life Coaching with development of healthy habits. She is a single woman who thrives with her community relationships. Her story is one of courage to break through the confines of what life and community should look like. The world is a better place because we are in it, and everything we do can shift the culture for the better good.

