



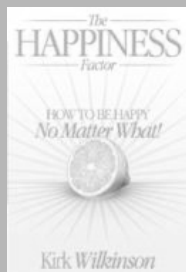
Happiness Matters

By Kirk Wilkinson

Don't Settle for Less When You Can Soar!

You can be happy No Matter What!

You don't need to live a life settling for less. You can live your dreams, feel fulfilled and be happy



right now. Happiness is created, not found. Create your happiness from the inside out

by learning how to soar.

In *The Happiness Factor: How to be Happy no Matter What!* you will learn the eight simple yet powerful steps to be happy in any situation and regardless of your circumstances.

Overcome obstacles, remove roadblocks and SOAR!

Don't settle for less

You can achieve your dreams! You can live the life you have always wanted. Don't settle for less because it seems hard and you have run into obstacles. Giving up is not an option. Settling for less is not the answer.

Soar above any obstacle or setback

When faced with obstacles or adversity it easy to feel overwhelmed and feel as if you can't cope. But you can! As humans we can do amazing things. You can survive much more than you think. Don't be afraid, don't feel overwhelmed. You are not your problems, you are not your job, your body, your bank account. You have the ability to overcome, the strengths to achieve and the potential to be great! All of your adversity can be reframed in a way that helps you ask why is this happening *for* me not why is this happening to me.

SELF reliance

You are in control of your destiny. All of your problems will be solved from the inside out. Don't wait for anyone else to change for you to be happy because you have the power to make happiness happen. Transform your life by learning the power your already have being accountable for your own success.

OPTIMIZE your strengths

Do you know what your greatest strengths are? When you align with your strengths work no longer becomes work. We all waste energy beating ourselves up trying to live up the expectations of others. Those expectations may not match your strengths. This does not mean that you don't try to improve or work on your weaknesses, it means that we now have a greater appreciation for our strengths and a new perspective on where we need to improve.

ACTUALIZE your potential

For many of us our potential is locked away waiting for the right key. Learn how to unlock your potential to help you reach your dreams.

REFRAME your adversities

Most people believe that things happen for a reason. I do too. However, you get to choose the reason why things are happening to you. Selecting a reason that is personal and meaningful to you can reframe your adversities into something positive empowering you to grow and reach your potential.

Soar to new heights and rise above your adversity and obstacles.



Kirk Wilkinson
The Happiness Factor

Kirk Wilkinson wrote the book on how to be happy. As a two-time cancer survivor and overcoming personal, financial and relationship setbacks, he brings a unique and practical approach to being happy.

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Kirk's advice and practical tips to be happier have been featured in major newspapers, radio, TV and national magazines.

You don't need to wait for anything or anyone to be happier. You can be happy right now!

Kirk speaks on this and many other topics tailored to your specific needs.

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