

All about happiness...

365 days joy of life

Happy to live here and now!

Mia McCarthy

# All about happiness ... 365 days joy of life

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# **The positive aspects of self-love - Boosting self-confidence and self-esteem**

## **Appealing and likeable - How to make a good impression**

How can you make others likeable and likeable? This does not require a great deal of witchcraft, but rather very important basics. Some of them are very simple and others a bit more complicated, but everyone can learn. I'll introduce you to the best tips now.

Perhaps you've heard before that we make a decision within the first few seconds or even tenths of a second about who we like and who we don't like. That puts a lot of pressure on you, of course, but it shouldn't be. Because you can't and don't have to appeal to everyone. It's perfectly normal that not every person can relate to you. Because you can't make sense of every person. Nevertheless, of course we would like to be well received by most people and there is some good advice for that.

The magic formula common to all tips and recommendations is this one: Make your counterpart feel comfortable in your presence! And how exactly do you achieve this by giving sympathy. Because if you give up sympathy, you get some back.

Tip 1: May your fellow human beings

Sympathy is a self-fulfilling prophecy. I. e. if we believe that another person likes us, then we automatically automatically behave in a much more friendly and direct way towards this person. With the effect that this person probably really likes us more.

If, on the other hand, we believe that our counterparts do not like or fear rejection, then we unconsciously behave in a reserved and cooler way towards this person. And in this way, they run the risk of getting more frequent and stronger.

So sympathy has a lot to do with your thoughts and beliefs. Of course, people who love themselves, like themselves and are at peace with themselves have a clear advantage here. Because if you don't think it's possible that someone else might like you. Then, of course, you will always go in all social interactions with this expectation and attitude. And unconsciously contribute to the fact that other people really don't like you so much.

If you want to change that, then start appreciating and loving yourself.

Tip 2: Let your counterpart know that you find him/her likeable

People like people who like them, too. We feel flattered when we experience that an opposite person likes us and react accordingly benevolently. You're probably also aware of this effect that you suddenly look at a person with completely different eyes after hearing that he or she thinks you're good.

Tip 3: Be a good listener

You don't have to do anything great to make other people like you. You don't have to have insane narrative skills and the best stories. It's much more important than telling a story, it's listening. So be a good listener, because people love to talk about themselves. There are studies which show that the greater the proportion of our speakers, the

more valuable we are in assessing a consultation or conversation.

#### Tip 4: Interested questions

Because of this, you will of course make sure that your partner can tell you even more about yourself. You also show your interest in each other's lives and also show him that your full attention is with him. Of course, the whole thing should not end in an interrogation, so if possible ask questions about topics your partner likes to talk about, such as hobbies, passions, traveling, etc., please do not hesitate to contact us.

#### Tip 5: Emphasize your similarities

It's not about foolishly talking to others after the mouth, but if the other one was perhaps now in the USA and you were already in the USA. Then this is not only a good topic of conversation, but also makes each other more likeable. Because Gleich and Gleich likes to join us!

#### Tip 6: Make a compliment

Again, do not mucilage or talk to others after the mouth. But everyone is happy about a sincere compliment. It's also a great icebreaker, e. g. as a conversation starter. Just come up to someone and say, "Hey I like your glasses, they look great on you. I've been looking for a while, too. Where did you buy them?". You can then start a conversation about this. By the way, this also shows that you are self-confident and do not feel threatened by others, because you are able to praise their successes and achievements without feeling worse.

#### 7. Tip: Smile, smile and smile

A smile always has a pleasant effect and so you can gain sympathy without giving a sound of yourself. Just ask yourself in which company you would like to stay. In the company of someone who looks grouchy and grumpy all the time. Or in the company of someone who smiles and shines all the time.

#### 8. Tip: look your opponent in the eyes

Eye contact is also absolutely essential, because it signals to you that you are really there with the attention. That you're not yawning or searching the room with your eyes. Instead, you really concentrate on your counterpart, you really listen to him or her. It also signals that you are self-confident again, because you don't look down with your eyes completely intimidated. That means you're able to keep eye contact for a long time.

Tip 9: Ask for advice

The very fact that you ask the person about something impresses most people. You will then feel important, valued and interesting. And they respond to that not only with an answer, but also with sympathy for you.

Tip 10: Admit small mistakes and weaknesses

This sounds paradoxical, because most people think they have to be perfect and liked. But the opposite is the case, we are all not perfect and have these small mistakes, weaknesses and peculiarities that make us human and sympathetic. Just imagine you're listening to stories of two women telling pretty much the same things. But one tells all the time about her (everyday) routines, successes and how well she gets everything under one roof and how perfect her life is. The other woman also gets everything on the line and with which runs it also super, but she tells then between in between in it that she can not resist e. g. chocolate simply or that she is already quite a clumsy one and runs more often times somewhere against a wall. Which of the two women do you find more likeable? It is precisely these small mistakes and weaknesses that make us likeable.

Tip 11: Be authentic

You see some of these tips are very easy to implement and others may require you to develop a positive self-image of yourself. For all tips and tricks, however, it is absolutely essential that you don't bend or warp. It's that you always stay authentic and that you stay "you". Because people like



people who are authentic. We are attracted to such personalities because we know that we can trust them. It's hard to like a human being if we don't know exactly what to expect and how this person feels and feels.

If you have understood that you are likeable and loveable, other people will see it too!

## **Tips for learning to love yourself**

Being able to love oneself is the prerequisite for a happy life. Here are some tips on how to do this.

I also belong to the kind of mice who believe that self-love is selfishness. I can't explain it to myself - why. It had been so natural to me for a very long time and this is not true in the front and back. I have known and knew since childhood on the phrase "Love your next as well as yourself". It has long been proven that we cannot love others if we cannot love ourselves. Just to have a look at what stands in our way and which tips you can do. We consider this to be selfish, i. e. something you shouldn't do, because it is seen as negative. The German-American psychoanalyst Erich Fromm says quite clearly, "Selfish people cannot love even themselves. So these are two completely different shoes. One thing is still very important, we are so happy to be in the victim role, i. e. we like to flee so much into the victim role because we are always to blame for others. For example, our "parents have..., our teacher has..., my supervisor has... etc." and that's why I consider myself a failure, so I am not able to love myself. But that's not the way to play it. There are two protagonists in self-love - you love yourself, it's all about you, someone else has no say at all. It is only between you and your consciousness and your

inner self. Or whatever you want to call it now. If you realize that, we know we can do something. Then we can use the levers and make a difference. That's what this is all about.

I really want to put this sentence above all else because I think it is the most meaningful sentence of all - treat yourself as you treat your best friend or best friend. What happens if something happens to your girlfriend that she's so sorry about? Then you go and comfort her and say to her "this can happen - we are all just people. You know what I cooked a nice dinner for us. Come to me and we'll talk about it and then the whole thing will be forgotten ". There we have some nice tips such as bath tubs, a back massage or anything else we can think of to comfort this friend or friend and say "It's not so bad - just look at life". But how do we deal with ourselves when something has happened to us, the thumb goes down like that. Maybe something like "I didn't deserve it any better, or is it clear I'm a failure". Here we draw quite different registers with ourselves. And this must end! When situations arise again, where you think you have to finish yourself off. Then please hold your breath and think about what I would say to my girlfriend if it happened or to my boyfriend. Seeing what's done. It's a great way to deal with yourself and is incredibly helpful. This of course also includes being able to forgive oneself, being able to treat oneself to something. Of course, I also know this when my desk or diary is full or whatever. Then I rarely get the idea of doing something good for myself. That I'm having a wellness day or an extended walk on the beach at this moment, for example, that's only been happening recently when I was thinking about it. But otherwise, it's always something off the desk. I myself am not always valuable enough and that has now come to an end. For example, I also know this one when I read a recipe and I think you cook it when this person comes to visit. Total rubbish - meanwhile I cook it just like that in the

everyday kitchen for me and my husband. Because we're worth it. And also to pay attention to my body in general, i. e. sports and doing something like this, that is also part of being worthwhile to oneself. For me this is body, mind and soul. We're made up of so many fragments that are valuable. And then the question to yourself - "Can you be good alone? Being alone with yourself, are you valuable enough to be able to endure yourself as company?". That's another very important point, because does the TV always have to be running or do you prefer to be together with others or something? Just to have a look - just be alone and see what I feel really good or what I need. Just to stop for a moment, because this time is also precious and important. It also helps to increase self-esteem and to make self-love possible and to give room for it. And not to get high on anything that doesn't do you any good. Always a look... which is good for you!

That we should control our thoughts is the beginning of action. The way we think about ourselves is a very big key. I could also sometimes imagine that it would also sometimes obstruct us to have goals. So say, if I have the promotion, then I'm worth it because then I've achieved something. And only then will I be happy and good enough. Total rubbish - you're worth it now, you're precious and special. There's not a second time in the world like this. You are unbelievably special and you're worth looking at, and not just when I've done this and that or when I have a family or something. We all have our patterns in mind where we want to go and that it is only then the right time for you to be worth it. That's just not true, it's NOW. And always remember that there are these two doers, you and you-you and your self. You love yourself - that's what I think is a crucial point.

## **The power of the insults - Insults are incredibly painful**

The power of the insults - Insults are incredibly painful. But how can I deal with this?

First of all, what we have to deal with it afterwards for possible actions. So not what can I do to prevent this from happening to me, but how do I deal with it afterwards.

We all know you, offenses happen to us in life, whether in childhood, in adulthood, in professional life, in private life the spectrum is infinite. Of course, bullying is also part of this, but also injustices experienced as a child. Exclusions in working life when someone has been promoted, for example, and has passed me by, so to speak, and I don't feel respected or offended.

As we can see, there are many shades. And then comes the question: What do I do with it afterwards? What do I do with this offence, and there it is called the span incredibly wide and indeed one can feel this revenge once. And the statistics unfortunately also say that Amokläufer had become like this because one offended them at some point. So this example is the one extreme and the other extreme says something quite precious and here starts now with a quote from Stephen Hawking, one calls him the most intelligent person in the world at the moment: "The greatest danger of mankind is a lack of empathy". And how we can deal with offenses is certainly hard to learn empathy at school, even if it sounds a bit hard now. Knowing how you feel, I did it myself and I don't want this other person to experience it that way.

The pop star of physics Stephen Hawking goes back to the fact that, incidentally, has been in 2015, which can certainly google again well the press was full of it. He says