

# QUICK HACK TO A HAPPIER LIFE

In the first in our series of Quick Hack eBooks we cover how to develop a more positive, optimistic outlook. From what to avoid, to what to focus on; we will give you all the tools you'll need to live a happier, more positive life.

*Scott J Hamilton's  
debut eBook proudly  
presented to you by  
the team here at  
#BestYouProject*

## INTRODUCTION

The trouble I've found is that a lot of people who aren't generally happy or cheerful think that it is out with their control or that they don't deserve to be happy. Some believe that they don't have the right conditions to be happy or that they have no say in determining whether they live a life they love or not. Due to this mix of reasons they won't even attempt to choose to do the things that make them happy. They want to leave it to the universe to decide if they're happy or not.

Many unfortunate people may have had unsupportive parents, negative friends or a run of bad experiences that has left them brainwashed into thinking that they're simply not good enough or that they don't deserve happiness. Some other people may say they want to be happy but they are completely unwilling to change their negative daily habits and their misconceptions about the world – “it's a horrible place”, “I have a terrible job”, “I can't be happy until such and such a thing happens”, or “it's my parents / bosses / friends / spouses / government's fault that I'm unhappy”. Excuses, reasons and bad misconceptions! All of these get in the way of creating your own happiness.

### Most though are just ordinary good people

that have fallen into the bad habit of focusing on all the negative things in their life, dwelling on misfortunes instead of giving focus and attention to just how fortunate they actually really are!

We live in a world where negativity is readily available everywhere you go so it is very easy to fall into the bad habit of complaining about each situation, moaning about every bad thing you see in the world or in others, and telling people all about your misfortunes (broken down car, bad meals, work frustrations etc).

It doesn't make you a bad person; it just means you have developed some bad habits due to your surroundings and the constant negativity in the media!

The first thing you need to know is that there are a lot of factors and influences out there that unknowingly impact what you focus on and how you view the world. All of these influences have a huge impact on how you feel (your mood), how you see yourself (your self-image), what you expect to happen (good things or bad things), and how you approach things (complain about it or look for the solution).



### THE NEGATIVE INFLUENCES

There are so many negative influences around that shape you, you have to be aware of these and make sure you don't let them dictate who you really are, how you think about life, how you see the world around you and most importantly, how you see yourself.

Some negative influences:

- The news on TV / Internet / Radio
- Friends that put you down / Make you feel inferior
- Friends / Others that treat you badly
- Friends / Others that are always complaining about things
- Manager / Partner / Friends that only point out your bad points or mistakes
- Colleagues / Partner / Friends that constantly moan about things
- You complaining about things too often
- You focussing on all the things you don't have rather than what you do have
- Your own self-talk – "I can't do this!", "I'm rubbish at that!"
- The way you think – "This will never work", "I'm not good at that"

You will find these influences everywhere and each one has an impact on your perception of the world around you and your attitude towards everything that you encounter.



#### NEGATIVE PEOPLE

Let's take negative people for example. It could be a friend, colleague, boss, customer, parent or any other family member that is constantly putting you down or questioning everything that you do. You have no control over the things this person does but if you hear them enough it will wear you down and you may even start to believe them.

If you have a petty friend that is constantly putting you down or making you feel worthless, you have to make a decision that improves the situation for you before it starts to eat away at your self-worth. You can choose to face the person and tell them how their actions make you feel or you can remove yourself from having to be in this person's company.

Whether you still see the person or not (sometimes things cannot be avoided – parents / colleagues etc) you can decide yourself that you won't let one person's negative opinion of you impact how you see yourself. This is the other person's problem – maybe they're jealous, maybe they get a hard time from others so take it out on you, maybe they're just having a bad day. You don't fully know, so don't guess.

## Quick Hack to a Happier Life

Either way, this is not your problem. Do not let their issue become your issue. You need to be the bigger person and care enough about yourself that you decide not to let this affect your mood or confidence. The only way they win is if you start believing the lies or heat of the moment comments they are saying.

The ones putting you down are easy to spot but there are others that will have as equally a damaging influence on you – these are the Complainers. The people that find the negative in every situation, the ones that have nothing nice to say about other people and the very ones that actively look for the hurdles and downsides of every opportunity.



Have a look at your friends, your colleagues, your boss and even your family – how many of them complain about things on a regular basis? How many go for a meal and focus on the one bad bit about the experience - the table, the rude waiter, the noisy kids nearby? Some people have fallen into a terrible habit of finding the downside of every situation – please don't join in with this damaging talk. Once you start getting involved in this complaining you will slowly develop the same Negative Hunting habit that they have.

Can you imagine how awful it feels to go for an amazing holiday to a wonderful place but yet once they're home the only thing on their mind is how awful the delay was at the airport or the fact the room wasn't as close to the pool as they'd hoped! Imagine if you went for a delicious meal but rather than savouring the lovely food you spend the full meal moaning about the wobbly table or slow pace of the waiters, some people do this for every occasion! The focus on the negative will overpower any surrounding good because your mind can only focus on one thing at a time.

### NEGATIVE INPUTS

Now let's look at negative inputs - TV, radio, internet etc. These inputs are everywhere and if you watch, read or listen to the scary or violent stories it is no surprise that the world looks like a horrible place. The world is likely to appear to be full of awful things - terrorism, murders, robberies, nasty people, greed and fear ... but it only appears that way if that is what you focus on. There's a whole other world out there if you have your eyes open to see it. Amazing things do happen all over the world every day; the media just deem all these stories as not news worthy as they have happened so many times before.

## Quick Hack to a Happier Life

You have to be very careful with what you choose to focus on, what you watch / read and talk about. The more you focus on negative things the worse you will feel and the more negative things you will find. If you watch the news you are watching the opposite of a highlights reel of the full world - you're seeing all the bad things out there condensed into quick viewing.

That's not a true reflection of the world! Watch the things that uplift you, listen to music that makes you feel happy and spend time doing things that make you smile. If you expect bad things to happen that's what you will find, everywhere. Expect good things to happen and you will start to find it all around you.



You have the right to choose what you focus on. You have the right to choose what websites you visit, what TV shows you watch, what news you read. Pick the ones that make you feel good, not the ones that set you off worrying about a terrorist attack or the terrible state of the world that news media just love to share.

Make up your own mind, pick things that:

- Make you laugh
- Inspire you
- Interest you
- Bring a smile to your face
- Leave you feeling motivated or uplifted
- Excite you

It really is that simple, stop bombarding yourself with negative inputs and start sharing happier inputs with your mind.



## SELF-TALK

Now let's look at self-talk, the way that you talk about yourself and the way that you talk to yourself, whether out loud or in your head. Both do the same damage. If you are constantly running yourself down, saying how bad you are at things or that you're stupid you are programming your mind to believe that. I have a work friend who consistently says things like "Aw well with my luck, I'll never get that job" or "I'm so clumsy, I'm always dropping things". If he honestly believes those things then of course he's going to drop things or under-perform when it comes to the interview for a job.

Some people are nice to everyone else except themselves. They'll bend over backwards to do things for other people but heaven forbid they accidentally forget to do something they had planned to do, they'll give themselves a terrible time with negative talk like "I'm such a stupid idiot", "I'm so thick", or "I forget everything!". For people that do this it's not just a one off, they do this with every mistake they make. Please don't be one of these people.



In sport or games, and I used to do this one myself especially on the golf course, they beat themselves up at every turn. On the golf course, if I made a mistake I wouldn't cut myself any slack or focus on doing better the next time. Oh no, I'd lay into myself over and over, out loud or in my head. Repeating how badly I played or how I can't play that particular kind of shot. Whatever it was, it was destroying confidence and self-belief at every turn.

That again is 100% a choice. You can choose to be hard on yourself and destroy your own confidence ... or you can pick out the good parts of your performance, pat yourself on the back for those and merely note the areas that you need to improve on. Celebrate the good and learn from the bad. Most importantly ALLOW yourself to make mistakes; it is the only way to learn!

Once you have minimised the negative inputs surrounding you, you will be in a position to replace these with positive inputs and start building habits of finding all the good in the world instead of all the bad. You are now free to learn techniques that will change how you see the world and instead of making you focus on things to complain about, these new techniques will build good habits of actually looking for all the good ... every day, everywhere, in every situation.

# THE POSITIVE INFLUENCES

You may not be aware of these, but there are lots of positive influences around as well as the negative ones. You just need to start choosing to look for positive influences rather going along with the normal, accepted negative influences. What you watch, who you spend time with, what you read, what you spend your time online looking at ... these are all part of your daily habits and if you develop the wrong habits you are left with the consequences. Luckily for you later in this book you will find tools and techniques to develop new healthier and happier habits.

## POSITIVE INPUTS

Now that you've closed your mind to the scary news stories on TV, depressing news headlines replayed every hour on the radio, and all the other negative inputs that make you worry, you may find that you're bored or don't have as much to talk about. Don't worry about that!

As you start building your good inputs you'll still have lots to talk about and will find interesting new things to keep yourself entertained. More importantly you'll be buzzing with confidence and excitement ... so instead of dragging people down and passing on your worries you'll start lifting people up with happy stories and drawing more happy upbeat people into your life.

When I was starting out the first thing I did was build a nice collection of inspiring quotes and saved them into a folder on my phone and computer to look at when I needed a lift. You may want to start with that. You'll find lots if you search inspiring quotes on the internet and choose view by image. The stronger you get the less you'll need these but they work well at the start.



## Quick Hack to a Happier Life

The next thing I looked at was the depressing music I was listening to and replaced that with plenty of fun and upbeat songs. Think along the lines of “Hail, Rain & Sunshine”, “I Gotta Feeling” and “Hall of Fame”, anything where the message of the song is actually positive and motivating.

You can replace dark gloomy TV (news, depressing dramas, shows filled with murders / kidnapping etc) with things that leave a smile on your face (sitcoms, stand-up comedy, feel good movies) ... anything that leaves you feeling better than when you started.

Honestly, think about this, why would you want to watch something where you feel worse by the end than you did when you started? **Choose better inputs.**

This may seem like a crazy idea, especially to kids ... but how about reading a book? Instead of depressing yourself looking at the fake lives people post of Facebook (you know, the life they want everyone to think they live but it's miles from their actual real life experiences?!) or other social media for hours on end, why not find a style of book or magazine that you enjoy reading.

A good story that gets you thinking or a book suggesting more techniques ideas for building a better life (you'll find these in the self-help section of the library). It's actually really relaxing and helps you chill if you sit quietly and read, you'll get lost in the story of the book. Learning new things from books is also an excellent confidence builder.

The last positive input I can't recommend highly enough is watching positive / inspirational / funny videos on the internet. If you ever feel down search for inspirational video clips, there are some out there that will change your full mood in a matter of minutes. One guy I recommend watching is Nick Vujicic, one of the most inspirational guys you'll ever see.

Before you start moaning about your life or a bit of bad fortune go watch Nick, it'll change your whole perception. If you don't feel like something as deep as that just search the bloopers of your favourite TV show, or clips of your favourite comedian. Experiment a little as well, try watching new comedians that link off of your initial search. There's a whole lot of smiles and laughs waiting for you at the click of a button, use it.

To summarise:

- Do things you enjoy, not what you feel obliged to do
- Watch things that make you smile or laugh, not things that make you worry
- If you feel down at all look at positive things to inspire you (quotes / videos)
- Listen to good, uplifting music
- Find a positive role model and learn what they do
- Relax, don't take yourself so serious. You'll realise the world won't end if you do!



## POSITIVE PEOPLE

You may already be able to picture someone in your life that you would consider to be positive ... or you may want to give it a little more thought. Think about the people you are with that are supportive of you.

When you speak about a dream or a passion they get on board with you for the journey and ask you questions, they get you talking more about something that makes you smile. Compare that to someone who has no interest in you or your passion, they will quickly dismiss your enthusiasm and instead direct the conversation right back to them ... usually to complain about something, slag other people off or make fun of you for trying to follow a “stupid” idea.

Spend time with people where you are free to be yourself without worrying about being judged. A bit of friendly banter is acceptable and expected between friends but when you become the regular subject for jibes that take away your feeling of belonging or acceptance then they are verging on bullying. You don't want to spend time with people that see you more as the butt of their jokes than a friend that they value.

Instead of spending time with those you feel “obliged” to spend time with, spend time with those you enjoy spending time with. The ones where you look forward to seeing them and after seeing them you leave with a smile on your face.



You will also know people that spend most of their time complaining about things – the weather, their parents, their bad luck, all the things they don't have. Do not get involved, in fact I'd go as far as say avoid these people at all cost. Change the subject if you can!

Complaining is contagious, if you spend time with these people you will become a complainer yourself and spend all your time finding negative things in the world to moan about. If the person is someone you care about (a friend, family member etc) then I'd advise you to point out to the person, as politely as possible, that they easily find things to moan about when there is so much to be thankful for. Don't be that person that becomes a complainer by default purely by having the wrong people around them.

## Quick Hack to a Happier Life

Spend time with the grateful people of the world. The ones that appreciate what they have and don't begrudge you nice things (get jealous when you get something nice). A true friend and positive person will be happy for you if you get something nice, they won't hold it against you like a negative person would.

If there are people in your life of authority that put you down or talk continually negatively about you or to you, talk to them first to see if they are aware of the problem. If things don't change then spend as little time with them as possible.

Don't worry if avoiding these negative influences all together is not possible, by building your own self-worth we will help you realise you don't deserve this treatment and together we will build your confidence so that you take a lesser notice of these people and their words / actions will have less of an impact on your mood / self-image / self-worth and confidence.



Most importantly spend time with people that treat you well, these are the positive people of the world and if you look hard enough you'll find plenty of them. The ones that make you laugh, the ones that you can be yourself around and not feel awkward or judged. The ones that you actually enjoy talking to and can be open with without fear of ridicule, the ones that bring out the best in your and empower you to show your confident personality. The ones that encourage you in whatever you are doing, the ones that don't try to change you, they just let you be yourself.

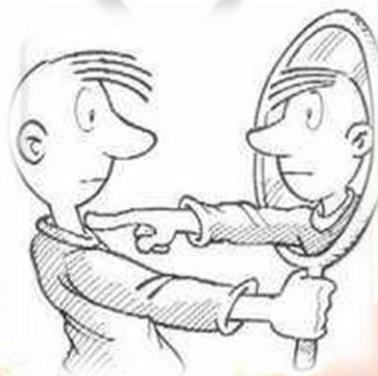
To summarise:

- Positive people are easy to find if you start looking for them
- Spend time with people that add to your life experience
- Spend time with people that don't judge you for just being yourself
- Build your confidence and self-worth so you can handle negative people better
- Avoid complainers or you will quickly become one as well
- Spend time with people that make you laugh and smile

## POSITIVE SELF-TALK

Positive self-talk is pretty simple – if you hear yourself talking badly about yourself stop, and replace it with a compliment. If you start thinking a negative thought, catch it and replace it with something positive. It will take time to break bad habits but once you do that your confidence and self-worth will gradually increase and you'll make the confident, caring self-talk part of your daily routine.

If you face a difficult situation, instead of thinking "I can't handle this" or "I'm terrible at this", repeat over to yourself in your head or out loud "I can do this, I can do this". You might not be successful every time but you'll give yourself a hugely bigger chance of doing it than if you dismiss yourself immediately.



Never put yourself down or make fun of yourself. Not in casual conversations with friends, in your head while thinking or anywhere else for that matter. Each time you do you're taking away a chunk of your self-confidence. I'm not saying swagger about like a boss talking yourself up all the time, telling everyone how amazing you are and how you're better than them ... that's called arrogance but big yourself up enough to feel confident.

There's a difference between confidence and arrogance! Confident people may have a certain presence about them, almost even a swagger but they'll do most of the positive talk in their head so they don't throw it in other people's face and they never talk negatively about themselves. They use the techniques you'll learn today to keep their self-worth high, their confidence steady, their self-image healthy and their self-belief unwavering!

To summarise:

- If you don't talk nice about yourself how do you expect others to?
- Talking badly of yourself destroys confidence
- Talking positively about yourself every day builds confidence and self-worth
- Telling yourself over and over that you can achieve things will program your mind to believe it and you'll start making more progress
- The back part of your mind believes whatever you tell it (just like a computer), let it know that amazing things are possible and it'll help you achieve them



### TRAINING YOUR MIND TO BE POSITIVE

When you switch your inputs from Negative to Positive you should have already started feeling more positive and upbeat. You will feel yourself moving away from constant worrying and fear to being optimistic and hopeful. Now we can add in some excellent “Good Finding” techniques to increase your awareness of the good you already have and get you expecting amazing things. These techniques will build your confidence, improve your self-image and really lift the regularity of your happiness moods. Creating habits of looking for the good around you instead of the negative is a lot easier than you would think. By doing adding some daily ten minute exercises to your day you will be able to set your mind up to hunt out the good things in your life.



### GRATITUDE

The first thing you can do is practice Gratitude. You won't move forward happily unless you can be grateful for what you already have. The easiest way to do this would be to write a simple Gratitude List every day, adding 5 new things you are thankful for each day. Just 10 minutes each day! The first few days should be easy but as you go on you will need to start looking harder, this triggers your brain to start looking for the positive things in your life.

Once you have mastered the simple list, I recommend moving on to split your Lists into the different areas of your life. For example, write one on your job – writing down all the good points about your current position / place of work / boss etc. Write others on each close family member – what are the good points / personality traits / strengths you admire in your mother / son / brother etc.

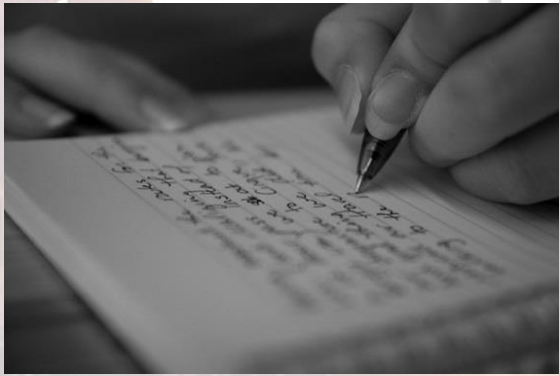
Do this for every area of your life that you feel is important – your car, your possessions, your partner, your kids, your home, even your own strengths! Start off writing on a different area each day, once you have a list on each area you can try to adding 1 or 2 points to these lists each day. By the time you complete this task you should be feeling so much more thankful and be fully appreciative of what you already have. All you have to do after this is re-read these lists any time you feel your mood dipping and add to it when you find something new to be grateful for.



## DAILY ACHIEVEMENTS

A similar exercise to the Gratitude List is writing a Daily Achievements list. Every night before bed, take 5 minutes to write down as many good things about your day as you can find. This can include activities you enjoyed throughout your day (going to cinema, watching your favourite show), or tasks you completed (finished a report in work, submitted a new piece of work etc), or something else you consider a personal achievement or enjoyable experience from your day (talking to your friends, making your kids laugh, scoring a good goal, playing a great shot etc).

The list can be as long or short as you like as long as you add at least 3 new things each day and keep doing it daily. Very much like the gratitude list, after a few days you will need to look harder to find new things to add to your list and as time passes your brain will soon be programmed to find the good things in your daily life. Hence you will have a grateful, positive attitude appreciating what you have and searching out the good things in your life.



## POSITIVE JOURNALING

Another thing you could try doing is writing a positive journal focussing mainly on the good situations and experiences of your daily life. This is a great exercise to do whenever you need to gather your thoughts or get your opinion on something clear. You can write negative experiences in your journal as well but do not dwell on them as you might end up giving them more power than the positive experiences in your life.

One benefit of writing down any worries or concerns is that it makes it more real and lets you see it in black and white. Sometimes we over dramatize situations in our heads and when you say it out loud or write it down it all of a sudden it becomes real and shows how irrational our thoughts have been. Just don't give too much attention or focus to the bad experiences as it'll drag you back down.

Try to keep your entries positive, make them more a record of your achievements and enjoyable experiences than a place to moan about your misfortunes.

## THE BOOK OF YOU

The Book of You technique is one that I created myself and is a fantastic proven method that you can use to develop a healthy self-image and improve your self-confidence. In as little as 2 weeks you will have easily pieced together 3 chapters of your life to give you a clear picture of who you are, what you have achieved so far and the amazing things you see yourself achieving in the future.

**Chapter 1** reviews all the strengths of your character and skill set. Write out in the form of a story or simply list down, everything you consider yourself to be good at - all your strong personality traits and strengths (confident, witty, honest etc). Exhaust this list by making it as long and detailed as you possibly can. Don't just write I am good at golf; instead write all the good parts of your game – you're good at putting, have been complimented on your swing, confident chipping etc. Overlook nothing, write it all down. It all counts.

**Chapter 2** is recounting all the amazing experiences and achievements of your life so far. Again a list is fine or the form of a story is even better. Make it as long as you like, the longer the better. Every goal you scored, every award you have received, every good deed you have done. Try to remember as much as you can and then write it all down. You could start off by reviewing your daily achievements list and copy in from there.

**Chapter 3** is all about your goals for the future, what are you going to make happen? Write it down in precise detail and imagine how each and every future achievement will look and feel. If one day you want a certain house write it down in every little detail. Describe each room, every appliance you would want, every single part of the house. Doing this makes you able to imagine the scene more clearly and get on board with the feelings that will bring. Do this for the job you want, the relationships you want, the car you want, anything at all you want in the future. As you achieve these you move them to Chapter 2.

This may take a while so don't put pressure on yourself to do it all in one day or one week. Start it off, one area at a time, and add to it as the days go by until you have the full picture of who you are, what you have achieved and what amazing things lie ahead for you.

## THE 2 MINUTE ADVERT

Imagine you are writing the script to be used for advertising the best product ever made, you would list out all the great things about the product wouldn't you? You'd write down what it does and all the benefits of having this product in your life? Or imagine you are writing the a script to explain to somebody why your all time hero is in fact your all time hero, you'd sell that person easily wouldn't you? You'd be able to highlight why they are so special and what they have achieved, right? Well do this for you! Take some time to write out a script to explain to the world why you are the greatest person around. Write down in a quick, straight to the point two minute script just how amazing you are, why they should be friends with you or why they would hire you, or why they should want to spend time with you. Just sell yourself in your words in your own unique way. What makes you special?

## FREEDOM FROM MONEY

One sure fire way to get yourself feeling more positive and upbeat is too imagine what you would do with your life if money wasn't an option. If you had countless amount of money in the bank or money simply no longer mattered, how would you spend your time? Where would you go? Who would you spend time with? Would you buy an expensive gift for anyone? Would you still work? If so, what would you be working as? Have a think about a life of freedom and see what spark ignites. It might just uncover a long forgotten passion or journey you one day need to take. It may just give you a break from negativity for a while and let you dream big, either way it's a win-win. You will be smiling.

## THE VISION BOARD

Another useful tool to keep you focused on your goals and on the enjoyable things in your life is to get a pin board and pin up all the things you'd one day like to have or places you'd like to go. There's no pressure to get these but having the reminder that you'd like them and the feeling of joy they'd bring should give you a mood boost or a bit of excitement of what lies ahead for you. Keep adding to this, it is there for all your highest ambitions and dreams so get online and start searching for all the things that excite you.

## 5 ACTION CHALLENGE

The quickest and easiest way to build confidence is to set yourself regular actions and complete them. Sounds simple and it is. Every morning when you get up set out 5 tasks you want to complete that day. These don't have to be fancy, picking up something from the shop could be one, learning 5 more pages of Tutorial course your taking could be another. Spending time with someone you enjoy spending time with, playing a sport or having a healthy meal could all go on the list. Basically some of the stuff that you would normally do only you'll find that if you set the tasks out like this each morning you'll get so much more done. The more you do, the more you prove to yourself what you are capable of and so your confidence grows. Give it a try and see how you feel after as little as 7 days!

Here is a summary of the techniques:

- Gratitude List - Build an appreciation of everything and everyone in your life.
- Daily Achievements - Train your mind to to develop good finding habits.
- Journal – Cleanse your thoughts by writing them down in a journal.
- The Book of You - Build a positive image of yourself and your life.
- Sell yourself like you would in an interview for the job you've always wanted.
- Vision Board / Freedom from Money - Start dreaming big!
- 5 Actions – Build your confidence by following through with tasks you set.

Try any of these techniques and see if they have an impact on your mood. Each one should get you looking for the good things in your life, help you appreciate what you have, make you see the good in the people that are around you more and build your confidence.



### CONCLUSION

This is your life, you have control over the influences that you allow into your mind and how you spend your time. If you're not feeling too positive or think your general mood could be better then you need to start looking at the choices you are making every minute of the day. All I am saying is make better choices with how you spend your time and you will quickly discover that this alone can help things improve for you. Feed your mind the good and it will help you find more of the same. Change from a complainer to a good finder.

The world can seem negative if you have fallen into the habit of looking for the bad but once you start training your mind to focus on the good the world will start showing you just how amazing it can be. Try the techniques, even just one of them, and see how differently you feel after it. You can do them for as little as 7 days and you'll feel an improvement. Do them for a month and you will have started to reprogram in good habits to replace the ones that were holding you back.

Remember:

- STOP the Negative Influences.
- CHOOSE some Good Replacements for these.
- PRACTICE GRATITUDE to help you appreciate the things you have in your life and to train your mind to be more thankful for everything around you.
- CELEBRATE YOUR ACHIEVEMENTS by either listing them down each night or jotting them down in a journal. This will help you to start looking for more good things to achieve and for the enjoyment in your life.
- REVIEW WHO YOU ARE by filling out The Book of You. This will build a positive image of yourself and your life, and create confidence as you remember all the things you have achieved.
- GET YOUR MIND EXCITED by picking out some beautiful things for you vision board, dreaming up big goals and picturing how your life would be if you were free from obligations and had all the money and resources you need.
- CREATE CONFIDENCE by setting goals daily and taking action to achieve them.

It's been the running theme of this book but just to reiterate the message one more time, you must stop dwelling on the negative things in your life and start giving more power to the good. Stop giving power to outside influences and negative people and actively CHOOSE to live a happier life by focusing on what you have, what you want, what you have achieved and why you are so lucky and your quest for a happier life will take a massive leap in the right direction.



## ABOUT SCOTT J HAMILTON

Born in Ayrshire, Scotland, Scott J Hamilton is a Freelance Writer & Positive Mind-Set Coach. He is also the Founder of the Best You Project and author of upcoming book "Own Your Life". Scott has always had a passion for helping people and that led him to start the now world famous Best You Project blog to share the useful information and techniques he had learned over the years. The Best You Project blog spread world-wide with followers as far away as Singapore, India, Kenya and beyond.

5 years on from starting the Best You Project, Scott has read numerous success / self-help books, been to dozens of Workshops / Training Courses with some very well known coaches, watched literally thousands of You Tube videos of seminars, audio books, TEDx talks, interviews, training videos and presentations from some of the biggest names in the motivational / coaching industry, and visited over 5,000 websites to find the most useful information and techniques so others don't have to ... all they have to do is visit the Best You Project ([www.bestyourproject.com](http://www.bestyourproject.com)) or Scott's on site ([www.scottjhamilton.uk](http://www.scottjhamilton.uk)).

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### DISCLAIMER

DISCLAIMER – Scott does not claim to be a qualified doctor, he is just an enthusiastic writer and coach with some useful tips to share learned through life experience, many hours spent reading, researching, watching thousands of related videos, being trained by the best in the business, and years of helping others. Scott does not claim to be able to cure depression, believe me he wishes he could. He has tried with others on numerous occasions but the strength of depression needs professional help. If you happen to have depression, please seek professional help and get yourself on the mend – once you have that help Scott's wonderful life improving tips are there to help build up your self-confidence, happiness and self-worth making you become the best version of yourself.

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