

# *3 Happiness Killers*

AND HOW TO MURDER  
THEM YOURSELF

By Toni Powell



*Yes, that's me, I thought I better keep my identity secret since I'll be advising murder. Also this was 1959 so it goes with the theme way better than my current batch of photos.*

My name is Toni Powell - I love disrupting discontent and telling stories that change people's lives.

I get to do lots of cool things like speak at TEDx, hang out with Brene Brown (well ok - once!), play with my grandkids and teach people how to be happier.

This guide is based on my upcoming book:

**Happiness Killers  
& How to Murder Them Yourself**

# 3 Happiness Killers

AND HOW TO MURDER THEM YOURSELF

At risk of sounding macabre, I think we should go immediately for murder when it comes to a happiness killer.

Lets just beat 'em dead straight away and not muck about. You don't really want to keep these assassins of joy around do you?

This little guide will give you a **starter** strategy for murdering three of the nasty happiness killers yourself.

Enjoy.... Toni



## *Happiness Killer One*

*You Worry about what  
everyone thinks of you*

Worrying about what everyone might think of you or say about you stops you from being creative, flexible, relaxed and prevents you having fun.

Happiness is hard to come by if you keep worrying if others will approve.

It gets you nowhere fast, a bit like a dog chasing its tail.

This Happiness Killer has to die.

## *Happiness Killer One*

*You worry about what everyone thinks of you.*

### *Murder Strategy*

**REALISE** that you can't ever change what anyone thinks. We humans make snap judgements and rarely change them. Concentrate instead on making them feel relaxed and valuable.

**UNDERSTAND** that not everyone will like you. This is a fact, it can't ever be any other way and the sooner you make peace with this the more you'll get to enjoy who you are and the happier you'll be.

**ENJOY** the fact that you're not perfect, enjoy your differentness, accept your failings, show your true self with your cracks and, suddenly, you become way more appealing. People crave authenticity because they too have cracks they are too scared to show. Lead the way.

## *Happiness Killer Two*

# *You've developed crazy bad focus*

Crazy bad focus is easy to come by... all you have to do is turn on the TV to think you aren't quite pretty (or thin or successful) enough.

Or listen to the news and be assaulted by war, poverty and the descent of the dollar.

Or just turn up in your life where you'll find rejection or illness or loneliness or betrayal. Crazy bad focus kills happiness.

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Lets kill crazy bad focus.

## *Happiness Killer Two*

*You've developed  
crazy bad focus*

### *Murder Strategy*

**PLAN** on doing a random kindness every day.. There are good people doing great things - you can be one of them and in doing so, will meet others doing the same. Your faith in humanity will be restored.

**SHOO** away your criticism and stop hanging out with complainers. You'll end up very similar to the five people you hang out with the most. Deliberately find really positive people and talk to them often..

**MAKE** a list of all the nice things your friends do for you, then text them the list. You'll feel great, they'll feel amazing and everyone wins, everyone smiles.



## *Happiness Killer Three*

# *You have a bad case of the worrywarts*

Worry is a misuse of your wonderful imagination, it serves no good at all and keeps you awake at night.

Try these simple strategies to kill those worrywarts that are stealing your happiness.

Mark Twain famously said:

“I’m an old man, I’ve had a lot of worries in my life – most of which have never happened.”

## *Happiness Killer Three*

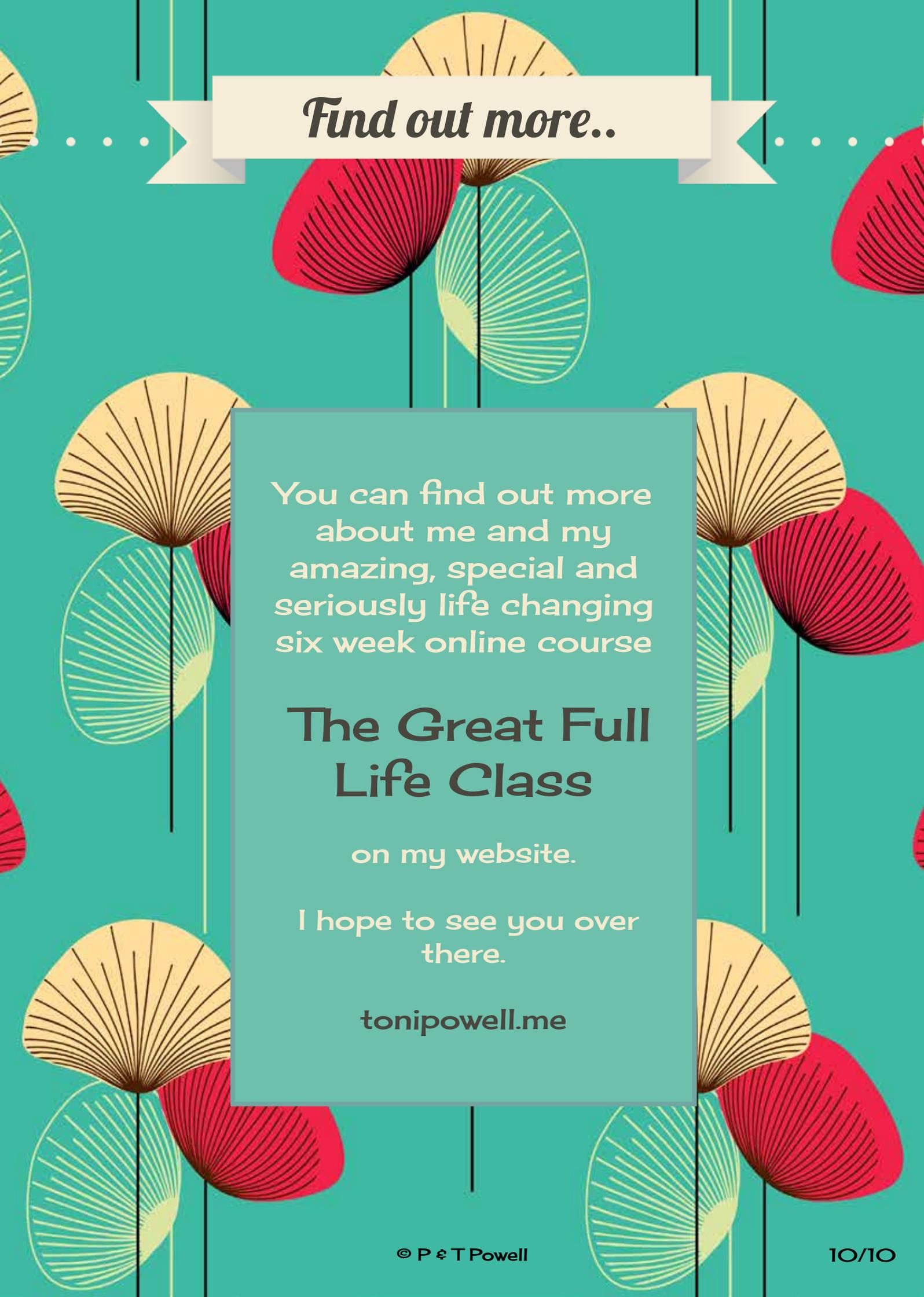
*You have a bad case  
of the worrywarts*

### *Murder Strategy*

**IMAGINE** the opposite of what you are worrying about happens. Since it's all fiction anyway why not enjoy the joyful alternatives? Science shows that worrying about a possible disaster doesn't really make it any easier when it happens.

**KNOW** exactly what it is that you fear happening. Walk your scenarios all the way through. Most of our fears and worries are vague and when looked at in the cold light of day are clearly madness. This practice can really help reduce a good portion of your anxieties.

**GIVE** your worries a time limit. Decide to spend no more than half an hour a day on them and once they've had their half hour lock them in a dark room and forget about them until tomorrow.



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