So many people are waiting to feel happy. But the truth is, lasting happiness is something that you create, each and everyday, through the simple choices you make.

100 Days Happier invites you to make small, daily changes in the way you think and act; changes that will ultimately create a fundamental shift in the life you are living.

Based on bestselling book The Happiness Code and its Ten Keys, this collection of inspirational messages will inspire you to be the best you can be.
For Sophia and Tobias
Lara and Joshua
Isabelle
Mia, Noah and Stella
Elena and Daniel

If you want to learn about happiness, spend time in the company of a child.
Preface

‘Happiness depends upon ourselves.’
– ARISTOTLE

I’m often asked, ‘What is the secret to happiness?’

Most people are looking for happiness in all the wrong places. They think it’s something they can achieve or acquire; they’ll be happy when they’ve done this or got that. They’re looking to discover the one thing that will guarantee their happiness, so they can relax and enjoy the ride.

Many years ago, following what I call my quarter-life crisis, I made the decision to be happy. I stopped trying to be perfect, worrying what other people thought about me and let go of my need to be in control. I ended a relationship, changed career and made the
commitment to being proactive about my pursuit of fulfilment.

I also changed the way I had thought about happiness up until that time. I learned that while I deserved to be happy, it wasn’t something I could take for granted. I also had to do something about it.

It’s been almost twenty years since I first made that empowering decision and if I’ve learned anything in that time, it’s that you don’t just choose to be happy once. Lasting happiness is something that you need to create, each and every day, through the simple choices that you make.

When I wrote The Happiness Code: Ten keys to being the best you can be, I wanted to explain to people the how of happiness: the principles you need to adopt to make happiness a way of life.

This book takes those principles and shows you how to apply them in your life by making small daily changes in the way you think and act, changes that will ultimately create a fundamental shift in the way you feel about who you are and the life you are living.

You could sit down and read this book from cover to cover, but if you really want to be happy, choose one page each day and put that idea into action. It doesn’t matter if you do this in sequence or choose a random page each day. What matters is that you do it, and keep doing it, until the actions described become second nature to you.

What’s the secret to happiness? You’re holding it in your hands.

If you would like to learn more about unlocking the secret to lifelong happiness you can download a range of free resources, including The Happiness Code Workbook, from domoniquebertolucci.com.
Choose a happy life

Happiness is a choice.
Choose to be happy and you will be.

When you wake up each morning, take a moment to think about the kind of life you want to have.

Consciously choose to have a happy life: one that is filled with love, laughter, good health and success.

Then begin your day focused on the things you can do to make this your reality.
So many of life's eventualities are beyond your control. Work out what things you can influence and come to a peaceful acceptance of the rest.

Don’t waste your energy

Sometimes everything will go your way and on other days nothing at all seems to go right.

If you are having one of those days, instead of wasting your energy raging against something you can’t control, take a deep breath and accept it.

That way, even though the moment may be ruined, your day won’t have to be.
Accept the past, dream of the future, but live in the moment.

Some people waste their time thinking of what might have been. Others spend all their time thinking of what could be.

If you want to get the most out of your day, make sure that today is where you focus your energy and attention.
Your expectations determine your experience. Expect the best from life and you will usually get it.

Have the right attitude

Start each day expecting nothing but good things to come your way.

Even though life may present you with all manner of ups and downs, having the right attitude will ensure your day will be a good one regardless of what you are given to work with.
Believe in yourself, believe in your dreams and believe in your right to achieve your dreams.

Be confident in your future

Before you start your day, take a minute to visualise your life as if your hopes and dreams were your reality.

Pay attention to how comfortable and natural it feels to be living this life. Then carry that feeling of quiet confidence about the future with you as you go about your day.
About the Author

DOMONIQUE BERTOLUCCI is the author of *The Happiness Code: Ten keys to being the best you can be*, and is the closely guarded secret behind some of the country’s most successful people.

Passionate about living your life on your own terms, Domonique has a client list that reads like a who’s who of CEOs and corporate figures, award-winning entrepreneurs and celebrities, and her workshops are attended by people from all walks of life, from all around the world.

Since writing her first book, *Your Best Life*, in 2006, Domonique has become Australia’s...
ABOUT THE AUTHOR

most popular life coach. More than ten million people have seen, read or heard her advice.

Domonique divides her time between Sydney and London. She lives with her husband and young family, and in her spare time can be found with her nose in a book, watching a movie, or keeping up the great Italian tradition of feeding the people that you love.

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