



Life's Challenge: Finding the Road to Happiness!

As a crime and violence prevention specialist, I worked with the homeless for 4 and a half years and started support groups to learn what they never learned as children. This is what I discovered and share with you so you can find happiness.

We all want to live a happy life, but we often look for happiness in all the wrong places.

- His or her love can bring me happiness.
- His teachings can help me discover happiness.
- This group can lead me to happiness.
- This organization will make me happy.
- These friends make me feel loved and happy.

We even lie to ourselves and hope that,

- This drug will turn my loathing into a happier me.
- This group has money and power which will make me happy.
- I can find happiness in a new sexual relationship.
- I drink to feel happy and accepted.
- If I had more money, I would be happy.

The question we should all ask is...Why do we look for happiness outside of ourselves?

Looking for someone or something outside of ourselves to make us happy is giving away our power which makes us vulnerable to abusers, bullies, cults, criminals and people who do not have our interest at heart. So how do we find happiness?

Look within and make changes to discover the real YOU!

- Value yourself because you are unique and special in every way.
- Learn valuable lessons so you can gain strength through the pain you have suffered.
- Handle anger in a non-violent, calm way which will strengthen you.
- Discover your spiritual center so you don't become a bully or an easy victim.
- Trust your God given instincts and intuition to keep you safe and healthy.
- Take charge of your life so no one else can control you.
- Set goals for yourself which will give you confidence and self-esteem.
- Make healthy connections with other people who will pull you up, not down.
- Listen, pray or meditate to be guided by your inner power.
- And, you will discover your unlimited potential

These are the ten steps in the guidebook, "Empowerment Parenting: How to raise resilient children who become happy, self-reliant adults."

Support groups for the homeless helped them stop blaming others, get jobs and learn that happiness is a do it yourself project! When you learn how to discover happiness, you can help

your children or future children discover their happiness. All of us have the power to break the cycle of anger and abuse so we can live happy, healthy lives.

Stephanie L. Mann, Author, Crime and violence Prevention Consultant