

50 Ways to
FEEL BETTER
Faster

Hooked on a

FEELING



**Quick and Easy
Ways to Feel Better
Even When You're
Beyond Busy**

L E E S I L B E R

Welcome

Feelin' Alright

QUICK TIPS TO MAKE YOU SMILE, LAUGH, AND FEEL GOOD FAST.

Each one of the ideas in this book is designed to make you feel better faster. Feel free to skim the list of 50 different suggestions and pick one or two of the action items to try out today. Or, go through the list and do something each day for a month to improve your mood.

Either way, it's important to remember that what we're all after is a feeling. Happiness is a feeling, and we have the power to feel happy or not. Let's choose happiness.

—Lee Silber



Hooked On a Feeling

WHAT DO WE WANT? BEFORE YOU SAY ANYTHING, I HAVE A THEORY.

When we are asked what we really want (or want more of) we will often say things like, have more money—make that a ton of money—have more time and less to do, to love and be loved, own a business or write a book, travel, lose weight or get in better shape, become famous, give back and make a difference, own a bigger home and a better car, and the list goes on.

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What do we really want? A feeling. Think about it. What does having a ton of money mean to most of us? It means we feel more secure and have less to worry about. We will feel more comfortable. More money means we have more freedom to do what we want. It means we will feel more confident and be respected by others. More money means we could do things for others which makes us feel good. I think you see where I'm going with this. What we are chasing is a feeling.

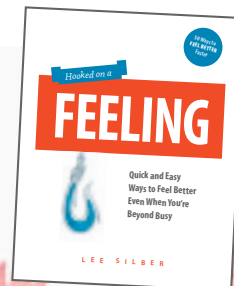
All the things we want (even when they are tangible) create an emotional response inside of us. For example, being able to travel the world makes us feel free. Being our own boss makes us feel empowered, inspired, and in control of our own destiny and time. Fame? Isn't that just something that makes us feel like we are superior in some way.

Introduction

How about fitness? When we look good, we feel good, right? When we post a picture on social media and a lot of people “like” it we feel worthy. Love? That is the epitome of a feeling.

So this book is full of action items to improve your mood and get to good feelings fast. Since everyone is beyond busy, most of the suggestions take less than a minute or two to do and if you do one a day, you will have 50 days of good vibes. So what are we waiting for, turn the page and pick something to try today.

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Try This

Fake it until you feel it. Sometimes pretending to be happy can lead to being happy.

Sit up straight, stand tall, say all the right things, and smile— and you may find that acting happy makes you happy.

Maybe we can't be balanced, but we can be 100% focused on what we are doing at any given moment.

Being in the moment means we are all in and paying attention. Taking a mental picture forces us to focus and slow down. The goal is now quality time over a quantity of time.

Find your feel good songs. Create a playlist of songs that can instantly lift your mood.

Make a “Top Ten” playlist of your all-time favorite songs to listen to when you need a boost to your spirit.

Try This

Find time to think. Spend two minutes today to sit and think without any distractions.

Turn off all of your electronics for just two minutes and just sit quietly and listen to what your brain is trying to tell you.

Accept something about yourself. There are some things we simply can't change—but we waste time trying.

If we believe what we see in ads and on television, we are striving for something that simply isn't attainable for most of us. Let it go.

Do a Google image search of "peaceful places" and spend a few minutes looking at the pictures.

Ahhhhhhh. Looking at pictures of peaceful places can instantly put you in a better frame of mind.

Try This

Wear a reminder to think positive. Decide for one day that you will look for the upside in everything.

Put a sticky dot on your phone, add a bracelet, draw a symbol on your hand, remove your watch, or put Post it Notes around the house to remind yourself to stay positive today no matter what happens.

You gotta start somewhere. Start a savings jar and put in a dollar a day and any loose change.

Saving money does not have to be an all-or-nothing proposition. Start small, be consistent, and see what happens. Saving feels good.

Learn something new. Adding skills and knowledge adds to your confidence.

It's never been easier to learn something new. Pick one simple thing you've always wondered how it was done and Google it today.

Try This

Trading Places. For a day try and see everything from the other person's point of view.

No matter what you do—sell, teach, parent—understanding where others are coming from is an important and powerful tool and helps take your mind off your own issues.

Two for one. For every negative thought you have today, think of two positives.

Many of us can be our own worst critics. How about a rave review for a change? Write and post positive notes where you will see them.

Soup for the soul. Doesn't a hot drink or warm bowl of soup sound good and make you feel better?

Sometimes all we need to feel better is hot chocolate, a warm bowl of chicken soup, or a steaming cup of tea.

Try This

Go to your happy place. Where is that special place where you feel best? Go there in your mind.

If there is a place that is extra special to you picture it in your mind when you need to “get away”.

Look back at your Facebook or Instagram pictures as a reminder that life is good.

If a picture is worth a thousand words, imagine looking at all of your photos from the year—it’s like you’ve read a book.

Make a list of three tasks you can do in under a minute—and do them. Checking things off your things-to-do list can make you feel good.

Save the easiest things to do for the last part of the day so you can quickly get them done and end on a high note.

Try This

Where we are is the result of the choices we've made. Where we'll be will be the result of the choices we make.

Make a good choice right now. Request a free deck of my decision-making cards. These are a set of cards with symbols that helps rate different decisions to find the best one. leesilber@leesilber.com.

Put on your most flattering outfit today and get rid of one that does not make you feel good.

When you look good, you feel good. Weed your wardrobe of anything that doesn't look good, feel good, or fit you—literally or figuratively.

Be your own best friend. What advice would you give a friend facing a similar situation you are?

It's much easier to give others advice about what *they* should do. Pretend you are the other person, what advice would you give?

Try This

Ask for and accept help. Accepting assistance lifts the weight of the world off your shoulders.

A support group is simply a supportive, like-minded group of people who help one another get better and feel better—form your own.

Create virtual advisors. Pick three people you admire and ask what they would do if they were you.

Print out a picture of each of your “advisors” and on the back write out one or two of your favorite quotes by them.

Get a really good deal today. Find a way to pay less for something you truly want or need.

Whether you negotiate a lower price, use a coupon to save money, or find something deeply discounted, celebrate your shopping smarts.

Try This

Change your screen saver today. Choose something that makes you feel good when you see it.

Picking an image that is a reminder of all you have or all you hope to have can be inspiring.

Walking is moving motivation. A long walk to clear your head can also help to raise your spirit.

Not only are you outdoors and exercising, but walking can also produce good ideas and solutions to your problems.

Volunteering to help someone with their problem can take your mind off your own.

A simple act of kindness, a small amount of time, or an informal impromptu action is all it takes.

Try This

When the weather is nice take a task outside. Many of the things you can do indoors can also be done outdoors.

Work in the shade, read in the sun, or meet on the “run”.
Our mood improves when we are outdoors.

Plan the perfect vacation . . . even if you don’t plan to take it. Let your mind go there even if you can’t.

Many times the planning, preparation, and anticipation of a trip is better than the actual vacation itself.

The things-not-to-do list. Make a list of things you will let go of to save time and energy.

Moving tasks to your things-not-to-do list will instantly make you feel better and free up some time to do something you want to do.

Try This

Write a love letter to yourself and include all the things you're grateful for, proud of, feel good about—then mail it.

The simple act of writing a letter highlighting everything that's good in your life is nice—getting it in the mail is even better.

Use your phone to take a photo of anything that made you smile today. Turn these pictures into a slide show.

Slow down time today and capture the moments in your day that made you smile—then relive them in the evening.

Savor your success. Acknowledge and appreciate even small achievements.

Before you start your day, during the day, and at the end of the day, take note of all the good things you have done.

Try This

Combine something you enjoy with something you don't to make the time go faster.

Walk with a friend, listen to music while you clean, watch television while you cook, or listen to audio books during your commute.

Create rituals and routines that make positive thinking and positive reinforcement a habit.

We created a “Family Circle” where everyone in the family must say something positive about their day and each other.

Pop some casual clothes you're about to wear in the dryer to quickly fluff and warm them up.

It only takes a couple of minutes to create something that looks good, feels good, and smells good.

Try This

Send a text to celebrate someone's half-birthday, a mini milestone, or an off-beat holiday.

Celebrate your own half-birthday and mini milestones.

Making the bed means you start the day off right and you'll be happier when you come home at night.

Making the bed is a quick and easy way to get that sense of accomplishment that many of us enjoy and crave.

See the sunrise. It's a great way to start the day—and most people miss it.

Getting an early start on the day can mean getting more done before the rest of the world (and your family) rises.

Try This

Make a timeline marking the years of your life and draw a line from your milestones and accomplishments to the year.

Looking back at all you've done can boost your confidence. Looking ahead and writing in all the things you will do also helps.

A routine change. It's easy to get in a rut. For one day do the opposite of what you usually do.

Changing your routine even slightly is stimulating and provides you with a fresh perspective.

Taking things you no longer need and giving them to those who are in need is good for the soul and the psyche.

Clearing the clutter from your life and either selling it or giving it away is the perfect kind of win / win.

Try This

What's bothering you now? What is one small thing you can do today to make it better?

Control the things you can control—especially the small things you can do quickly and on your own. Action is better than inaction so find positive things you can do today to improve, change, or fix something that's been bugging you.

Hope for the best. Let your mind wander, what's the one thing you hope for the most?

Find an image of what you hope for and make it your screensaver. Having hope for tomorrow makes us happier today.

Comparing yourself to others is a sure way to be unhappy. If you must, find one thing you have the other person doesn't.

Now make a quick list of what you have that others want.

Try This

Turn off the lights, put your headphones on, and just be in the moment.

Draw a bath and light a candle with your favorite fragrance. Ahhhhh.

Think back to when you felt happy. Where were you? Who were you with? What were you doing?

How can you have that same feeling now?

What makes you feel safe and secure? Crawl under a blanket. Lock yourself in your car in the rain. Turn on the lights. Turn off the lights.

Eliminate fear for a moment or two.

Look at your childhood photos. Seeing the young you can remind you to not take life so seriously.

Children can teach us (almost) as much as we teach them.

About The Author

YOU EITHER BECOME YOUR PARENTS OR REBEL AGAINST THEM.

Growing up I was inundated with negativity . . . mostly on my mom's side. My grandmother not only thought the glass was half full, but she also felt it was too large—and possibly cracked . . . and dirty. My mom followed in her footsteps. They always chose to see the worst in everything and wouldn't allow themselves to be happy. My father was the same way to a lesser extent. So how did I end up such a positive person? Good question.

The answer is, I have to work at it—which is why I created this mini book. It's a daily struggle to not let myself drift to the dark side. My hope is this booklet provides you with the actions, affirmations, and attitudes to stay up even when you feel down. Since happiness is in our heads and we have control over our thoughts, it's up to us to appreciate the good things in life and not let the bad things get us down because in the end, everything always works out for the best.

—Lee Silber

Sunshine

LET THE SUNSHINE IN

This book was inspired by one of my other books, my novel based on the real life of my good friend, Sunshine.

Barbara “Sunshine” Blake

had every reason to be miserable. She was orphaned by her parents at a young age—not because they died, but because they didn’t want her. After years of neglect and abuse in various orphanages, she set out to make it on her own.

Over her lifetime Sunshine was a single mother who made and lost a fortune, was widowed four times, had her home and all of her belongings burn to the ground, and endured a great deal of hardship. Through it all, she was the most upbeat, positive, and happy person you could ever hope to meet. Her story is an inspiration to us all.

***Sunshine* is available in paperback and for Kindle on [Amazon.com](https://www.amazon.com).**



Resources

TO ORDER CONTACT LEE SILBER

leesilber@leesilber.com • www.leesilber.com



Books

Nearly all of Lee's 22 books are available from Amazon in paperback and Kindle versions. You can also request a signed copy directly from the author.



Games

Lee Silber invented two games, Roll-Dice Baseball and Roll-Dice Football, and uses them as fundraising tools for youth sports and military families.

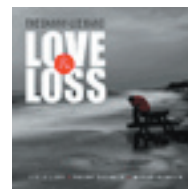
Mini Books

Lee Silber has over 15 different mini books on a multitude of topics that are offered for under two bucks each directly from the author at leesilber.com.



Slide Decks

Lee usually leaves behind his slide deck after his speeches and has also formed idea clubs and mastermind groups as a follow-up to his presentations.



Music

With an album of original songs and the ability to play over 250 covers from rock to pop, Lee is available for musical performances to groups large or small.

Audio Books

With people always on the move, Silber created a series of audio books to help others take control of their time and their lives. These can be sent as digital audio files.



Imprinted Products

We have custom t-shirts, hats, mugs, wristbands, cards, planners, balls, bags, and other products designed by Lee to reinforce the message in his talks.



Lee Silber is also available to speak to your company, group, or association.

To check on his availability call 858-735-4533.

Contact Lee



LEE SILBER

<http://www.leesilber.com>

leesilber@leesilber.com

858-735-4533

** If you would like to distribute this booklet to others please contact Lee Silber first. Printed versions are available for \$5.00 each.*