



MARCH 2022, ISSUE 05



# A TOPIC OF CONVERSATION

EVERYONE NEEDS A BIT OF HAPPINESS RIGHT NOW



This is the fifth issue  
of your Monthly  
Happiness  
Newsletter

LET US KNOW  
YOUR  
FEEDBACK!

## Your happiness is part of something bigger

At the start of this month we released our latest video titled 'Ignoring the should haves', which focusses on the importance of not comparing yourself and your circumstances to those of other people. We have seen first-hand the outcomes that have occurred as a result of people doing this, which can lead to people living beyond their means and ultimately making their circumstances worse, which in turn leads to further problems that are detrimental to your wellbeing. Everyone one is unique, and it is important to drown out the noise of other people who are perhaps only sharing the good parts of their lives publicly.

This month, on the 20th March, is International Happiness Day and as a company whose goals are to help improve people's wellbeing you can bet we are huge advocates for days such as this! Whilst we specialise in financial wellbeing, it is proven that there is a direct correlation between your financial circumstances and your overall mental and physical wellbeing. This is why we focus on the important things in your life when helping you with your finances, because the goals and ambitions you set yourself that will make you happy are yours, and our, main priority!



*"How we feel and think about the future and how we work towards it can make a difference for our happiness in the present." - Action for Happiness*

## Did you know?

Finland has topped the happiness rankings for the fourth year in a row. Denmark, Switzerland, Iceland & Netherlands complete the top five of the happiest countries.

According to Action for Happiness, the ten keys to happier living are:

- Giving - do kind things for others
- Relating - connect with people
- Exercising - take care of your body
- Awareness - live life mindfully
- Trying out - keep learning new things
- Direction - have goals to look forward to
- Resilience - find ways to bounce back
- Emotions - look for what's good
- Acceptance - be comfortable with who you are
- Meaning - be part of something bigger

As you can see, setting goals is one of the main keys to happiness. Without any goals to look forward to it's easy to become complacent and so we would encourage you to think about your own direction; where you would like to be this time next year? In five years? In ten years? Perhaps you want to move to a bigger house, expand your family, or just tick off a few countries on your bucket list, no goal is too big or small and from our experience it will be a beneficial step towards happiness. As always, if you need any help with this then please get in touch via the Hub.



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Setting optimistic goals is just an example of a small step you can take if you want to improve your happiness and there are small actions you can do throughout the day to keep this up, e.g. identify three things that give you hope for the future, or focus on what's good, even if today feels tough.

In a recent report that ranked countries on their happiness the UK dropped five places to rank at 17, citing mental health as the main reason for the decline. So, this month is the perfect time to prioritise yours by making just the smallest of changes. What do you have to lose?

Kind regards,

**Your Lifetime Team**