



## THE HAPPINESS FORMULA

In 2008, I experienced what I consider to be the worst year of my life. The recession had caused me to lose everything I had worked so hard for. Emotionally and physically drained, I found myself in a downward spiral. I turned to excessive drinking, feeling completely lost and unsure of what to do next. It was an incredibly tough period, and I felt trapped with no way out. The pain became unbearable, and I even contemplated ending my own life, seeing no other solution.

The time came when I had to share this overwhelming burden with my wife, Meena. To my surprise, her reaction was not what I expected. Instead of despair, she wore a smile of relief, as if I had delivered good news. I was utterly confused by her response. Her words echoed in my mind, "I thought something serious had happened, that you were sick and dying. I don't care about the money, as long as we are all together."

In that moment, something clicked within me. I realized that I had to turn my focus away from what I had lost and instead focus on what I still had—my loving family, my health, and an abundance of gratitude. I recognized the need to tap into my inner potential and redirect my energy towards serving my family. It wasn't about me anymore; it was about them.

I began performing acts of kindness, and to my surprise, it brought a sense of solace and relief from my own pain and suffering. This feeling became addictive. I had discovered my purpose.

Starting small with a few people, I organized events that gradually grew larger over time. Eventually, I found myself speaking on larger stages, addressing audiences of over 10,000 people, such as in the bull ring in Medellin, Colombia, to a Spanish-speaking audience. It was daunting, as if I was entering a battlefield.

In addition, I wrote a bestselling book called "Immediate Happiness" and had the opportunity to speak on Fox News and at Harvard University. I found fulfillment in consistently helping celebrities, athletes, tycoons, entrepreneurs, influencers, schools, charities, and individuals. I share these achievements not to impress you, but to illustrate what is possible when you let go of your own limitations.

One day, I reflected upon what I had done to turn my life around. I sought a common thread that connected my experiences, and I discovered three key components. This revelation led me to uncover what I now call the "Happiness Formula."

I had stumbled upon a formula for happiness, which I found incredibly exciting:

Happiness = Give x Grow x Gratitude (H = G x G x G)

**The first "G" - represents the act of giving.**

It entails offering your time, love, energy, joy, commitment, money, gifts, and presence without any expectation of receiving something in return. It must be a genuine gift, driven by pure intentions.

When you authentically give without expecting anything in return, you will witness the dissipation of pain and suffering.

To increase your happiness levels, here are some exercises you can undertake:

1. Perform ten acts of kindness within the next two days.
  - Observe how it makes you feel.
  - Ensure that you do not anticipate anything in return.
  - Document your emotions throughout this process.

- Examples include: holding the door open for someone, buying a coffee or smoothie for someone, picking up litter, expressing gratitude to someone, complimenting someone, sending a kind text, telling someone you love them, and smiling at people.

Remember, the path to happiness lies in giving, growing, and cultivating gratitude. By embracing this formula, you can transform your own life and make a positive impact on those around you.

## **The second "G" in the Happiness Formula is "Grow."**

It involves nurturing your emotional, physical, spiritual, and mental well-being. Take a moment to reflect on your life and honestly assess which area requires the most attention. Consider what occupies your thoughts most frequently—your emotions, health, spirituality, or mental capacity.

To facilitate growth, here are some examples of activities you can incorporate into your life:

### **1. Emotional Growth:**

- Maintain a journal and write down the emotions you experience throughout the day. Identify recurring negative emotions and work towards eliminating them while fostering positive ones.

- Engage in daily reading for at least 20 minutes.

- Read fiction regularly to stimulate your imagination and creativity.

- Exercise on a daily basis to enhance your physical and emotional well-being.

- Nourish your body with healthy food and ensure you stay hydrated.

- Take two instances each day to focus on taking ten deep breaths, promoting relaxation and mindfulness.

- Practice meditation to cultivate emotional balance and inner peace.

- Dedicate time to activities you love, bringing joy and fulfillment into your life.

- Embrace the present moment and focus your attention on the here and now.

- Incorporate more smiles and laughter into your daily interactions.

- Release attachment to the past, allowing yourself to move forward.

- Infuse your life with playfulness and vibrant energy.

- Reconnect with a friend you haven't spoken to in a while, nurturing meaningful relationships.
- Spend ten minutes each day daydreaming, allowing your imagination to roam freely.
- Visualize happy moments and positive outcomes.
- Allocate extra time for relaxation and self-care.
- Let go of regrets and practice self-forgiveness.
- Embrace a playful attitude towards life.
- Cultivate curiosity and approach the world with a sense of wonder.
- Flow with life's experiences, adapting to its natural rhythm.
- Respond to situations rather than reacting impulsively.
- Spend time observing the clouds passing by, appreciating the beauty of nature.
- Seek out things that bring you happiness and appreciate them.

By nurturing your personal growth in these various areas, you can enhance your overall well-being and move closer to experiencing genuine happiness. Remember, the Happiness Formula consists of giving, growing, and cultivating gratitude—three essential elements for a fulfilled and joyful life.

The third and final "G" in the Happiness Formula is "Gratitude."

It is crucial to be grateful for what you have instead of focusing on what you lack. In my own experience during 2008, I was fixated on my losses rather than appreciating what remained—a loving family, amazing friends, and good health. Take a moment to look at your hands and ask yourself when was the last time you expressed gratitude for them. Likely, it has been a long time, or perhaps never. Your hands have tirelessly served you. Imagine what you would do to regain their use if you ever lost it. The answer is simple—anything!

To cultivate gratitude, try the following exercise: Write down 50 things you are grateful for. Initially, it may seem like a lot, but similar to a muscle, the more you exercise gratitude, the easier it becomes. Examples of things to be grateful for include your friends, family, clothing, a

roof over your head, health, wealth, transportation, phone, internet, shoes, teeth, feet, skin, air, clouds, rain, sunshine, and so on.

As you write down these things to be grateful for, pay attention to how it makes you feel. It will uplift you!

The beauty of this formula is that it always works. Whenever you feel less happy than you could be, you can turn to this formula for guidance. Score yourself on each "G" component. Consider your level of giving, growth, and gratitude on a scale of 1 to 10. Reflect on which score is significantly lower than the others—this indicates the area of your life that requires attention. By focusing on improving that specific aspect, your happiness level will increase significantly. Let's examine an example:

Give score: 8

Grow score: 7

Gratitude score: 2

Happiness level (H): 112

If you raise your gratitude score to 3, your H becomes 168.

If you raise your gratitude score to 4, your H becomes 224.

If you raise your gratitude score to 6, your H becomes 336.

If you raise your gratitude score to 8, your H becomes 448.

These represent 50%, 100%, 300%, and 400% increases in your Happiness Level, respectively.

As you can see, this formula has a profound effect on your life. Its impact becomes even more significant if you make even slight improvements in your other two scores. This is the power of compounding!

This powerful formula saved my life years ago and continues to have an immediate impact on my happiness. It provides the clarity needed when things aren't going well and helps regain focus. Awareness is the first step in experiencing love, joy, fulfillment, and success.

You can assess your scores at any time of the day, and one of the three "G" components will consistently be lower than the others. They never remain at the exact same level. Monitoring this fluctuation can be intriguing. By using this formula, you regain control of your life instead of life controlling you.

With practice, the self-assessment takes seconds, enabling you to determine which "G" requires attention. It eliminates subjectivity and provides an objective assessment of the present moment and the necessary action to take.

The results are immediate.

Always rely on this formula when your life isn't as fulfilling as you desire, and you will develop a muscle that brings you and your family much happiness. I wish you a life filled with giving, growing, and gratitude.

You can teach this formula to your family and conduct a three "G" assessment for each of them, helping them overcome any unhappiness they may be experiencing. They will express gratitude, and you will become their hero!

Your Anil Gupta

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