



## My Simplicity of Happiness

Welcome! As promised is a summary of our 5 Steps to Happiness Program. The program consists of the following 5 ingredients we live by. You can say it is a life protocol. We teach this as the core to our program. When followed you will have success.

Each principle is summarized to understand how they connect and applied in your life. You can implement these principles right now. All you need is this article and you will have the tools needed to figure it out. We have step by step and mentoring that has been created by the experiences of many people that can reduce the learning curve.

Here are the principles:

Acceptance – To learn happiness you will have to first see yourself for who you truly are. You will have to acknowledge all your fears, imperfections and failures present and past.

Perception – When you have accepted who you are you will have changed your perception in life. You will have accomplished changing how you view yourself in the mirror.

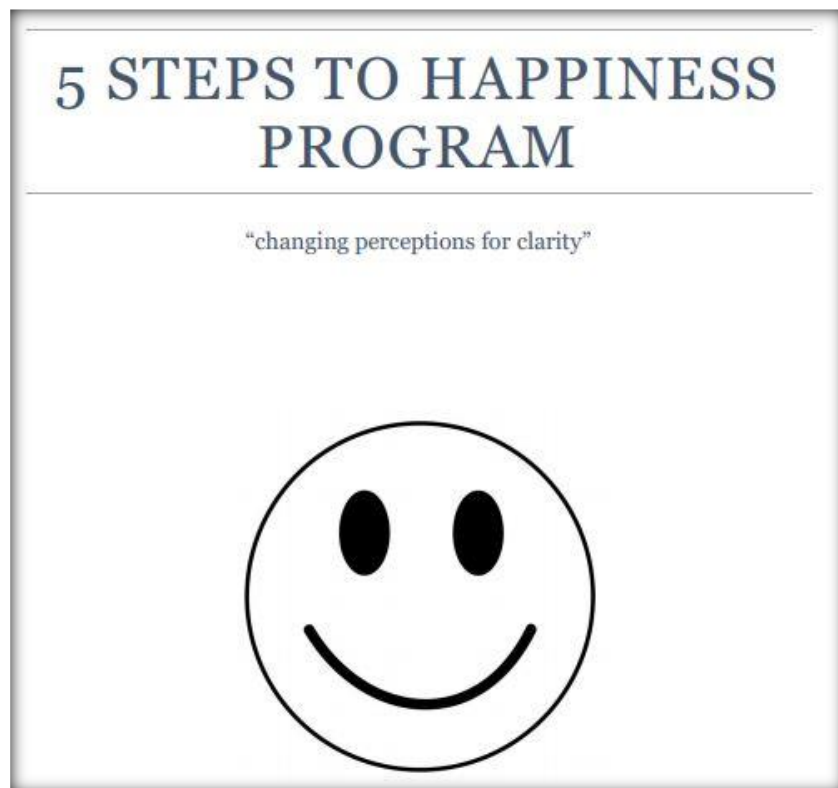
Clarity(removal) – Part of the reason you are confused about happiness is because you are distracted with your problems. Step 1 & 2 will give you clarity because you will have removed all distractions.

Learning Happiness – The first 3 steps prepare your mind to learn a new philosophy and a way of life. You will have the mindset to learn happiness step by step.

Practicing Happiness – As your learning happiness, to practice it will be a symbiotic movement. It will be automatic. *Living* happiness is your second nature at this point.

I have given you the 5 steps to a philosophy we teach. It is simple and easy to learn. The work is hard but rewarding. I am confident you can take these tools I given you and go on your own.

[Our book offer will guide you through this process in more detail.](#)



I hope you will consider working with us.  
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