



The Best Possible Thing Outlook

Maintaining a positive attitude about life, even the difficult situations, can make a world of difference in the happiness and satisfaction you get out of life. How can you improve your ability to gain happiness and satisfaction? It all comes down to how you respond. In his book *Zen and the Art of Happiness*, Chris Prentiss shares his philosophy that changing your response to situations will change the end result.

He suggests acting as though this statement is true: *Everything that happens to me is the best possible thing that can happen to me*. When you are able to respond to situations, even negative ones and believe this statement is true, life can be a lot more fun. You can be happy or you can be sad. The way you respond determines which one you will experience.

Prentiss provides an example of how this principle works through a story about a man who lost his high-paying, high-powered job and became depressed, started abusing alcohol and snorting cocaine. One day during his drug binge, he got a call from a company that he had always dreamed of working for. They wanted to hire him and offered him more money than he had made at his previous job. He was unable to pass the company's drug test, and therefore was unable to take the job. If he had determined, in the first place, that losing his job was the best possible thing that could have happened to him, he would not have gone on a drug binge and lost the opportunity to have an even better job.

We must work to remember this statement and not get too caught up in whatever is going on. We must believe that everything is happening just as it should. You can breathe a deep sigh of relief when you believe that *everything that happens to you is the best possible thing that can happen*. "Switch any outgoing negative energy, which stems from your belief that what's happening is bad, to your most positive track," says Prentiss. "Affirm that what's happening is going to be of tremendous benefit to you." If you can work to remember this principle when you face difficult situations, you can potentially lead a more positive and happy life.