

# Happiness 1st Institute



## Do Good Because It Feels Good

Doing nice things, for loved ones and strangers alike, improves our mood when we do it from wanting to do it. When we are coerced or forced or manipulated into such acts the positive effects vanish.

Studies show that when we are feeling positive we are better friends and family members, our level of organizational and community citizenship increases naturally.

Many studies show that those who are happy are very active in their communities and have good relationships. Other studies show that these findings are caused by actions that become natural when an individual is happier.

Studies are very clear that not being authentic is not good for us and not good for our health.

Think of a time when you did something for another because you wanted to do it. Maybe they even resisted your doing that thing for them but you felt compelled and really wanted to do it 'just because'. Remember how good that felt. Now contrast it with a time when you did something because you were expected to do it but your heart was not really in it. There is no comparison.

Faking it until you make it is not good advice on charitable acts. They will tend to make you feel resentful rather than happy. You will get happy far faster using the tools and techniques that make you happy and then your heart will sing to you of things you want to do for others because doing so pleases

you even though the action may be of far greater benefit to another.

When you are being authentic in your giving, from a place of joy, there is little else in the world that can compare to the wonderful way you can feel. You won't take score, you won't expect reciprocity, when you will do for others you will feel the joy of doing so flow through you.

Think about the little ones and how eager they are to help. It is their happiness, their joy, that makes them helpful and not their youth.

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Tags: Random Acts of Kindness and Senseless Acts of Beauty, charity, altruism

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