



Richard Denny **Your Success Coach**

The media have called Richard Denny **'The Millionaire Maker'**. For over 30 years he has helped thousands of people into financial wealth, and others into greater achievement and happiness. His lectures, books, videos, DVD's and CD's are bought around the world.



10 Tips for a happy home

Our home life affects pretty much every aspect of our lives and has a huge bearing on the level of enjoyment we experience in our activities on the outside. We lead busy lives these days with members of the family scattering in all directions, coming together for snatches of time. Stress levels can sometimes rocket right off the scale, leading to tension and aggravation. Times are tough and now almost more than ever in our recent history we need to have a safe haven where we can relax and feel comfortable, loving and loved. Like so many recipes the simplest are often the best and most effective.

Creating a warm, loving, pleasant and comfortable home life isn't rocket science. It really boils down to putting our family first – their feelings and how our actions can have a positive effect, or one of destructiveness.

Try these tips and watch the reaction of those in your home, **don't tell just do:**

1. Create something to look forward to both as individuals and collectively, get into the habit of having goals that you and your family can enjoy together. It is said that apparently people who play together seem to stay together.
2. Eat together once a day, around a table if possible, or at least make designated family meal days and absolutely at least one meal at weekends when all are there.
3. Listen – less telling and more listening. Teenagers often voice a lot of rubbish **as you did**, but listen you don't have to react. Become a great listener and your family will love you.
4. Actions speak louder than words so lead by example, children and young people **NEED** role models.
5. Look for the good things in and about each other and give compliments.
6. Try always to have something positive to say. Those meal times together should be fun times with a little bit of laughter so all participants look forward to the time together.
7. Praise is more powerful than criticism, but sadly very hard for some to do.
8. Demonstrate love and kindness.
9. At the end of each day share the good things that have happened during your day, however small or seemingly insignificant.
10. Keep anger out of the house, nobody else forces us to be angry, we allow ourselves to be angry. Anger is for East Enders, but not in your house.