

# The **Completely** **Free**, No-Email- Required, **Actually** **Useful**, Happiness Upgrade Guide



CATCHING UP WITH WHO YOU  
ALREADY ARE - FOR HOW GOOD IT  
FEELS TO FINALLY FEEL GOOD AGAIN

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# Upgrading Your Happiness: It's A Quality Issue

## Introduction: The Problem With Happiness Which You May Not Know You Have

Most people spend 60-70% of their waking hours feeling somewhere between mediocre and bad.

That's not a guess. That's what the data shows when people actually track how they feel throughout the day instead of assuming they're "mostly okay."

Think about that for a second.

Would you accept a phone that only worked 35% of the time? Would you drive a car that ran smoothly only one day out of three? Would you tolerate a relationship - at least for long - where you felt genuinely connected only a third of the time?

If not, then why are you accepting an emotional baseline that only feels good 35% of the time?

Here's the truth most people never realize: your baseline happiness is a quality issue.

But it's not the quality of your happiness itself that's the problem. It's the quality of your DESIRE for it.

Let's take an honest look at that.

# The Quality of Your Desire For Happiness

You naturally upgrade everything in your life when you feel the need. Yes, your phone, your car, perhaps your home, and definitely your coffee, wine or beer. You understand quality, and your attraction to it; and you're willing to work at upgrading it if you get a reasonable occasion to do so.

But here's what makes those upgrades happen: you have a high enough quality of DESIRE-to-Acquire them.

That is, saying you want to do something good for yourself is your mind talking; whereas actually doing something concrete about it originates in the most powerful source of change in your life: your heart. You gotta' involve them both, or your results will be hollow and unfulfilling and you'll be sad.

You already know this. When your phone starts glitching, you don't just tolerate it indefinitely. Your desire for a phone that works reliably stays present until the moment you upgrade it. When your favorite beverage starts to taste... ordinary, you start to wonder about options for a better experience. If you're not being treated as kindly, fairly and honestly as you know in your heart you deserve, well, you know how that ends. Your desire for better doesn't just flicker—it persists until you address and resolve it

**Now think about your desire to feel good.**

How often does it show up? Every day? Or only when things get really bad?

Does it persist through challenges? Or does it evaporate the moment you're stressed, busy, or tired?

Is it strong enough to drive action? Or does it just produce a vague wish that things were different?

Most people settle for a low-quality DESIRE for happiness. It wavers. It goes out, and comes back in. It's inconsistent. It's easily overridden by other, more visceral priorities.

And because the desire is low-quality, the happiness that results is also... low-quality. Temporal, weak, unsatisfying.

Here's the simple-and-logical insight that changes everything:

*Your future quality-of-life is perfectly predicted by the present quality of your desire for happiness.*

Not your circumstances. Not your willpower. Not your genetics.

Simply and easily, it's the **QUALITY** of your **DESIRE** to make yourself feel good that changes your life. Because once it's ignited, you'll chase everything you've already determined will satisfy that hunger for happiness.

When you elevate your desire for happiness from fitful and feeble, to stable and strong, everything else renews automatically. Your choices transform. Your environment transforms. Your baseline quality-of-life transforms. Everything shifts for the better, right?

Once you give a shift about how good you wanna' feel, everything does. This guide will show you how to accomplish that level of self-improvement. Not through willpower or discipline, either, because that 'shift' doesn't work, but through using your simple, natural, abiding self-awareness and the strategic strengthening of your desire for it.

We like to say that you're going to remind your mind and heart of how much they still enjoy working together - despite any disastrous results to the contrary.

You're not defective. There's nothing missing inside of you. You're just treating one of your most essential desires badly. And you're about to discover what happens when you promote it to a position of higher authority in your life.

Have a look at this simple, 4-part strategy.

# Step 1: The Quality Gap (Measuring Desire)

Most people have never stopped to assess how bad they want to feel better. On the way to feeling good. (and then GREAT!)

They just assume, "Of course I want to feel good; what a silly question" - but they've never measured whether that desire is actually strong enough, stable enough, or coherent enough to create change.

Here's how to find out.

## Your First Exercise: The Desire Check-In

For the next three days, set an alarm to go off three times a day at random intervals. When it goes off, pause and ask yourself two questions:



**Question 1: "How do I actually feel right now?"**

Rate it on a simple scale:

- Great - Energized, clear, alive, genuinely 'really good'
- Fine - Neutral, neither good nor bad, just existing; "I'm okay..."
- Mediocre - Low energy, slight fog, going through the motions
- Bad - Anxious, tired, frustrated, disconnected (angry?)

## Question 2: "What would I give to feel good right now?"

Rate your desire:

- Strong - "I really need to feel better than I do; I'm going to be happier."
- Moderate - "It would be nice to feel better"
- Weak - "I'm tolerating this, not really thinking about changing it"
- Absent - "I'm numb to it, not even considering feeling different"

Don't judge your answers. Just collect the data.

At the end of three days, look for the patterns. When you felt bad or mediocre, was your desire to feel better strong? Or was it weak or absent?

Most people discover something shocking: even when they don't feel terrible, their desire to feel better is weak or absent most of the time. They're tolerating low-quality states because their desire for high-quality states isn't consistently present and alive.

That's the quality gap - not just between how you feel and how you could feel, but between how much you want to feel good and how much you'd need to want it better, in order to actually change.

# The Desire Equation

Here's the pattern most people discover about their desire for happiness:

- When desire is strong and consistent, behavior changes naturally and happiness improves
- When desire is moderate or flickering, you get temporary bursts of effort followed by drift back to baseline
- When desire is weak or absent, nothing changes no matter how much you "know" you should/could feel better

Needless to say, the last two can make you sort of want to give up on changing your level of happiness, and just comply with whatever comes along. You go Thelma and Louise on your life, settle for what you get, and wait to drive over a cliff and put an end to your struggle and suffering. Which ain't no life where we come from.

Your current baseline happiness is the direct result of your current baseline desire for it. This is not revolutionary, but apparently it's less than obvious: that if you want to upgrade your happiness, to upgrade the quality of your life, you have to upgrade your desire for it, first.

## Why This Matters

You've probably tried to "feel better" before. Maybe you started exercising, or meditating, or journaling. And it worked for a while. Then it didn't.

That's not because you failed. It's because you were trying to change your behavior without first strengthening your desire for the thing your change in behavior was intended to produce.

Don't get it backwards. Let your behavior follow your desire. Because, when desire is grounded in your heart and thick in your thoughts, behavioral change feels natural. You want it, and you find the motivation to get it.

But when desire is weak, behavioral changes feel like work. Grinding work. Which you're probably not a big fan of anyway. We weren't, either, which is when the lightbulb lit up and the epiphany said, "Come and get me!"

The good news: desire can be rehabilitated. And once you upgrade it, everything connected to it gets easier.

# Step 2: “The Taste Test” (For Strengthening Your Natural Desire For What You Want)

This is a simple three-day experiment designed to illuminate and then strengthen your desire for feeling good by giving you experiential proof that it's possible.

You can't have strong desire for something you've never experienced. So first, you need a taste.

## The 3-Day Protocol

Pick ONE behavior that reliably improves your state. Not ten things. Just one.

Simple options:

- Sleep consistency (in bed by 10:30pm, up by 6:30am; or whatever, but no exceptions)
- Morning light and movement (15 minutes outside within 30 minutes of waking)
- Elimination of one major drain (no alcohol, no sugar, no social media scrolling, or no news - pick your biggest energy leak)

Whatever you choose, taste it often and enjoy the sensation, but only for three days.

## The Tracking Method

Use the same two-question check-in from Chapter 1 - three times per day:

1. "How do I feel right now?"
2. "How bad do I want to feel good, right now?"

But this time, you're doing it while implementing your one strategic behavior change.

Here's what most people notice:

- Day 1: Desire might actually get stronger because you're paying attention to it.
- Day 2: You feel slightly better, which strengthens desire further. ("Oh, cool – this works!")
- Day 3: Desire starts stabilizing - you want to feel good more consistently because you've proven you can and... you're getting a further taste of how good it feels to feel good when you do. You're remembering one of the key reasons you're alive: To Feel As Good As You Can, As Often As You Can.

The key insight: when you experience higher-quality states, your desire for those states strengthens and stabilizes automatically. We want what we like and we like to want more. And then we move in the direction of getting it.

Create some simple but ideal conditions for wanting to feel good or at least better, and watch how happiness feels more and more natural. On the way to effortless.

## What You're Really Doing

This experiment isn't about proving you can change your behavior. It's about proving you can strengthen your *desire* for *change* in it. In order that, ideally, something finally and permanently improves.

When you see that connection – “Oh, when I do this thing, I feel better, and that makes me want to keep feeling better” - you've just reformed and restored your desire from flickering to stable.

And stable desire - including and especially for happiness - changes everything. You'll see.



# Step 3: Becoming Someone With A Revitalized, High-Quality Desire

Here's where most people get stuck: they experience stronger desire for a few days, then it fades back to a historical baseline.

Why? Because they never shift from who they think they are, to who they really are without the performance obligations.

They're still someone who "wishes" they felt better, not someone who "actively values" feeling good as a non-negotiable standard.

## The Identity of Stable Desire

Think about other areas where you have stable desire. Your phone, again, as an example. You don't just "wish" your phone worked - you expect it to work, and when it doesn't, your desire to fix it stays present until it's resolved.

That's what stable desire looks like. It doesn't just swoop in at some calculated moment and then leave you behind feeling unfulfilled, and even confused. It's just there, consistently, powerfully guiding your choices.

***If you want to change your life, you need to first become someone whose desire to feel good is stable enough to fuel that change.***

As a point of reference, consider this: your mind applauds your increase in desire because it makes sense to be happier, but the actual motor of the transformation is in your heart. So let the two dance together. Let your mind lead until your heart takes over and your exhausted mind can finally relax, breathe, and simply surrender to the new dance.

Which is exactly what your soul wants for you to enjoy while everyone is still at the same party.

## The Reframe

Most people talk about happiness like it's optional. "It would be nice to feel better." "I should probably take care of myself more."

That kind of limp-wristed language signals low-quality desire.

Start using language that reflects stable, high-quality desire, even before you can feel it in your heart:

- Instead of "I should exercise," say "I want to feel good, so I'm moving my body."
- Instead of "I need to quit scrolling," say "I want to feel better in the evening, so I'm choosing something more productive and rewarding for my time."
- Instead of "I wish I felt happier," say "I value feeling good, so I'm designing my life around it."

Notice the shift: from obligation to active desire. From "should" to "want."  
From head, to heart. 😊

## The "I Want To Feel Good" Baseline

Now that you're paying closer attention to the language you use when you talk to yourself, start noticing how often you're actively and consciously aware of wanting to feel good.

Most people forget. They get busy, stressed, distracted - and their desire to feel good disappears from view. It's still 'in there' alright, but you're not digging it. You're just grinding through your day on autopilot; just like every other day.

Meanwhile stable, high-quality desire means that wanting to feel good stays present even when things show up to challenge it.

You don't have to feel good in every moment. Nobody does, except perhaps your dog. But you can still want-like-fuck to feel good in every other moment, whether you do or not. It's a simple mindset: "I know I don't feel good right now, but I seriously can't wait to get beyond this challenging interval and get back to being happy."

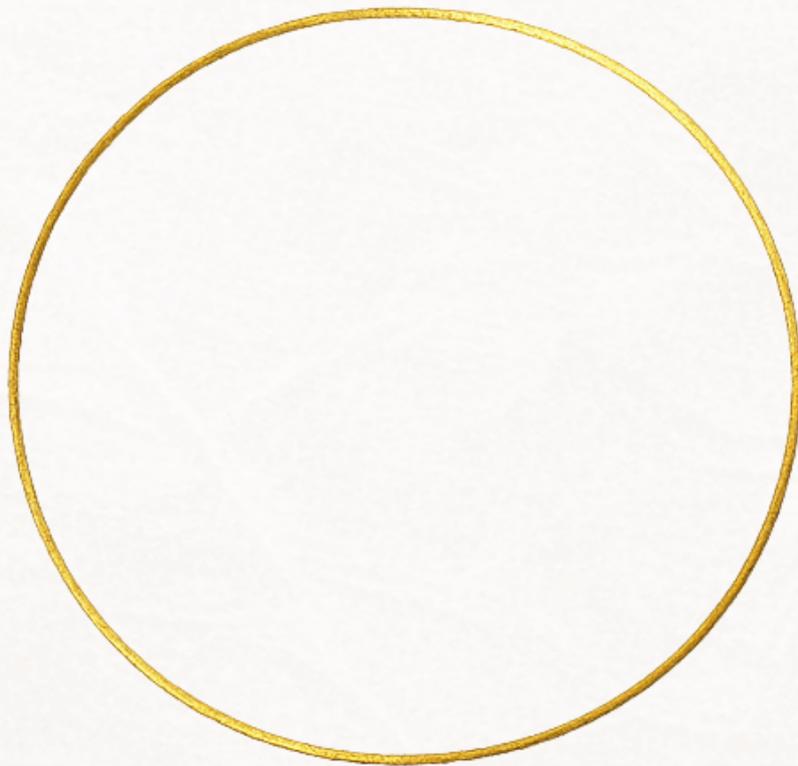
When that desire is consistently present, you can invoke it at will and your choices start aligning with it. At first perhaps awkwardly, but before long naturally. Instinctively. The way you did as a kid.

## The Shift

You're not "working on" happiness. You're becoming someone whose increasing her awareness of the precious value of always, or as often as possible, wanting to feel good. Which produces what?

Happiness.

That's the identification shift that makes transformation stick. *Yaaay, you!*



# Step 4: Protecting and Strengthening Your Desire

Desire isn't static. It can weaken or strengthen based on how you treat it.

Most people accidentally weaken their desire for happiness every single day, without realizing it. Here's how to stop doing that - so you can get back to reinforcing it instead.

## What Weakens Desire

There are a few factors.

**Tolerating low-quality states without noticing.** When you spend hours feeling mediocre and don't even register it (or worse, don't even care to) you're training your brain to accept mediocre as acceptable. Meanwhile your heart continues breaking, aching for your mind to stop messing with it. Desire fades when you stop paying attention to it and, worse, forget to feed it.

**Overriding your desire for other priorities.** "I want to feel good, but I have to finish this project / take care of everyone else / push through." Every time you override your desire, you teach yourself that what you really want doesn't matter.

**Believing desire is selfish.** If you think wanting to feel good is indulgent or selfish, or it takes something away from those around you, then your desire will never strengthen. It'll stay weak and apologetic.

## What Strengthens Desire, Instead

**Noticing when you feel good.** Every time you catch yourself feeling good and actively pause to appreciate it ("This feels nice"), you internalize and stabilize your desire for more of it. Seriously, try that little awareness exercise above, and demonstrate it for yourself.

**Honoring your desire even in small ways.** You can't always change your circumstances, but you can usually change how you respond to them. You can honor your desire. "I want to feel good right now, so I'm taking three deep breaths" or "I'm stepping outside for two minutes." Small acts of honoring desire reignite it and that brings it back to life and enables it to become stronger. Remember, there's nothing 'wrong' with your desire - you've just accidentally let it slip away on you while life was busy having its way with your need for survival.

**Treating your desire as valuable.** Your desire to feel good isn't egotistical - it's the engine that powers everything else. When you feel good, you're more patient, more powerful, more creative, more generous, more present. Honoring your natural desire for happiness benefits you, and everyone around you.

## The Weekly Desire Check-In

Once a week, maybe every Sunday (or whatever represents a calm and undistracted time for you), spend 10 minutes asking yourself:

*"How strong was my desire to feel good this week? Was it present most of the time, or did it disappear when I got busy?"*

If you like, give yourself a little score to lock in your progress over time.

You're looking for patterns like these:

- When does my desire strengthen? (After I feel good? After I rest? After I connect with someone?)
- When does my desire weaken? (When I'm stressed? When I override it repeatedly? When I prevaricate, or avoid the truth?)

This isn't judgment, so don't go there. It's data. You're learning how to protect and enhance the most important resource you have: your normal, natural, original, divine, permanent dream of everlasting happiness and feeling good.

You may not always achieve it, but by gawd you never, ever stop wanting it.

## Environmental Design for Desire

You can also design your environment to keep desire active and thus present:

- Visual reminders: A Post-it Note on your mirror: "How bad do I want to feel good today?" Or, "I'm going to be happier today." (print and post our silly graphic from up above?)
- Phone wallpaper: Something that reminds you that feeling good matters desperately to your secondary desire to change and improve your life.
- Alarm prompts: Set your check-in alarms with the same label: "How bad do I want to feel good, right now?"

You're not trying to force your feelings. That's actually impossible, but we'll get to that later. Instead, you're creating conditions where desire stays visible, stays present, stays strong. On the way to becoming a permanent feature in your life



# What Comes Next

*"You already know who you are. Just catch up with yourself."*

You've reached the end of this guide, but you're standing at the precipice of something revolutionary. Namely, the extraordinary intersection of your desire for a higher-quality life, with the ordinary mechanics you can use to remember not to forget it.

You understand now that happiness isn't just about what you do. It's about how badly you want to feel good - and how consistently that desire is fed. You can take active steps to ensure it does what it's designed to do: align your heart with your head to bring about the same relationship between them which you had for the first few years of your life.

We call it Baby-Laughing Happiness™ just for fun, and in case you can't remember it, we've added a little visual to coax you along.

You don't fix something that's wrong with you, you discover that you've merely forgotten what you already know about living a happy life.



You've already learned here how to:

- Measure the quality of your desire (not just your state)
- Strengthen your desire by experiencing what's possible
- Shift your identity towards your original, stable, high-quality desire for whatever you want
- Protect and strengthen that desire through awareness and design

That's substantial. That's enough to shift your entire baseline if you apply it.

But here's what this guide doesn't give you: a playful, sustainable system for keeping your desire strong when life gets hard.

Because knowing what to do and actually doing it over time are different animals.

Our Game of Change is what comes next, if you want to learn how to 'play' with your potential for change and then create it, using your freshly unburdened desire for it.

It's not more information. It's two complementary 'sub-Games' designed to strengthen your desire and make transformation feel like play:

**(1) Expose, Trap, Destroy (ETD):** Spot and name the patterns that weaken your desire, turning invisible saboteurs into characters you can observe, laugh at, make deals with, and in the process disarm.

**(2) Kill Them With Kindness (KWK):** Strengthen your desire to feel good even when everything's telling you that you should feel terrible. Strategic defiance as a path to unshakeable desire.

These Games are a fun way to keep you present inside your strong, stable, and unquenchable desire to feel better, then good, and finally great - no matter what's happening around you.

And just to tempt you even further, we're building a community of like-minded women where you can ask questions, ask for directions and help, and ask for champions for and defenders of your adventure.

You don't play The Game of Change alone if you don't want to.

But maybe you're not ready yet. Maybe you need to first sit with what you've learned here. Maybe you need to run your own experiments. That's okay. This guide will be here. The Course isn't going anywhere.

What matters is this: you know now that the quality of your life comes from the quality of your desire for your highest value, happiness. And that desire is evolutionary. It responds to your efforts to adjust and improve it. You're not broken. You haven't failed at anything. Your desire - which you may only now be recognizing as the most powerful force for change and improvement in your life - just needs to be rekindled, with some extra warmth and TLC from you.

While you turn it into a monster for unstoppable improvement which you can fully control.

The invitation stands: when you're ready to make your desire unshakeable, we'll show you how.

# Ready for More?

We've attempted to create here the highest-quality production of our material, since we're busy preaching quality to you all over the place.

If this resonated and you want the next level - the Game that returns your desire for happiness to something resilient and tough, including a community of high-quality and friendly happiness warriors who desire exactly what you do and spend time talking about it with each other - visit [daveandlarry.com](http://daveandlarry.com) to learn about our Course, Your Heart of Change.

No pressure. Just an invitation. When you're ready.

Dave & Larry

Two guys who spent decades wondering if they were fooling themselves or not – and finally figured out how to tell the difference.