

What Enables Us to Create True Happiness?

Key Points:

Regular Happiness – Normally we feel happy when something nice happens – it can be a reaction to external events. But this is not true happiness and we can feel sad or disillusioned when things don't go the way we want.

Creating True Sustained Happiness - We can definitely become happy and fulfilled long-term. However, we must make consistent specific efforts in order to do so.

Learning to Master Our Mind – This takes self-discipline but it is not difficult to do. We need to overcome our inner negative voice that often may dominate our lives.

Setting Big Goals for Ourselves – Fulfilment is dependent on setting clear goals for our lives and moving towards achieving those goals. Not having any goals is like being adrift on the ocean and only leads to frustration with ourselves and ultimately great disappointment.

Consistent Action – Without consistent daily action towards our goals we cannot achieve anything worthwhile. Stopping and starting only results in failure and disempowerment.

Becoming More Flexible - Rigidity prevents us from being happy. When we develop flexibility in our thinking, especially when we experience set-backs - we can more easily pick ourselves up and continue making actions towards achieving our goals.

Never Giving Up – This enables us to accomplish virtually anything. Those that give up at the first, second or even third hurdle cannot achieve anything remarkable. It took Thomas Edison 1000 attempts to invent the incandescent light bulb, but he succeeded! As a result he totally transformed the world!

Using Difficulties as a Spring Board for Success – Our difficulties are the very things we need to overcome in order to achieve success. They show us clearly the areas in which we need to grow. When we grow in these ways then success, and fulfilment is guaranteed.

Helping Others – Developing an outward looking attitude is central to developing long-term sustained happiness. It also allows us to operate at a higher level of wisdom and the more energy we give to others, the more we ourselves can receive.

When we do all these things, the result is that we become empowered, more accepting of ourselves and others. We develop inner strength and courage, and we become more appreciative and less resentful.

Also, we start to truly understand that we are 100% responsible for our own live and future and also for our own happiness.

These are the main keys to sustained happiness.

Summary:

Developing sustained happiness or fulfilment depends on the following:

1. **Setting big goals for ourselves** –that stretch our lives and cause us grow.
2. **Making consistent actions** – vital for success in anything.
3. **Developing self discipline** – we must learn how to master our mind & overcome our negative thought patterns.
4. **Being flexible** –especially when things don't go to plan.
5. **Never giving in to challenges** – we need to develop resilience.
6. **Helping Others** – it enables us to develop an outward looking attitude and operate at a higher level of wisdom and vitality.