

CREATING HAPPINESS



SUCCESS  lab

Creating Happiness

THE MYTH

Success [choose your subject] will make us happy.

THE REALITY

Happiness [choose your subject] will make us successful.

THE FACT

We *manufacture* happiness.

Impact Bias

We have a **psychological immune system** that helps us feel better about the world we find ourselves in.

That means we **manipulate** how things are.

Examples:

- Paraplegics vs Lottery winners
- Wallace Thornton
- Pete Best

Why Do We Get It So Wrong?

“Study hard, you’ll get better marks, which means a better job, work hard and save and you’ll be happy.”

For 35 years we have had people turn up in courses saying...

...“I’ve got a great job, a magic husband, 2.2 children and a Volvo - but I’m not happy.

This is based on the belief that happiness is a result of external factors.

If you are pursuing happiness...

...then by definition you have not found it.

If happiness could be 'found' by creating circumstances that promote it - then you'll become **addicted** to recreating those circumstances.

You will also only be happy whilst you are able to keep re-creating those (or similar) circumstances - which means they wear off...

HAPPINESS IS AN INSIDE JOB



In fact, happiness is not found - but *experienced* as a result of the decision to 'be' happy by travelling to the centre of our being.

When we realise the power of our inner self to influence our outer world - we unleash the ability to feel what we choose.

To experience happiness we must first understand it.

Happy
Ecstatic
Jubilant
Joyful
Content
Fulfilled



Superficial
Temporary
Transient
Consistent
Permanent
Abiding

Going For Gold

Is God/Universe try to take care of you?

Is there a greater purpose?

Are you on the planet to learn?

If the answer is **No** you are at the mercy of the circumstances and should take up astrology in order to make sense of life.

If the answer is **Yes** there area number of concepts you must understand...



REFRAMING

The ability to interpret circumstances in such a way that a disaster becomes a learning experience and therefore a 'good' thing.

Examples:

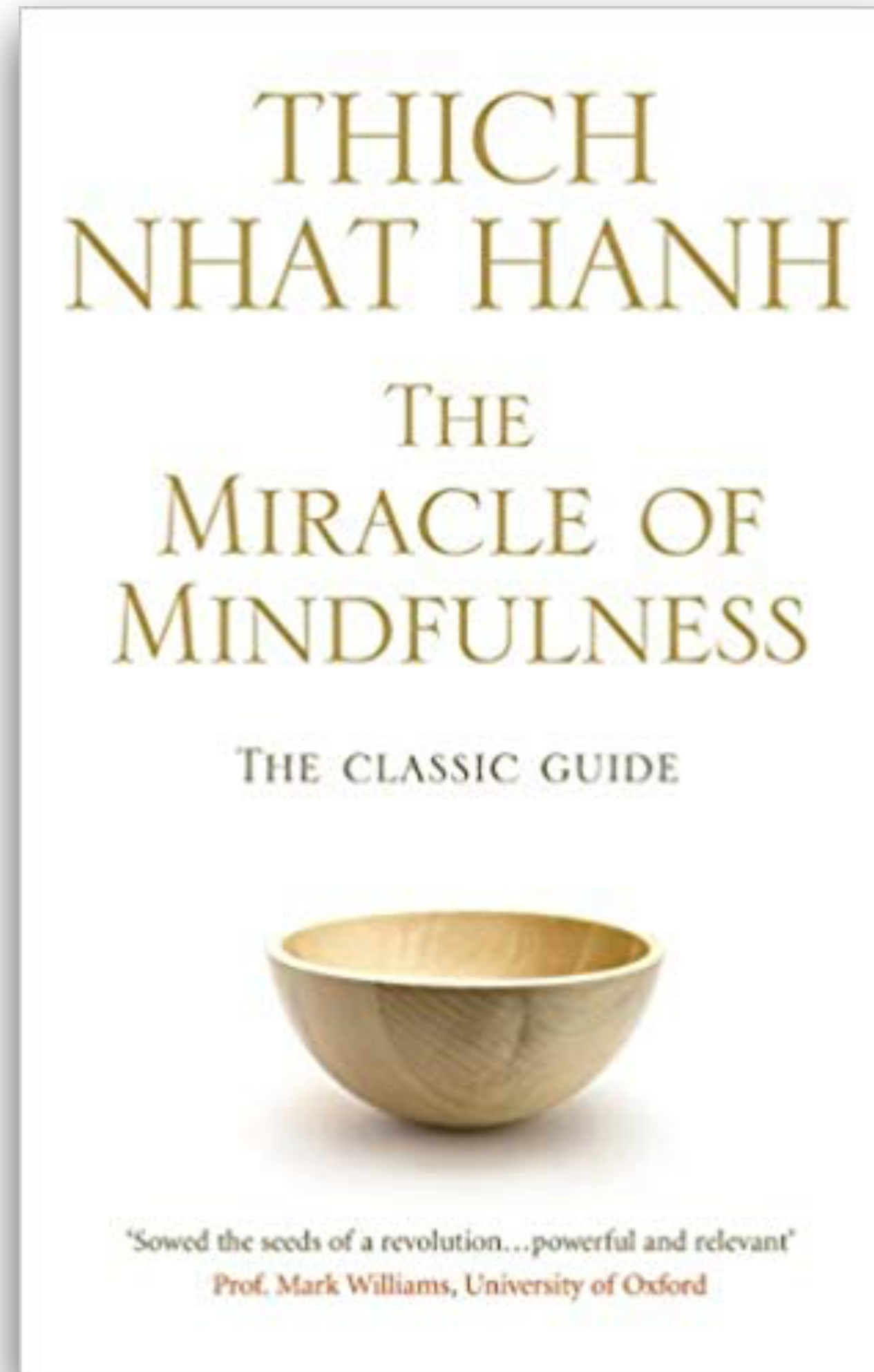
The car smash that broke 2 legs but saved a life,
The proposal that failed but kept me free,
The dream home that took 18 months...

MEDITATION

I tried that once and it didn't work...



MINDFULNESS



PLAYFULNESS

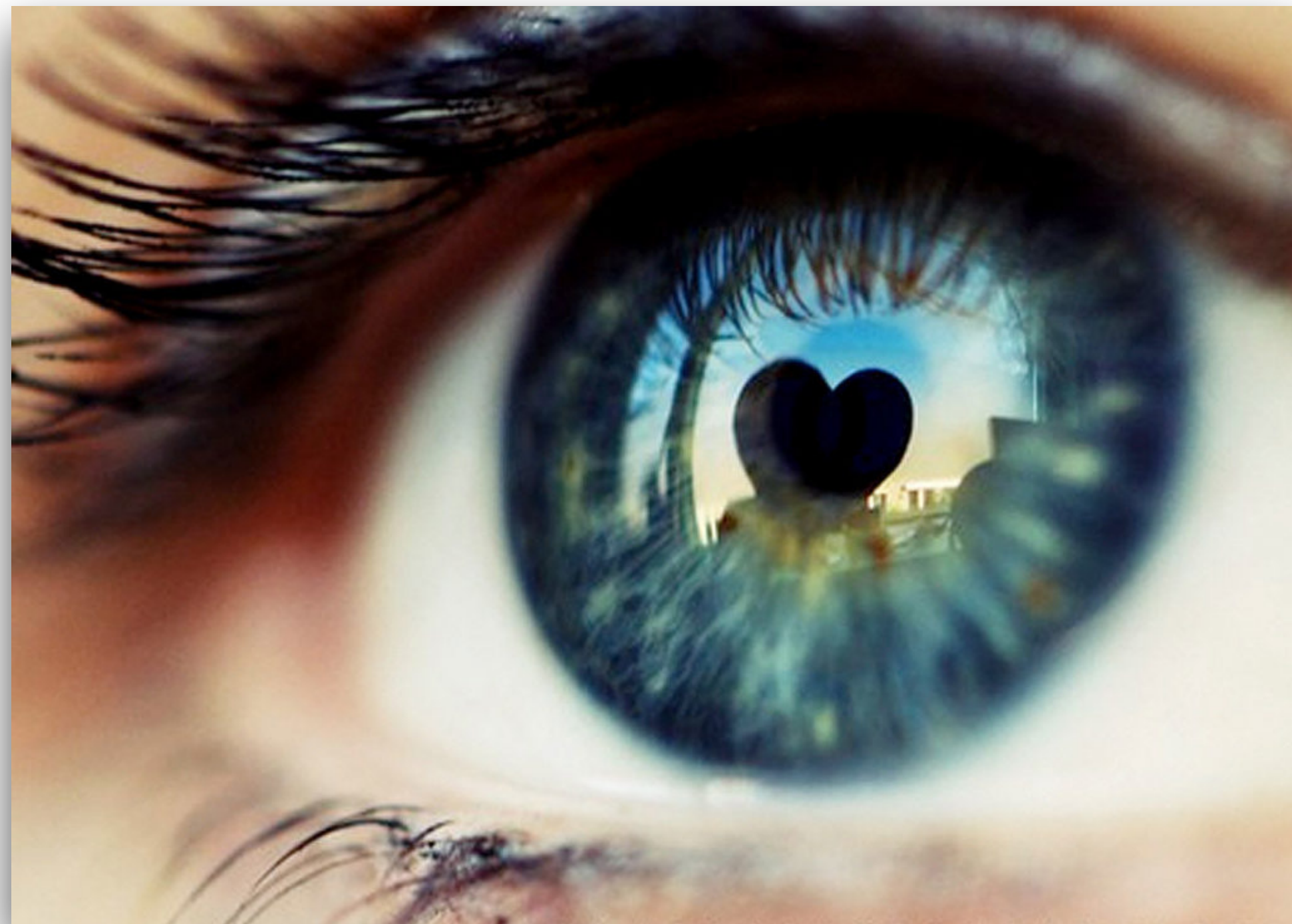
Without the intention to play you are automatically subject to the circumstances, vagaries, luck, agendas...



OBSERVATION

If you are not the observer...

...you are the participant.



You also need to understand and deploy...



EMOTIONAL INTELLIGENCE



Influencing others feelings
Recognising others feelings
Changing your feelings
Recognising your feelings



PERSONAL SUCCESS ROUTINE

You either bend the world to your circumstances or blame the world for your lack of power over it.

(you'll convince yourself that you are correct about this)

In one case you are the **VICTIM** and in the other you are the **VICTOR**



NEEDS VS WANTS

If you give yourself enough of what you **NEED**...

...you'll end up with everything you **WANT**.

If you give yourself enough of what you **WANT**...

...you'll never get what you **WANT**.



CLEARING BLOCKAGES

If the definition of insanity is doing the same thing over and over - expecting a different result...

...it's imperative for a better (happier) future that we grow, expand, develop, mature.

In short we must **dump the baggage** that stops us getting airborne.



Assignments

1	Decide which of the five keys you need to get better at.
2	Decide which of the four background skills you need to get better at using.
3	Commit to implementing those two learnings on a daily basis.