

Success Without Happiness is the Worst Kind of Failure

If you ask your friends, family, or neighbor what would make them happy, they would probably be quick to respond “money”! But what does money actually do for you? Once the bills are paid and you’ve purchased all the tangible trinkets money can buy, what do you do next? How do you turn trinkets into happiness? You can’t cuddle with a new car or a diamond ring? And who wants to be with someone that is only there because of “their money?”

Scientists have studied happiness for many years and concluded that happiness is a choice. It is not measured by the amount of money you have, your looks, or anything you possess. It comes from within. Research shows that having children, getting married, and having money does not create a happy life. As a matter of fact, these things actually create more stress in one’s life if you’re not adequately prepared for it. However, the media and society wants us to believe that this is the true measurement of happiness.

Being happy is a choice and you can make the choice today. Happiness, however, does not mean your life will have no problems. When you possess the inner peace that accompanies happiness, you have the strength to overcome the inevitable problems that come your way. There is no such thing as a problem-free life. But our reaction and response is totally within our control. Our vitality - the amount of energy or "life-force" we have – is, in fact, the single most important factor in determining whether or not we experience happiness in our lives. This is displayed by our thoughts, actions, and behaviors. What we think and believe is what we create in our world.

True happiness comes from within, in the state of our hearts. It does come into our lives by way of anything external to us – regardless of how much money you may win in the lottery. Statistics show that lottery winners are happy for a short period of time, and then eventually go back to their original mindset. No matter what you may acquire in form of tangible possessions, you can never run away from yourself. And if you are weak, suffering will follow you wherever you go. You will never find happiness if you don't challenge your weaknesses and change yourself from within.

Happiness is to be found in the energy of your own life as you struggle to overcome one obstacle after another. This is why I believe that a person who is active and free from fear is truly happy. The obstacles and life challenges you face are meant to strengthen you and teach you necessary lessons. When we embrace this concept and learn from our live lessons, we grow, thrive, and discover true happiness. When we continue to repeat the same mistakes over and over again, we wither and look for external artificial stimulants to get us through until the next obstacles comes along and then we repeat the process over and over again. Einstein defines this process as insanity – to repeat the same mistakes over and over expecting a different result.

In the span of a lifetime, you will be granted millions of opportunities to succeed or fail. Life is great in that we do have the choice and freedom to decide how to live and design our lives and how to shape (or re-shape) our beliefs. We must become the

success that we desire. We must first “BE” the change we want to see, and then “DO” the actions that follow, and we will “HAVE” whatever we want in life!

Have an open mind, embrace change, step out of your comfort zone. **Success is ALWAYS within reach if you simply extend your grasp!**

Article written by Cathy Holloway Hill

Website: www.chollowayhill.com

email chollowayhill@yahoo.com

Feel free to write with your experiences, comments, questions.