

Are we happy yet ?

Eight Keys to Unlocking a Joyful life

Lisa Cypers Kamen

All of us are shaped to varying degrees by our pasts. That is unavoidable. We do not have to be defined by our history. While we all have emotional baggage, we can either let it weigh us down or use it as a catalysts to transform ourselves.

Endeavoring to transform ourselves can be daunting. Yet for some it becomes the only worthy path

So, herein lies our challenge, to choose and implement change because the positive benefits of doing so outweigh the negative cost of doing the same thing over and over again without achieving a rewarding result.

What does it take to achieve a sustainable and a happier life? It takes practice and a healthy dose of self education

**Progress is a gift that comes through effort.
Progress is always not linear. We can feel as
though we are working a lot and not making
progress and then one day when we least
expect it – there is a shift.**

Making dreams come true requires placing attention, intention and actions in the directions of those goals. Timing is an important and mysterious factor

It takes great courage to change

In order to flourish in life, we must first embrace the concept that everyone in this world is interconnected and interdependent

**Capture the moment, let go of regret and
negative future tripping**

Keep in mind that becoming happy is not a one day rush job, but rather a slow meticulous and deep assessment of your past and future life, your thought processes and how you might have been sabotaging your own happiness – without knowing it.

Key # 1 – Life is tough, but happiness is available to all.

Mindfulness is the practice of present awareness of our thoughts, feelings and emotions, bodies and environments

Rev Michael Beckwith days – ‘Your history is not your destiny’

The stories that you tell about yourself must empower you, not hold you back

**‘Pain is inevitable , suffering is optional ‘-
Buddha**

Key # 2 – Be your own guru

Children have no filters, they will tell you what they think. And, they have opinions about everything. They are open, hopeful, curious and optimistic.

In order to be 'successful' adults, we think we need to be more resolute, more serious, and more somber.

**People and life may seem to betray us.
People change their minds and life is ever
changing. But that's not a reason to give up
on love, connection and the desire to
belong.**

Key #3 – More is not always better

When there are already so many things cluttering your life, you reach a point where you cannot make space for anything else.

Four arguments

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best

One of the ways we learn to respect our intuition and trust ourselves is by reflecting back on our experiences in a more honest, kind and compassionate way.

We learn a lot about ourselves through our intuition if we just take enough time to listen to it.

Key # 4 – we cannot control life, only ourselves

When things go wrong, do you play the victim and engage in pity parties that don't serve you?

When things go wrong, it come down to practicing internal control instead of attempting external domination

We do this because we don't want to take full responsibility of our lives.

Many of us truly believe that we have the power to control everything in our lives. We think that if we work hard enough, we will be able to change the world and bend it to our will.

In order to be the CEO of a company, one must be resilient to handle all the responsibilities, stresses and day to day crises that arise.

Managing the facts and emotions of a crisis is integral to surviving it.

The truth is, you are in charge of how you respond to a situation.

Your happiness is your job, and you must start taking it seriously

**Self esteem dictates most of our responses
to every situation, however stressful**

**Self esteem comes from our parents and
primary caregivers**

**The four pillars of good self care are strong
mind, body, spirit and emotions**

**Key # 5- our happiness is our personal
responsibility**

Whenever you see failure or fail, ask 'how can I recover' and build scenarios around that.

**Change is about commitment and we must
become passionate about transforming our
lives**

We always talk of empowerment as though we expect someone to tell us what we can do. Self empowerment is a personal responsibility-taking full, complete control and accountability for your own life and circumstances.

Inaction is also a choice. Choosing to do nothing and choosing not to change something that does not positively serve us is a sad misuse of our personal power

Whining is definitely part of complaining but it's more emotional and often involves a rather annoying tone that people define as whining.

Let go of the 'I' focus, its we, not me

**Key # 6 – choose activities and people that
foster happiness**

**Forgiveness is a paradigm shifting solution
for transforming anger**

One of the reasons people find it hard to forgive is because it involves their ego, self esteem, their pride has been injured.

Our beliefs about forgiveness can propel us forward or hold us back.

**Key # 7 – Treat yourself , the way you wish
to be treated**

Key # 8 – happiness is an inside job

The not so secret secrets

1. Stay out of your own way
2. Appreciate what is right in your life while minimizing what is wrong
3. Surround yourself with happy people
4. Smile and make eye contact with others
5. Pay it forward (do something nice for someone else, practice acts of kindness)

'Comfort zones are where dreams go and die' – Lisa Cypers Kamen