

HAPPINESS BE

Happiness and “BE-ING” starts with you. Take a moment, validate yourself! Who are you? Where have you come from? Where are you now? Where are you headed? Where do you want to go?

Don't become discouraged if you have no answer for any of these questions. If you're like some of the rest of us, you've lost yourself. You've fallen into the rut of expectations. Expectations that you've place on yourself, and expectations you've had placed on you by others like your parents, families, friends, employers, employees, peers, society, governments, etc. We head into our adult lives full of optimism, excitement, dreams, hopes, goals, our own expectations, and usually lots of love. As the years progress and challenges and experiences come our way, our positivity is threatened, and our dreams and goals don't look as close as they once did. The light at the end of the tunnel dims. We can become disillusioned by our seeming lack of progress. The more we focus on what is not, the more negativity is drawn to us. We don't realize that though. We haven't been given the tools to turn off the negative and focus on the positive. And so we start around the whirlpool, slowly but surely being drawn toward the vortex of swirling haze that ominously pulls you down to the unknown. We don't struggle or fight until danger is imminent. We are lulled into a sense of complacency because “everybody does it”, “it's just part of life”, “no one said it was easy”, “you knew what you were getting into”, “join the club”, “suck it up buttercup”...get my drift? All of these little gems are basically urging acceptance of your current situation. Take and moment and just think on that thought. We've all done it, said it and felt it.

I'm here to tell you, that you can have everything you want. It is in you. It is up to you. You are correct... THERE IS MORE.

Here's the thing. I lived my life by rules and expectations. I existed...I did what I was told, obeyed the rules or suffered the punishment for deviation. Life is meant to be lived not just to exist in it. We are born with instincts and emotions that are meant to be experienced and used. We are born with the ability to naturally restrain ourselves from going too far because we have reasoning minds. We are taught failure and fear...we are not born with it. Think about it...when you were a baby did you pull yourself up, take a few steps, fall on your face and say “well I guess I can't walk”? When you learned to ride a bike, did you fall once and give up? You learned through each of those experiences various lessons. You learned that you CAN walk/ride a bike, you learned that you may have to experience some pain to get what you want, you learned that things worthwhile take effort, you learned that giving up isn't the answer. At what point in your life did you decide that those lessons were invalid? At what point did you decide that they no longer applied to your system of beliefs and success?

I'm quite certain that none of us can truly pinpoint when that happened. But the bottom line is that it did happen. Somehow the fear of failure became so great that it immobilized the rational mind into inaction. If you have lost the ability to use your mind which controls all of you, you cannot hope to be happy with your life and where you are headed. So coming back to Happiness, Progress, and Prosperity and Be, Do, Have, you

can't have one without the other and it all starts with Happiness and BE-ING. The key to happiness and Be-ing is YOU. It is all about you. So taking time to find yourself, re-connect with your likes and dislikes, passions, dreams and goals is of the utmost importance. You matter, you are worth it, you are an integral part of this big, old world and your contribution to it is part of what makes the world go around.

How do you find you? How do you remember who you are and what you want?

Everyone is different in connecting to themselves and others. No one responds to the same stimuli. There is no magic 5 step plan that can guarantee results. However, there are starting points to get you thinking and to kick-start your journey back to YOU!

It all starts with Positivity...