

A HAPPIER YOU – A HAPPIER LIFE!

By Andrea R Lucas

While it would seem only logical that those who have less-than-satisfactory lives are generally less-than-happy, the fact is that there are plenty of people who have what most would consider wonderful lives, yet are no more happy than their unfortunate counterparts. If what one has in life is not the deciding factor in how happy a person is, then what *is* the deciding factor? What makes some people happy, while others are not?

The most important key in happiness can be found in one word: *yourself!* You could have every material possession, every opportunity, everything good in life, but being happy with yourself first determines how much you will enjoy and appreciate everything else.

If you are one of the many who did not realize this before now, you may have no idea where to begin. Regardless of how well or little you think of yourself, feel about yourself, and relate to yourself, the essential component in being happy with yourself is to begin by eliminating the negatives. Viewing oneself in a negative manner is a learned method; even if it has been firmly in place since your earliest childhood, this happiness-sabotaging trait can be unlearned.

While it may sound difficult or complicated, it isn't. All of the negative things which you tell yourself about yourself, as well as all of the "labels" which you have grown to assume are actually who you really are, were not there when you were born. A small child internalizes the messages which he is told about himself; doing so on a consistent basis eventually leads him to believe that those things are facts -- undeniable, and unchangeable.

Unless you really want them to be, those negatives and labels do not need to be your accurate assessment of who you are, what you are, or a reflection of your potential. Whether they were "given" to you due to someone's ignorance, malice, or simple thoughtlessness, they do not have to be a part of you or your life today anymore than an outfit of clothing which does not "fit." You can begin by discarding all of those negatives and labels, and replacing them with new, life-enhancing positives which *do* fit you!

After you have begun to reassess who you are by positive definitions and descriptions that fit you in your present-day life, you will start to see some very good changes. When you are defining yourself in accurate terms which suit you now, you will begin to be much happier with yourself. You no longer need someone else to tell you who you are, what you are, or what you are capable of becoming or doing -- you will have these matters within your own hands.

The best part of it is that it will not be long before you are reaping the benefits of this important process -- you will soon see that a happier you is the most essential ingredient in having and living a happier life! The process is in your own hands -- and so will be the rewards!