

Strive for Happiness by Being Yourself

If you let the standards of society drive who you are, you are not living your own life. You are living as a drone or a robot. While you have to abide by the laws set out by society, you don't have to listen to its guidelines. You will be happier when you define how you want to live. No one ever stands out by being the same as everyone else.

When you make the decision to live life as you see fit, you will find that it is a very freeing feeling. Your parents wanted you to be a lawyer and they sent you to law school. But you have always wanted to do something else. What usually happens? You either stick with it and hate what you do or you move on to find something more fulfilling.

How do you determine what is going to make you happy? To answer that question, the next time you find yourself daydreaming, try to pay attention to what it is you were daydreaming about. If the same thing comes up frequently, this can be a great clue as to how you want to live.

This doesn't just work for your career. It can be for any aspect of your life. If you continually think about areas of your life that seem empty, ask yourself what it would take to fill that emptiness. That is what you would then focus on. Taking action will help you lead a more rewarding life. You will be happier as will the people in your life. When you're happy, they will notice and will return the happiness.

You should expect resistance from some people that think they know what's best for you. Just remember that it's your life and you are the only one that can live it. There will be those that want to see you fail because if you are successful, you take away their excuses and make them look bad. You just have to fight any negativity that is sent your way. Think about the long-term

benefits you will get when you live life on your terms rather than theirs.

Nothing will change if you don't take action towards living your own life, one on your terms. You will be stuck living on the expectations of others and you will look back on your life when you are older and wonder why you didn't do the things you always wanted to do.

Brought to you by:

<http://www.healingbeacon.org>