



Happiness Is An Inside Job

By Steve Wilson

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I Am Delighted When Some People Are Finally Disillusioned

Over the course of thirty-three years of practicing psychology, I have seen more than my share of people who have acquired mountains of material possessions but remain miserable, depressed, angry, unsatisfied, and sometimes, desperate. In many of those cases, their disillusion is a hopeful sign because disillusion literally means the end of illusions. If a person has been living under the illusion that happiness would come from having whatever they wanted, then the end of that illusion brings the possibility that they might realize that happiness actually means wanting what they already have; being free from the desire to acquire.

Hunger is the body's signal to take in food. Thirst signals the need to take in water. Fatigue is nature's way of telling us to take a rest. The remedy for neglect of the body is often through the intake of something, so the solution lies in getting something from the external world. On the other hand, there is a kind of unhappiness that cannot be repaired by "getting" because it requires giving. There is a kind of dissatisfaction, disappointment, and absence of joy that is remedied by giving something out, doing something for others.

Happiness, the feeling of deep-down joy of life, and feeling really good about yourself, comes not from acquiring, but by contributing. Serenity comes from getting on good terms with one's imperfection, accepting one's limitations, and accepting what one cannot change.

Self-esteem, your true worth or value, is not measured by your financial statement, job title, or trophies on a shelf. You are precious because you are a creation of the highest order of intelligence. If you forget the true source of your preciousness, eventually you will experience an emptiness, a gnawing hunger. There are not enough gold, jewels, cellular phones, sport-utility vehicles, big-screen TVs, or anything material to nourish the soul. The spirit can only be filled by giving, not by getting.

Happiness is an inside job that consists of

- * becoming disillusioned that material acquisition is a measure of your worth
- * remembering who you really are (precious)
- * finding your source
- * laughing often
- * serving with love

The ABC's of Happiness

Avoid negative sources, people, places, things and habits.

Believe in yourself.

Consider things from every angle.

Don't postpone joy!

Enjoy today. Yesterday is history, tomorrow is a mystery, today is a gift, that's why it's called the present.

Family and friends are hidden treasures.

Give up any anger you might have been hanging on to, but...

Happiness is like perfume: you can't sprinkle it on others without getting some on yourself.

Ignore those who try to discourage you.

Jolly + jovial + jestful = joyful!

Keep on learning. Learn something new each day.

Look for humor in everyday situations.

Make smiles happen.

Never lie, cheat, or steal. Always strike a fair deal.

Open your eyes, and see the beauty in all of nature.

Play. You don't stop playing because you grow old, you grow old because you stop playing.

Quiet times give us balance.

Read, study and learn about something new every day.

Stop and smell the roses.

Take control of what you can; let God have the rest.

Understand others first, then seek to be understood.

Visualize happy memories.

Work at making others happy.

X-ercise your right to be unique.

Zero in on laughter and go for it!

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Steve Wilson is a psychologist, author, speaker, workshop leader and consultant who helps people and organizations get the absolute most out of themselves while they love every minute of it. He is the Cheerman of The Bored of World Laughter Tour, Inc. and USA Laughter Clubs. For more information visit his website www.stevewilson.com, or www.worldlaughtertour.com, or phone 1-800-669-5233.