

Two Things You need to Succeed and Be Happy by Howard Wand

What does it take to succeed and be happy? There are many secrets to success, but here are two simple steps to finding success and happiness. Accomplishing the first, often leads to the second.

Each person seeks one thing in life above all else: - “To be successful at something of personal value.” Whether fame or fortune, it will be measured differently for each person and it won’t just arrive on its own. You must define what that “something of value” represents for you, and pursue it.

We must also decide what happiness means to us. It is not about things, ownership, or the thrills of the moment. Happiness comes from understanding and accepting ourselves. It is realizing that each of us comes into this world under different circumstances, environments, heritage, wealth, and status. We arrive fully functional regardless of limited physical attributes or mental acuity. A fresh page is given to us, and from that moment on we are in charge. Our surroundings, family, religion, and associations, may initially affect us, but soon we are old enough to choose. We become aware of who we are and what we can accomplish, if we decide to do it. Unhappiness can be chosen by blaming the world, our parents, society, those who affronted or even abused us, and we can follow that lonely path to nowhere.

Happiness is like a magnet that attracts others to you who want to experience this same euphoria.

Finding that one thing of value at which we can succeed fulfills the first essential need. Accepting and respecting who we are, and working to improve the hand we were dealt, leads us to the road of personal happiness. Isn’t it time you got started?

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