

Success is not the key to Happiness: Happiness is the key to Success

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Success is within the mind of the individual. A large portion of ones life is spent working to become successful. People are told throughout childhood to work hard so they can grow up and make lots of money. But success takes many different forms. Different people have different interpretations of what success means to them. For some, success is measured by social status and wealth; for others success is determined only by the amount of happiness one feels.

Money is the main concern for some people. It is a crucial necessity for anyone who is trying to succeed in life. Many believe that the only way to succeed is to have a lot of money. For this type of person, achieving success starts with going to a good college.

It is a competitive job market and if one wants a high paying job he needs some college credentials. College is also said to prepare people to take on the world. Once one has graduated and has a well paying job he is on his way to becoming successful. People work their whole lives making money so they can satisfy their desires. The idea of being able to purchase the items one has always dreamt about is an achievement. People dream about owning a home and having beautiful things to fill it with. Many people take pride in what they possess. People want to own nice homes, nice cars, and nice clothes. Some need to look successful in order to feel successful. These people feel successful when they can admire what their hard work has given them.

For some, happiness is all that matters. Happiness is achieved in many ways, and it doesn't always involve money. There are many things that contribute to making a person feel happy and successful. One can feel successful without a lot of money at all. For example, feeling loved is something that makes everyone happy. Many believe that without love life is not thoroughly complete, thus never truly achieving success. Ones line of work can also affect how happy he is. Some

feel that it is more important to enjoy work and get less money than it is to hate work and get paid more. Another factor in achieving psychological success is ones ability to enjoy what life gives him. There are many qualities of life that are overlooked. Everyone is dealt family and it is important to value that. People who can cherish their families have achieved a form of success.

When two people have a child they feel successful as well in that they have someone to love and treasure. The feeling of being able to love ones own child and pass on wisdom to them is an achievement in itself. Some people enjoy what life offers by acquiring hobbies such as: surfing, swimming, bicycle riding, or any other hobbies that allow one to be active and enjoy the outdoors. Feeling both healthy mentally and physically is a major contribution to one feeling successful. If one can come home from the job he loves, see his loving wife, his loved child, and then be able to sit down, relax and appreciate life than he is successful in his own right. There are many different interpretations of what success is. Some relate success to money, others relate success to happiness, but it all depends on the type of person. There is no right or wrong idea of success. Success can only be achieved if one is willing to believe he is successful. There are people who want to give success an exact definition, but the truth is success can only be what one wants to believe it is. Anyone can achieve success it just takes desire.

First Rule of Success and Happiness

Every morning, as you open your eyes to see the light of another day, you should ask two simple questions: What am I doing today? Why am I doing it?

If you are happy with the answers you come up to both questions, get off the bed and enjoy the day. If you are struggling to find the right answers, close your eyes and go over the items on your "do" list a few times. You may be surprised to

- " Success is not the key to Happiness. Happiness is the Key to Success. If you love what you are doing, you will be successful."
- Success is all the money in the world; happiness is having people to spend it on.
- Success is measurable; happiness is limitless.
- Wishing you happiness and success.

Success vs Happiness : Don't be Fooled Thinking they are the same

Take a minute to think about how "successful" you are.

Now think about what criteria you used to evaluate yourself. Some people might look to their bank account. Others to various degrees they've collected. Many would look to their relationships with a spouse, their children, their friends. Some might even open their closet and look to their collection of designer shoes, bags and watches.

On one level, we understand that real success is about happiness. We know this. We're not shallow and superficial. And yet... And yet most of us (ahem, even those of us who help people get happy for a living) easily confuse success for happiness at least until we wise up.

Look up the word "success" and you'll find a definition like, "the attainment of wealth, position, honors or the like," and synonyms like "accomplishment," "prosperity" and "fame." I have nothing against the word success or even its traditional definition. It's just a word, after all. But let's call it what it is. It's a benchmark for performance and attainment a measuring stick.

As a society, we've come to believe that success stuff and status is the Yellow Brick Road. Follow it, and we'll most certainly arrive at the Emerald City. While

discover that the reason you are unhappy is that your list of priorities is upside down. The top of the list may be filled with unimportant and trivial goals, while the

there's nothing inherently wrong with wanting stuff, status, wealth or acclaim, it's a mistake to assume that they pave the way to happiness and fulfillment.

"Success" is thrown around so frequently and in such varied contexts that we've forgotten what it really means. It's vague, all encompassing, a catchall. Success dangles in front of our eyes the things we think will make us happy status and stuff.

But we don't actually want all that. What we want is the way we think the stuff and status is going to make us feel. Big difference. Success, when you boil it down, seems to be about what we think will make us happy. It's a lure, shiny and seductive but there's a hook: You can do everything right in the pursuit of attaining traditional success, but happiness and personal fulfillment are not guaranteed.

A popular formula for success and happiness that's guaranteed to fail is the following: When I have (insert measure of success here) I'll be happy. It will fail because one doesn't necessarily lead to the other.

How you personally define success and how you personally define happiness is entirely up to you. But recognize the difference.

important goals have been pushed down to the bottom of the list. Worse, the top of the list may be filled with the right goals — but not for you. For someone else who

has been setting your agenda, while the goals that are important for you have been pushed down to the bottom of the list.

Is this what you really want?

Now is the time to open your eyes, see the light of the new day, and get your priorities right! That's the first rule of success and happiness.

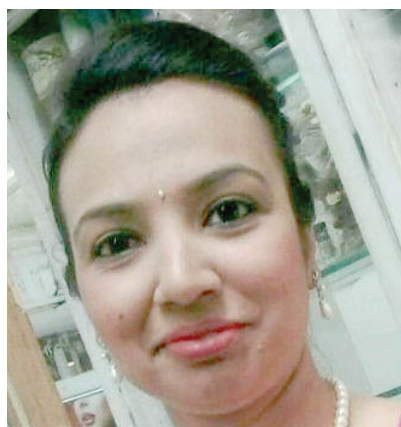
Difference Between Being successful and Being Happy

Success and happiness, happiness and success. People have a tendency to confuse the two, mixing them up until they can't distinguish between the very different but seemingly unified terms. In a culture based on profit and earnings, we've grown up to attribute happiness as the product of success, measuring our lives by the level of our achievements and goals attained. Like a bad analogy, many equate success to the forefront of happiness, foregoing the second part of the equation to achieve the first. They think happiness is at the end of the climb and success is just a measure of it.

However, if you look at it more closely, there couldn't be a more wrong way of looking at it. Success is not, and never has been, a reflection of happiness, but rather, the other way around. How happy you are is the ultimate measure of success, isn't it?

It only takes a few case studies to realize that success can't be the recipe for happiness. If success did lead to happiness, shouldn't the very rich and accomplished be the happiest people we know? Shouldn't the ones who choose fame, fortune and achievement be at the pinnacle of satisfaction?

Unfortunately, the most successful and rich aren't always the happiest, as they gave up real chances for happiness on their way to the top. They got the equation all wrong, mixing up the two variables for an answer that's pretty far from what they thought they'd get. They believed that success was the answer to happiness and happiness was just a byproduct, a factor,



to success.

Happiness will be there when success is gone, when it's been subtracted from the equation. Happiness will be there when all else fails, when the answers don't align and your numbers don't match up. Happiness is the only answer there is because success is something that should only come when you are doing what you love, not the other way around. It's the end product of following your passions. Because success may seem like the goal, but happiness is the way there.

Diversions of Success

Now is the time to open your eyes, see the light of the new day, and get your priorities right! That's the first rule of success and happiness. In a free society, the search for a successful and happy life—whatever set of goals it means to each and every one of us—is an innate pursuit. But resources and energies are limited. Different goals cannot be pursued at the same time. They must be carefully prioritized: the goal to be pursued first; the goal to be pursued second, and so on.

And that takes, first and foremost, the freedom in the broadest sense — political, economic, social, and personal — to live your own life rather than somebody else's. Then comes a careful consideration of the tradeoffs, the sacrifice that comes with each and every choice. The pursuit of a business opportunity comes with the sacrifice of a steady paycheck and a good sum out of any pocket money to acquire the necessary resources. The pursuit of a college degree comes with the sacrifice of a fulltime job and a good sum out of any pocket money to pay for tuition and books. The pursuit of a career comes with the sacrifice of the time you could spend with your loved ones. The pursuit of a marriage comes with the sacrifice of all the good things you could enjoy when single.

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