

E-magazine: Esteem Yourself E-magazine

Title: Happiness Is Almost Here?

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Date: June 01, 2008

Need advice about self-esteem, self-worth, or confidence? I'm here to help. If you have a question, send it to info@esteemyourself.com. I'd love to hear what's on your mind.

Many people keep looking to be happy later. They may say to themselves, "Once this happens, then I will be happy." What are you waiting for to make you happy? A better career, a better home, a better companion or a better you? In our society today, we are able to get what we want usually when we want it. Living in a microwave-like society also has its drawbacks and can have a negative impact on our happiness. Since we have the pleasure to receive many items quickly, it may seem as though happiness should come to us and should be here immediately. However, happiness is not just something that we need to create ourselves, it is something that we have to accept today.

Learning to Accept

Accepting Others

Sometimes we expect those around us to make us happy. We may either rely on other people's happiness, expect those around us to change in order to find happiness for ourselves or we wait to find that "special" person that will come into our lives and bring us happiness that never ends or fails. However, no one else (except ourselves) can offer us never-ending happiness no matter the situation.

Waiting For That "Special" Person

Thinking that sooner or later a "special" individual (such as a spouse) will bring happiness your way is not true. If you believe that you will find happiness when someone comes into your life, you may realize that you may remain unhappy with or without the "special" person, until you begin to find that joy inside. Just as you have to love yourself before you can truly love others, you have to be happy with yourself before you can be fully content with others. Being happy now just as you are will actually have a positive influence on your relationships, whether it's with your spouse, other family members or friends (this theory also works vice-versa).

Other Individual's Happiness

Relying on other individuals to fulfill our happiness is faulty and not realistic. No one is perfect and can please you one hundred percent of the time. You must find happiness within ourselves. Only we can control our own thoughts, emotions and deeds.

Expecting Others To Change

Relying on them to change in order to gain happiness is a losing battle. Even if they were to change, you may still be unhappy, for happiness doesn't lie with their change but within yourself. Find happiness by making the necessary changes in your own life. Remember that it is in your power to take charge of those situations that may make you unhappy. Take charge of your life and control what happens around you. Create the atmosphere of happiness that you long for today.

Accepting Ourselves

A great way to implement happiness into your life is to accept yourself just as you are. This may be difficult to do at first) since we tend to not see how wonderful we are and all that we have to offer. Be

happy just as you are. Strive to achieve the things that will give you fulfillment and joy. Happiness and fulfillment are two different things. For example, getting married or having children is a fulfillment. It is something you desire. However, getting married or having children does not bring happiness to you, for you must create the happiness before and after marriage and children. It is up to you to look within yourself and find happiness. Realize how precious you are and how much you have to give. Regardless of your flaws, you must learn to accept yourself and find joy in being you. Whether you concentrate on the way you look, the way others see you, or the errors which you make, happiness comes as you progressively accept yourself. Regardless of what you have or what you don't have. Love and cherish who you are. Fully accept yourself today! Start making a change about the way you view yourself. Accept yourself without question. Be happy with yourself and don't let anyone stop you from loving yourself completely. No matter how much or how little you have, be happy. Of course, continue to strive, grow, reach for your dreams and goals, becoming better in all parts of your life. Be happy to be you. You are truly one of a kind. Learn to take steps to improve the way you feel about your happiness.

Happiness is Gratitude

Being able to appreciate what you have now is a key element in being happy. Don't wait to appreciate it later or realize what you have only after it is gone. Appreciate and be grateful now. From the minute you wake up, appreciate being able to see a new exciting beautiful day full of new discoveries and achievements. Appreciate every single thing (from a smile, a glass of water, to a loving voice). Write down the things that you appreciate in your journal/diary. Never take anything for granted. Decide to truly believe that what you have today is enough for you.

Tips: Don't expect or allow someone else to take control of your happiness. No matter what may be done or said by others, happiness lies in the way you view your surroundings, your obstacles and yourself. Nothing and no one can create true happiness for you except you. Find out what makes you happy and continue to create happiness for yourself through your actions.

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