

Today's Thoughts: November 23, 2020: Radiate Happiness



Radiate Happiness

Have you ever noticed that happiness is not a dependency, it is a decision? You don't actually need anything to be happy. It's not something that comes from outside, it comes from inside, and when you radiate a happy energy you'll be amazed what it attracts into your life. Don't worry, be happy...sound familiar? Decide now, be happy, and watch magic begin to enter your life.

Motivation – The Life Driving Force (Part 3)

Have you ever noticed some people only work a few hours a day and are hardly ever confronted by deadlines or other pressures, but they are more stressed and less motivated than those working long hours to tight deadlines. Have you ever watched two people doing the same or similar work, to the same deadlines? One tears their hair out with a lot of anxiety. The other is completely relaxed while doing it. Some people love challenges. They love it when they are occupied and bottled up with challenges at hand and passionate about overcoming them. They work hard on themselves to overcome challenges and are not overwhelmed by them. What really reinforces them to do that is the motivation that they have to overcome the challenge and become successful. Challenges motivate them. At the same time, there are times when there are too many challenges to overcome and deadlines to meet and the same people who have overcome challenges earlier are not able to cope up with them and keep themselves motivated. That is the time when they realize that what they are going through is stress and challenges have affected their motivation levels adversely.

Why the difference between two people, why the difference from challenge to challenge or situation to situation? **Perception. So it's not what you do, or when you have to do it by, that causes your stress and brings down your motivation; it's how you perceive the *whats* and *whens* of daily life that generates your stress and affects your motivation levels.** It's how each one perceives what they do and the possible outcome. And your perception is based on your beliefs and beliefs don't come built into your genes. All beliefs are learned. We learn them, send them into our subconscious and they then pop up and out through our thoughts, emotions and words. The problem is we not only hold beliefs, we identify with them. But beliefs are not the truth.

(To be continued tomorrow)

Disappointed?

Do you frequently get disappointed? Did you know that disappointment has nothing to do with other people or situations?

Disappointment is our emotional response to an expectation that we created.

So the next time you feel disappointed, check to see if your expectations are reasonable and realistic.

If they're not, then consider shifting your expectations to something more appropriate.

Message for the day

To bring benefit to many is to give true meaning to life.

Expression: Living for oneself is common. Then, from time to time, there will be hurt, anger and even sorrow. But life is truly worth living and great when I am conscious of what I am giving others. Because I have to give, I will take from life and others with what can fill me (positive), and not what empties me (negative).

Experience: Today I will check if my every interaction with everyone throughout the day is mutually beneficial. Let no one go away from me empty handed (some positive experience). I will give a smile at least, if nothing else.