

Segment 4: Aligning Our Life Choices With What Really Creates Happiness

What is “Happiness?”

- * Joy
- * Contentment
- * Fulfillment
- * Peace
- * Fill in the blank for yourself: _____

Happiness ...

A Spiritual Level State of Being

- * It certainly isn't about stuff or things
- * It emerges in our lives ...
- * From a biblical perspective, and likely many other faith traditions, it is a “fruit of the spirit”
- * Rather than “choosing happiness,” it's an outcome or outgrowth of many choices we make, and actions we take
- * We actually can create it by those choices, “*aligning our lives with what creates it*”

True Joy Comes in Service to Others

- * Joy is based on embracing who I am, why I'm here, and what I'm here to do
- * Learning how to be selfless versus self-centered – a life-long journey. *“It's not about me!”*
- * Comes from selfless love towards others, being about them, not about myself and my fears.

Victor Frankl in *Man's Search for Meaning*

- * “For success, like **happiness**, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one's personal dedication to a cause greater than oneself, or as the by-product of one's surrender to a person other than oneself. **Happiness must happen**, and the same holds for success: you have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it out to the best of your knowledge. Then you will live to see that in the long run – in the long run I say! – success [**happiness**] will follow you precisely because you had forgotten to think about it.”

Questions for Reflection & Discussion

- * To what, or who, have you surrendered?
- * What is the cause greater than yourself that you are dedicated to?
- * What choices or shift in your life might you make so that even more happiness might happen?