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HUMAN RESOURCE MANAGEMENT

A 5-Step Guide for Your Journey on the Pursuit of Happiness...

All of us want to be happy. But what is happiness?

As you start asking different people it quickly becomes clear that their definitions of happiness will differ greatly from one another.

Some people define it in terms of their monetary net worth or their assets, others by way of their physical health or fitness and if you're a parent or spouse you might well define happiness in terms of the safety and well-being of your family or loved ones.

One has to concede that none of these definitions are wrong. In fact there is no universal definition for happiness as it really depends on who you are and ultimately what makes you happy.

However, I did find a definition of happiness that I believe relates to various spheres of life. I would like to share it with you:

“Happiness is simply the ability to not want more, to find gratitude and satisfaction in the moment you have right now”

In other words, your happiness is determined by living in the moment instead of yearning for some other future indicator of success.

So what is the best way to live in the moment?

Express gratefulness. By appreciating what you have right now, you automatically bring yourself into the present. In fact, it allows you to overcome the dissatisfaction of desiring a better relationship, bigger house or better job and experience what you have right now.

Keeping this in mind, here are five simple ways to boost your gratefulness on a daily basis and find lasting happiness.

(1) Before dinner each evening, say one thing you are grateful for

I think it is important to note that if you pray, then you can make this part of your prayer as well. The key is to be thankful for something specific in the present – whether it is the ability to sit down and have dinner with your family, having a productive day at work or briefly meeting an old school friend earlier at the shop on the corner.

(2) Write a Thank You note to someone this week

If you are unable to find anything to thank someone for, then just write them a note to thank them for being in your life. Any time they spend with you is a gift because they could choose to spend it with someone else.

I recently got a note at my work table from a colleague one morning with the words “Have a great day at work today”. This small initiative really made my day and set the tone for a positive and highly productive day at work.

(3) Take 30 seconds to breathe

There is simply no easier way to make time for yourself and be grateful for your own existence than to breathe. Simply close your eyes, breathe in through your nose for a count of three and exhale through your mouth for a count of five. Repeat this five times.

(4) Do nothing for 2 minutes every day

Guess what happens? Absolutely nothing! You did not lose your job. You did not neglect your family. You are not considered a failure. Nobody judged you. In fact, the only thing that really happened was that you realized that you can make time for yourself and enjoy your own presence without consuming something like eating, watching television, being on social media and so forth.

(5) Call a friend that you have not talked to in a while

We live for close connection, that is ultimately how we are wired as human beings. Despite having Facebook friends, a lot of Instagram followers and a large business network is great, these social activities lack the

meaning of close interpersonal connection. Reach out to someone who is important to you. Talk about whatever you want. You do not have to say anything significantly. Just enjoy the conversation and be grateful for that person.

The fine print of this 5-step guide

I am convinced that you do not need to be unhappy to be driven. In fact, I think it is possible to love the life you live and aspire to make it better at the same time. Do not abandon your goals of a better job, a better relationship or a better life. The problem is that most people is under the impression that they need to abandon the present to achieve the future. The reality is that the present is merely a stepping stone for the future, why not be grateful for it?

It might well be the case that you think this list of five items is too simple or stupid to work. In response, I would like to ask you the following question: When was the last time you tried one of these items on the list? Try doing a few and see if they work instead of living like a skeptic and writing things off before you even try them.

Safe journey on your pursuit of happiness.