



WHAT IS HAPPINESS?

By the time you reach adulthood, you've been inundated with imagery, advertising, marketing, relationships, conversations and much more about happiness. It reinforces the same story over and over again - that we should be happy all of the time.

Truth is that story creates a lot of confusion for us as humans about what our lives are really about. We get completely caught up in trying to achieve happiness by looking a certain way, acting a certain way, earning a certain amount money, buying certain things.

We lose perspective and create an experience that is about chasing a truly impossible way of being.

*Happiness is a way of travelling
and not a final destination*
Robert Holden

Happiness is that feeling that comes over you when you know life is good and you can't help but smile.

There is no happily ever after or final destination. If there was it would be the most boring place ever!

Like so many other emotions it is changing, fleeting, coming and going, literally there one minute, gone the next. We can easily fall into default mode, believing the story we have been sold that we should be happy all the time, even when it is so obviously not serving us.



WHAT'S THE ALTERNATIVE?

The alternative is to build upon our experience, to make difficult decisions, to take ownership for our choices, believe in ourselves and create momentum to move forward, to find flow. By accepting that life is 50/50 you will create confidence, embrace your purpose, harness your personal power and communicate compassionately with yourself.

To be fully human means we all have to experience the contrast of life including many negative emotions such as pain, discomfort, anger, shame, sadness, embarrassment, fear.

The goal is not to relentlessly pursue joy and happiness or work to eliminate negativity. The goal is to use the contrast, good and bad, positive and negative, success and failure, right and wrong to live a 50/50 life.

When you do this you will have the **whole human experience.**



WHAT ARE YOU WAITING FOR?

Part of the Human Experience Coaching approach is understanding that happiness is just one of a range of feelings we experience. It is not about all or nothing, it is simply another choice we have along the way.

We can show up for ourselves, learn to manage our mind and harness the power of being our own coach to live a 50/50 life. Then we get to fully appreciate happiness as one part of the human experience.

LIVING A 50/50 LIFE MAKES HAPPINESS EVEN SWEETER

Work with us

Visit our website to learn more about what we offer, links to the Collecting Wisdom Podcast and free resources.

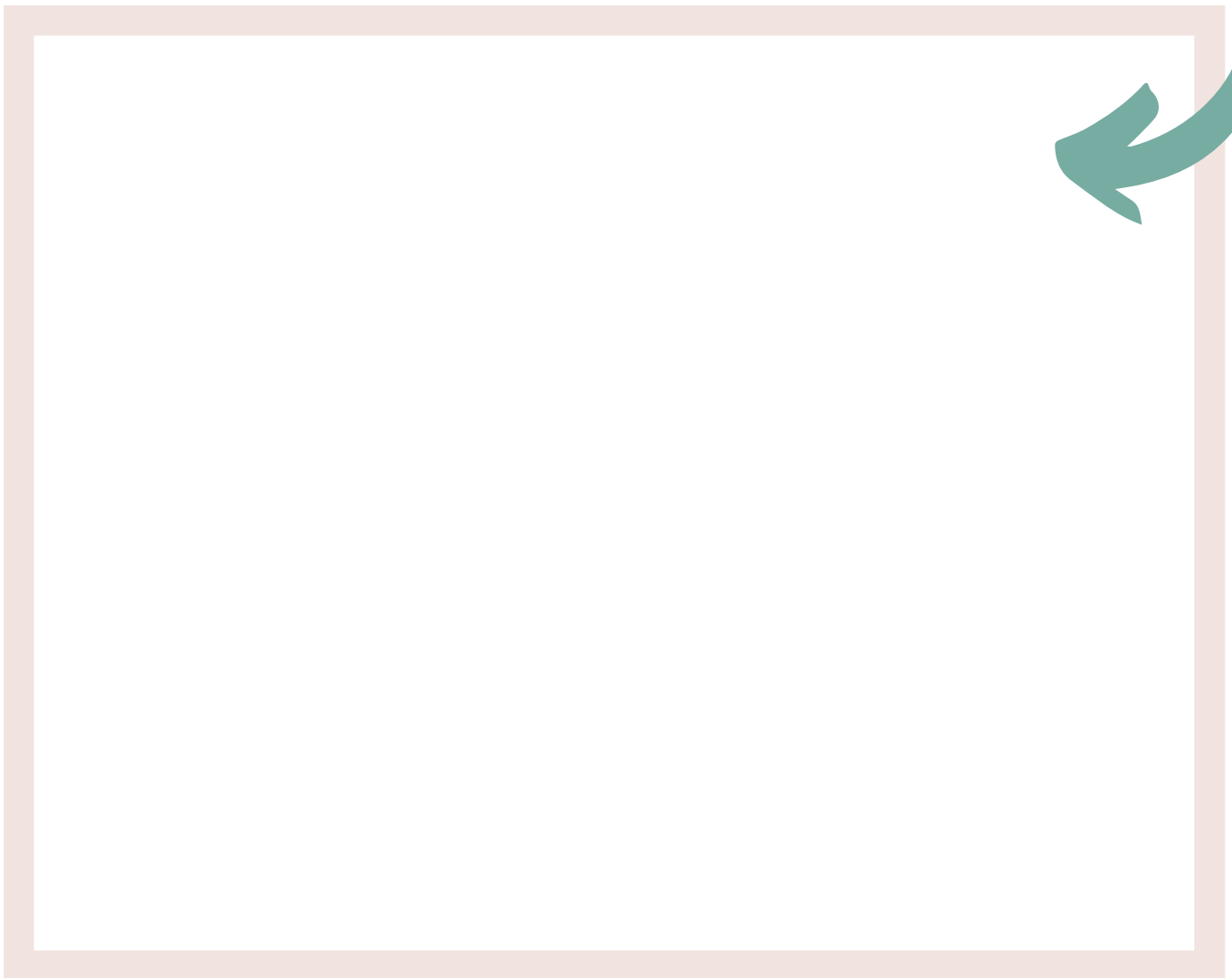
Your invitation

You're invited to attend our free webinar to start learning today.
www.collectivewisdomcoaching.com

Ready to show up for yourself? Try this...

When you tune into your mind and listen to the chatter, we know there is a lot of "I'll be happy when.....I buy a new jacket, I'm thinner, I get a promotion, I have children, I meet a partner, I leave my partner, I buy a new car, I eat that cake, my children behave, my partner empties the dishwasher without being asked. Get the idea?

Take 5 minutes for you, grab a pen and listen to what your mind is saying about when you will be happy. Write your thoughts in here.



Read over your thoughts and consider if you will truly be happy and how long you think the happiness will last.
Be honest with yourself.

Now ask yourself what happens if I stop pursuing happiness? What happens if I get real with myself about what I truly want and take action to get it?
What happens if I chose to live a 50/50 life?

