

How to Enjoy Sustained Growth & Happiness

RESearch shows on average, we have around 60,000 thoughts per day. Each thought has multiple possibilities. Your choice determines your growth and happiness.

How can you choose and perform without worrying about the result?

- *When you are mindful of the choices available, you can make better choices:* By building mindful practice like meditation, journaling, reading inspiring books, working with a therapist, you can sharpen your awareness. The higher the awareness, the better choices you make each day, resulting in better outcomes.

- *Being courageous to choose option of growth and not just feed your ego:* Some choices give you a temporary kick but instil fear almost instantly. A choice that is challenging in the beginning but rewarding in the end, is the key to your growth.

- *Pause to Restore yourself, when choosing becomes overly challenging due to past setbacks:* It is the nature of life to have ups and downs. Most of us know how to enjoy ups, it is the downs that take away the joy of life. It is vital to feel your beingness and to allow you to feel your feelings. There is a deep sustainable joy in honouring your feelings.



WHEN YOU BUILD GOOD KARMA, YOU CREATE SUSTAINED GROWTH AND HAPPINESS IN YOUR LIFE. YOUR GOALS OR DESTINATION CEASE TO HOUND YOU

When they are suppressed, they create dis-ease and suffering of mind, body, and spirit. It is a good choice to not react out of fear and just be in your presence as haste makes waste.

- *Be interested in what you undertake to do:* Sometimes you have to do certain tedious tasks because it is part of achieving your bigger goal. Remind yourself of the bigger picture and discover ways to ignite interest in your cur-

rent task.

- *Developing a sense of pride in your work helps you flow with creativity and inspiration:* Your pride and passion inspire your work and through your work you inspire others. When you give your best efforts, you get a feeling of satisfaction. This step also helps reduce chances of fostering regrets later. You move forward knowing you did what you could to your best abilities under those circumstances.

- *Let Go and Trust that the outcome will be for your best:* It is the tendency of the mind to control everything. For your peace of mind, you have to accept that you can do your best and beyond that is not in your control. To build trust in a higher power is vital. If you constantly worry about what can go wrong, you are putting more energy in your fears and strengthening your doubts and fears more than nurturing your potential with positivity. Focus on all the gifts of life you have been blessed with to strengthen your trust and faith.

- *Embrace what you cannot change:* Acceptance of what is, brings contentment. It does not imply that you should not work towards your dreams. It is after you have done everything possible to your best choices, best ability, with vigour and trust that you sit back and accept whatever surprise life brings for you. The more you practice seeing the bigger picture through mindfulness, the easier it will be to accept the present.

When you follow the above steps, you build good *karma* and create sustained growth and happiness in your life. Your Goals or Destination cease to hound you with fear of failure as you focus on enjoying the process of building each moment of your life. **BW**

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