

# Happieness and success

Psychology, Success



Happinessto me may be different from what another person may deem as happiness and what success means to me may be different from what another person may deem as success. Happiness and success is as different to everyone as there are different people in the world. But we all need to ask ourselves " what is it that would truly make me happy and what do I need to do to ensure that I am successful? " This is a personal responsibility question that we all need to ask of ourselves at one point in our lives.

Herman Cain puts it best saying " Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. " As a young child and as an only child growing up in Southern California while raised by a single mother I learned a lot and came to realize a few things throughout the years. Out of everything I learned throughout my life one of the things that impacted me the most was watching my mother wake up every day going to work doing a job that she wasn't happy with doing.

A job she did out of personal spontaneity to me, to provide and to take care of me which I truly appreciate to this day. While watching her do this day in and day out, year in and year out I told myself that " I do not want to be like that when I get older, I want to be happy with the job that I am doing, no matter what it is, as long as I am happy doing it. " To me being happy with your job is the real measure of success. Alexander Jarful states in his article that, " you should start by liking what you do.

The single most efficient way to increase your productivity is to be happy at work. No system, tool or methodology in the world can beat the productivity

boost you get from really, really enjoying your work". As it was my mother's personal responsibility to take care of me, it's my personal responsibility to be happy and succeed in everything that I do. Now this hasn't always been the case for me while growing up but as I have gotten older and gained more responsibility the more I strive to apply what I have learned to make it happen and apply what I have learned in my daily life.

Alexander Jarful gives a list of the 10 most important reasons why happiness in your work is the number one productivity booster and these are his 10 reasons: "happy people work better with toners, happy people are more creative, happy people fix problems instead of complaining about them, happy people have more energy, happy people are more optimistic, happy people are way more motivated, happy people get sick less often, happy people learn faster, happy people worry less about making mistakes and consequently make fewer mistakes and happy people make better decisions".

Now those sound like some pretty compelling reasons on why being happy is so important to have when it comes to the job that one may have. I think it is imperative to try and be happy with work because it clearly affects one's well-being, one's health and one's relationships with friends and coworkers. How could one not be successful while being happy with work? I don't think it's possible. Happiness breeds success and the level of success one has is up to them. Just don't lose happiness as success is gained. I feel it is up to me to make it my goal to be happy with my career.

To be happy and a success later in life with my goals lay out in front of me. I need to have success in college first and try to be happy while going to school, let's face it school is not always the most fun thing to do but I can at least try to be happy doing it. By keeping in mind the end goal which the end goal is graduation so I can really start the process to doing a job/career I can truly be happy in doing. To me being able to wake up every day being happy or to look forward to going to work would be one of the greatest things I can do in my life.

By me being happy in what I'm doing will trickle down to every aspect of my life; from my business, to my family and being successful and making money will all stem from the happiness in my life and career. I want my son to look at me one day and say to his-self " I want to be like my dad when I grow up. I want to be happy with work and life just like him. " I want for him to learn from my mistakes as I learned from my mother's mistakes. I also want him to learn from the right decisions that I made in my life. It's my personal responsibility to be successful for myself my family and to be happy while doing it.