

Personal Reflection Exercises...

The Road to happiness is as long or short as I make it



The road to happiness is as long or short as I make it.

I envision the path to happiness as a road through the desert, in July. The heat radiates off the asphalt, so I am unsure of just how far the road stretches off into the distance. Of course, this is my vision, so the road is as long—or short—as I want it to be.

With my mind, I create oases and mountains that provide shade. **I create my happiness.**

I am in control of my happiness because happiness is perceived. **Happiness is a goal always within grasp**, though many perceive it to be at the end of the road. However, I avoid waiting for the end of the road. I place happiness among my belongings and carry it with me during my travels.

By maintaining a positive outlook, searching for the good in things, and reinforcing my well-being, my happiness grows within. I begin to feel optimistic. I discover that happiness affects my recognition of success.

When I am happy, I succeed in every challenge I undertake. **Life is easier, people are nicer, and each obstacle appears smaller.**

Today, I intend to share my perspective on happiness with others. Instead of being a goal to work toward, I realize that happiness is actually a tool I can use to achieve my goals. I have stopped striving to be happy. **I simply am.**

Self-Reflection Questions:

- 1. What helps me to maintain a positive mental outlook?**
- 2. What type(s) of happiness does success bring?**
- 3. Who and/or what influences my well-being?**