

Abraham Lincoln put it best when he said: ***“People are about as happy as they make up their minds to be.”*** At a recent workshop on some phenomenal change techniques by Byron Katie called “The Work” she was working with folks on stage about their happiness. There was always something “out there” that people were striving for to make them happy: a new child; a pleased audience; success in business. She consistently went back to the same question: ***“What if you by-passed all of that and just decided to be happy?”*** Well, there is that!

What she was really speaking about was the fundamental choice we are all able to make just like Abe Lincoln says: we are about as happy as we make up our minds to be. So how happy do you want to be?

This article includes a step by step procedure to help you connect with what will make YOU truly happy and then help you to prioritize your intentions and really-really increase your happiness! Enjoy!

Do you know what makes you happy? Are you as happy as you would like to be? Or, maybe a better question to ask yourself might be; “what are the things I think I have to have to be happy?”

A large piece of our American dream is ...“life, liberty and the pursuit of happiness.” Every day we find jobs and careers we believe we will like (or like enough) to help us to reach our goals...so we can be happy; we find that ‘special someone’ and marry...so we can be happy... so isn’t it what it’s all about?

What are the yardsticks to your happiness? In our consensual reality, our popular culture there are many common ones: a home; two car garage, 2.3 children; retirement accounts. For some, it is fancy cars or the people we know; it might be the clothes we wear or the kind of travel we do. I have often heard people say: “I’d be happy if I only had a million dollars”; or “I’ll be happy when I finally have enough money to retire.” (that’s funny cuz’ I always then ask, how much money is that?!)

The media offers us millions of examples of what will ‘make us happier’; I need not go on here. As we grow up our parents, families, communities and schools work to instill in us what will make us happy as well as the ‘proper’ ways to go about getting that happiness. But what about that innocent childlike curiosity; the things that excite us; interest us; even intrigue us, the things that stir our passions? What will truly make YOU happy and what are the messages that have come from ‘outside of you’; your family, your schools, the media, the culture.

Here is the process. As you go through this, you will become clear on what YOU love so that you are resonating with what is true for you—for your soul and spirit.

Here are the steps:

1. Make a list: “The 10 things I want in the next 12 months that will make me happy”. Take no more than 20 minutes, once you start writing just write them down, don’t think about them much. Dare to think big and allow whatever shows up on the list.
2. Once you have done your list, look it over. As you look it over connect with ‘where’ it came from—you get to ask: “Is this mine?” Or is it your inner child? Your inner adolescent? Your mother? Your 3rd grade teacher? Television? As you go through the list, for each one ask: “Is this mine?” or “Is this right for me?” Once you ask yourself this question, ask this: “Is this absolutely true for me?” As you ask yourself this question, pause for 2-3 seconds and really listen for the answer, then ask: “Is this absolutely true for me?” Listen for your answer from that place of inner wisdom; that felt sense about what is right and wrong for you.
3. Now that you have learned about what makes you happy from the list, it is time to prioritize. Take the first item on the list and compare it to the second by asking: “if I could only have one of these, which would it be?” Let’s say it’s #1; then you move onto from #2, eliminating #2 from the list and compare #1 to #3. Let’s say that if you could only have #1 or #3 you pick #3, well then #3 is your top choice, eliminate #1 and compare #3 to #4, then #5, and so on, keeping only the “one” that “if you could only have one of these, it would be ____”. So let’s say #3 made it all the way through-this makes #3 one of your top 5 choices! Return to your list and repeat the process again: comparing #2 to #4, then #5, etc... picking the “one” each time you compare “if I could only have one of these, which would it be?”.
4. Look at your list of 5. What does it say about you? Its ok, whatever it is because now is the time to own it...what do you notice?
5. Now, with your list of 5, you have vision and form of the priorities for you. You can create, give these things more form, plans, giving them intention in your life, taking action to create them!

For assistance in creating a plan, putting some ‘meat’ on the bones of these dreams, you can download a FREE copy of my first book: [“Getting What You Want-The Art of Living On Purpose”](#) a step by step guide to getting what you want and living the life you love!

If the process above is a bit confusing, I recommend you purchase the download the Lazaris recording: [Daring to be Free: Igniting the Fires of Personal Freedom](#) by Concept Synergy where

the process is outlined in its entirety. The exercise is on side 3 and there is a great meditation on side 4!

Of course, you can always email me at jim@trulyhumancoaching.com and I'll be happy to guide you through the process 😊!