Article Side

Neutral Self Assessment for Lasting Happiness by Mark D

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Life has got various definitions. Some think living is life while the other think giving is life. There are people out there who lead a joyful life out there when some people feel like the world is just too heavy for them. Happiness or Sorrow â€“ it is not meant for a single person, it is common and crosses every single living being's life. Without touching the jealousy side, did you ever think about people who are still able to laugh and play around despite a busy stressful life? What made them so special? The answers to this question is simple - maybe, they start to work on a place called 'self'. Say for example, worrying about your home on a tour is common but fearing about burglars even after installing a security device like ADT Alarm System is something that you need to eradicate by doing a self assessment.

So how does one become genuinely happy? It depends upon how much one loves their life. To love yourself means to accept that you are not a perfect being, but behind the imperfections must have a great ounce of courage to be able to discover ways on how to improve your repertoire to recover from our mistakes. Genuine happiness also pertains to contentment. When you are contented with the job you have, the way you look, with your family, your friends, the place you live in, your car, and all the things you now have â€“ truly, you know the answer to the question "how to be genuinely happy."

When we discover a small start somewhere from within, that small start will eventually lead to something else, and further to something else. But if you keep questioning life that it has never done you any good, you will never be able to find genuine happiness. I believe that life is about finding out about right and wrong, trying and failing, winning and losing. These are things that happen as often as you inhale and exhale. Failure, in a person's life has become as abundant and necessary as air. But this should not hinder us from becoming happy. How to be genuinely happy in spite all these? Every time you exert effort to improve the quality of life and your being, whether it is cleaning up your room, helping a friend, taking care of your sick dog, fail on board exams and trying again, life gives you equivalent points for that.

Imagine life as a big score board like those which are used in the NFLs. Every time you take a step forward, you make scoring points. Wouldn't it be nice to look at that board at the end of each game and have a neutral self assessment? Genuine happiness isn't about driving the hottest Formula 1 car, nor getting the employee of the year award, earning the highest 13th month pay, or beating the sales record. Sometimes, the most sought after prizes in life doesn't always go to the fastest, the strongest, and the bravest or not even the best. Everyone has their own definition of 'happiness'. Happiness for a writer may mean launching as much bestselling books as possible. Happiness for a basketball rookie may mean getting the rookie of the year award. Happiness for a beggar may mean a lot of money. Happiness for a business man may mean success.

So really now, how do we become genuinely happy? You don't have to have the best things in this world. It's about doing and making the best out of every single thing. When you find yourself smiling at your own mistake and telling yourself, "Oh, I'll do better next time", you carry with you a flame of strong will power to persist that may spread out like a brush fire. You possess a willingness to stand up again and try â€“ that will make you a genuinely happy person. When you really reach the level of neutral self-assessment you crossed the initial stage of finding happiness within yourself. For as long as you know how to accept others, you will also be accepted. For as long as you love and know how to love, you will receive love ten folds back.

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Mark D - About Author:
Being a freelance writer and an active blogger, I love sharing my thoughts with the rest of the world. Though a home can be secured using devices like a ADT Alarm System, the happiness within one's self can be secured only with proper self assessment.

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