

The Path to True Happiness:

Debunking Three Top Myths.

MAINTAINING AUTONOMY



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Mission

Welcome! In this short guide, we will explore and debunk three common myths about happiness, personal responsibility, and emotional well-being. Understanding and overcoming these myths can set you on a path to a fulfilling and balanced life.



Myth 1: "The Importance of Feelings"

YOU COME FIRST

Myth 1: "The Importance of Feelings"

Many believe that the feelings of others should dictate their actions and responsibilities. Your feelings are meant to bring balance to that conversation. How do YOU feel about that?

- Now is the time to claim your view and live the life where your feelings and views feature. "Feelings" are a little like a map back to happiness.
- It has always been now!
- Insights:
- The first step on this path is to realise that you belong to YOU. No one else! This can feel odd if you've lived your life in service to the thoughts, feelings, whims of others. Become aware of this dynamic.
- Others are their own responsibility. Sure its nice to help others out, but to carry them entirely or to abandon your happiness is a mistake. They need to learn the skills to survive and thrive. Being too helpful can backfire and lead to you being blamed for their lack of progress. By being too helpful, we do them justice? Are they growing?
- Life is a set of progressions from "survival" to "thrival."

Affirmations to Embrace This Insight:

- "I am responsible for my own happiness and well-being."
 - "I support others in a way that empowers them to grow."
 - "I embrace each moment as an opportunity to thrive."
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Myth 2: "Pleasing People Will Make Them Happy"



PLEASING OTHERS

Myth 2: "Pleasing People Will Make Them Happy"

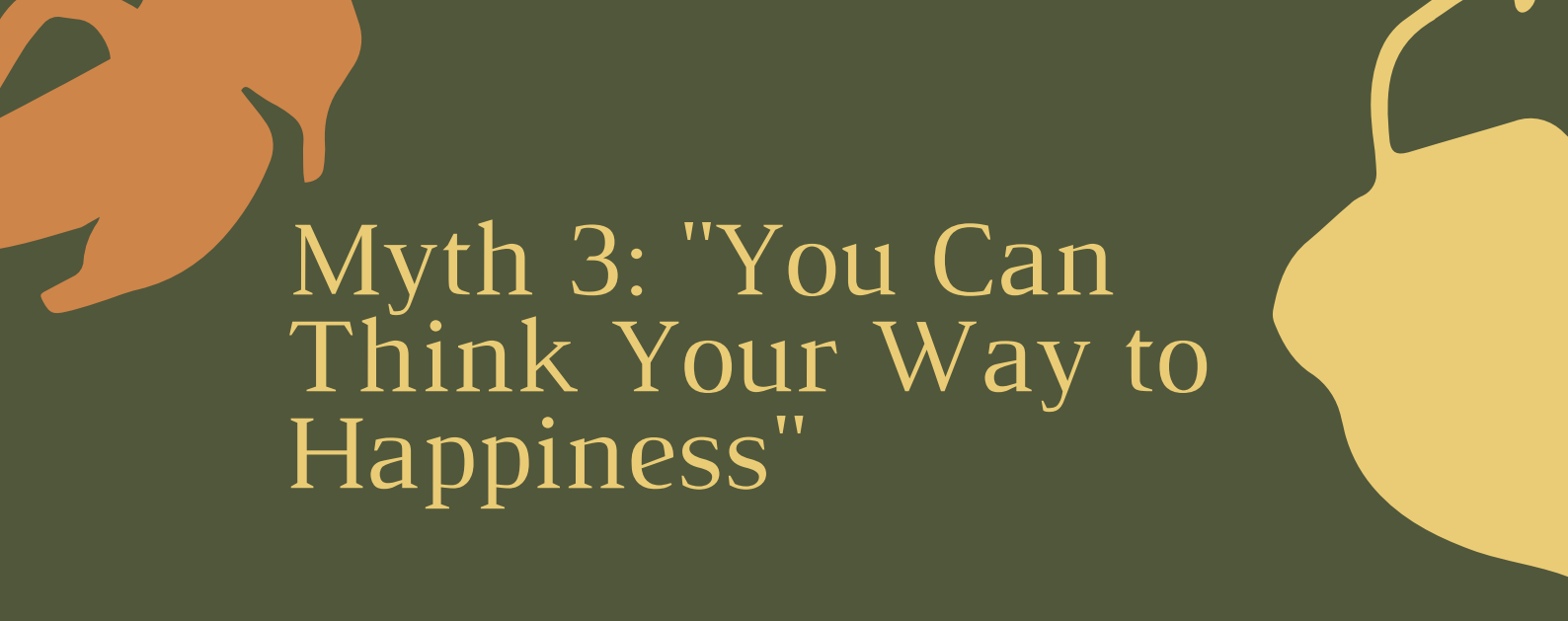
- The truth is that true happiness isn't about getting what you want, but way more about wanting what you have. This requires finding inner satisfaction, a skill learned through experience. Its not something someone can give you, or be held responsible for. Closely related to practicing Gratitude.
- You can show others how to be happy but you can not make them happy.

Insights:

- True happiness comes from within, not from external validation.
- Inner satisfaction is a learned skill, cultivated over time.
- People like to be recognised for their true value, the “extra” quality their presence adds and for that to be celebrated. It helps tremendously to be on your own side!

Affirmations to Embrace This Insight:

- "I find joy in appreciating what I have."
 - "I seek inner satisfaction beyond what I can give to others."
 - "I grow with each experience, learning to be content."
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Myth 3: "You Can Think Your Way to Happiness"

OVER THINKING

Myth 3: "You Can Think Your Way to Happiness"

- Our minds can be the cause much unhappiness. Leaving our precious happiness to the mercy of our stressed, anxious and over active minds can be a long and difficult road.
- Over thinking comes from a “doing mindset” and is adrenalin fuelled.
- Consider the less heady route of “being”. Through the act of bringing attention to our feet the head has a chance to stand down for a moment. Practice standing barefoot on grass, sand or dirt, or better still in a stream. Science has shown that contact with the earth has the effect of returning the body to its natural electrically neutral state through ion exchange. Earth is negatively charged, hence lightening.

Insights:

- The mind can often be the source of dissatisfaction and perceived lack.
- Seeking shortcuts or instant gratification are no substitute for the stress free feeling of electrically balanced. Get your feet on the ground! Experience the stability necessary for true happiness.
- Achieving balance and happiness is about more than just thought; it's about holistic growth and acceptance.

Affirmations to Embrace This Insight:

- "I balance my mental and emotional well-being."
 - "I embrace the learning experiences on my path to true happiness."
 - "I cultivate lasting happiness through the power of joy!"
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Conclusion

Remember, achieving true happiness and peace is a personal journey. By understanding and debunking these 3 myths, may you reclaim your life and embrace a more fulfilling and balanced existence!

Thank you for taking the time to read this fun guide. Embrace the journey to happiness and health, they are your true wealth!

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