

Is Happiness Really The Goal?

How to redirect your life's purpose in 5 simple steps...

Someone asked me this yesterday.

Said, "Manos, how can I reach your level of happiness?"

My response...

"How many times can you recall your mood shifting from happiness to sadness?"

Our day consists of several mood changes that we can't overcome or avoid.

Family conflicts, trouble at work, and diseases are just some examples that show us how utopian the continued chase of happiness is.

Almost anyone can find cheap and short-term happiness from drugs, alcohol, and social media attention.

Sooner or later they find out that they've been pursuing the impossible.

As a psychologist, I'm letting this for you to think, philosophize, and come up with your own conclusions...

"Happiness" is not a destination,

It's a state of mind, and you don't need to be in it every moment of every day.

The day you land that promotion you've been longing for might also be the day you suffer your first heartbreak.

How do you experience happiness if you don't know sadness and pain?

Persistence in the adventure of one's life is more significant than mere joy.

It creates a sense of purpose, often referred to as redemption.

And perhaps, while you seek and pursue his fortune, if you have it, you may feel joy now and then.

Talk soon,

Manos Hatzimalonas