WHAT IS LIFE ABOUT?
HOW TO MAXIMIZE HAPPINESS IN LIFE

CONTENTS

LIFE IS ABOUT EXCHANGING TIME AND ENERGY FOR "VALUE". 1

WHAT IS "ACCUMULATED VALUE" IN LIFE AND ITS AFFECT ON HAPPINESS? 1

TO DO IT WELL 2

APPRECIATION: THE MULTIPLIER 2

A SYSTEM IS SIMPLY A WAY OF HARVESTING THAT VALUE 2

THE NECESSARY FORCE/POWER BEHIND GETTING WHAT YOU WANT 3

THE BEST EXCHANGE OF TIME AND ENERGY FOR THE GREATEST VALUE 3

THE BEST COMMITMENT TO MAKE 3

LIFE IS ABOUT EXCHANGING TIME AND ENERGY FOR "VALUE".

Some of the "value" in life is short term, where it helps one survive. There is also value now in doing something that causes/"produces" long term value.

Real value is that which lasts and accumulates.

Most of what life is about is creating accumulated value. *Accumulated value is what happiness is dependent on.*

Accumulated value is what you have the choice to produce in life - or not.

The BuddhaKahuna

WHAT IS "ACCUMULATED VALUE" IN LIFE AND ITS AFFECT ON HAPPINESS?

ACCUMULATED VALUE = ENDURING, DEEP HAPPINESS

And in this process, we do not engage in chasing "being good enough" or "having enough", for we've solved those. We, instead, discern and go for what has "Life Value", as discussed in

TO DO IT WELL

To do it well, one must learn how to exchange our time and energy for the greatest value. In order to be able to do that, one must know what the greatest values are and what they are derived from. That process is called "productivity", which we have a section on. Managing that is called "Life Management", which we have a section on.

First, one should **determine one's values**, by going to that section. Then, from those, we guide our lives and derive goals that would add to those values. The **goals are not the means to happiness**, contrary to what most people believe (see The Only Path To Happiness).

I emphasize that you can have whatever you want from life - it is simply by choosing that which you **really, actually want**, which is the end product of all we do: live our values now. It has been proven that we can lose all of our wealth and just have enough to eat healthily with modest shelter - and that we don't need to buy into the false belief that "more" is what we need to be happy - in fact the latter is the path (believe it or not!) to suffering.

APPRECIATION: THE MULTIPLIER

In investments we want "appreciation" and to avoid "depreciation". And so it is in life, if we appreciate something, it grows in value. If we ignore it, it has no value. If we see the value that exists in our environment, our society, our world, then we "produce" value in our lives. Corny, perhaps, but true. See the Gratitude section, and note the key essence in the article Havingness.

ACCUMULATED VALUE IS:

Accumulated value, that value that stays with us and "piles up", is:

1) Thinking well of oneself (and of life). And following what you value.

2) Having happy/good memories. Of doing/experiencing what is valued.

3) Capability to live/think/feel better (i.e. to produce *and* to "harvest" value]. Learning wisdom is a big part of this.

A SYSTEM IS SIMPLY A WAY OF HARVESTING THAT VALUE

That is what we have created here: an overall systematic way to harvest the best accumulated value. This is "Life Management".

We've created procedures and practices that get you there. We've thought it out for you (and created what we think is necessary for you to efficiently understand it so that you can "own" it yourself).

Most people let their lives be managed by doing anxiety/pain relieving activities. The true "Life Manager" creates things so that there is no anxiety/pain and then invests the freed up energy into what produces the greatest long term "payoff".

THE NECESSARY FORCE/POWER BEHIND GETTING WHAT YOU WANT

Commitment is what most people would say is the necessary ingredient.

However, commitment is a part of "discipline." Discipline, in some form, is a characteristic of all successful people - in other words, without discipline one will not be successful in life, which means achieving what one would want if one knew what would make one the happiest.

Discipline is considered by some to be a dirty word. Those people misunderstand and think it is grueling determination that feels bad and is self-sacrificing. However, it is not at all self-sacrificing - it is, instead, rewarding - if done "right". So we deal with "right discipline", teaching (and/or reminding) you what to do and how to do what it takes.

THE BEST EXCHANGE OF TIME AND ENERGY FOR THE GREATEST VALUE

Learning how to get the best exchange of time and energy for the greatest value (= "life value productivity", so one can produce the greatest value per amount of time and energy).

This is **the top priority** to learn and do if one is to have one's greatest life!!!!

THE BEST COMMITMENT TO MAKE

Some people think the purpose of life is "to grow", but that isn't "the purpose", it is only a "means to the end." "The end" (the final objective in life) is to produce happiness - about life, about your life, about your progress in life, about who you are and about your personal power, about being able to experience being a human. (See the key requirements, in The Only Road To Happiness.)

So the best commitment to make in life is to spend the necessary time to learn "life value productivity" (the ability to produce what is of value in life) so that one can amass the greatest accumulated value - and the one who does that is "the one that wins the game of life."

A FEW ADDITIONAL COMMENTS

The "Meaning Of Life"

"Meaning" is a reflection of what you value - i.e. the item valued "means" something to you.

The process of determining your values, and then prioritizing them, is, therefore, essential to the process of determining how to best "accumulate value."

Meaning is something that we give to something, *not something given to us*. Our "purpose" is to do something meaningful - and we are the only ones who can determine that purpose, it is not given to us.

Tags: Cumulative, accumulate