

**Happiness@TheSpeedofLife Newsletter**  
**March 2003: Stimulate Your Development**

1,689 words of content -- approximate reading time required: **6.76** minutes. And isn't your happiness worth it?

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Welcome! This is my e-newsletter, which focuses on defining and applying the 13 Principles of Happiness in your life and work. It is a (more or less) monthly communication. I invite your comments, reactions, and ideas. Jim

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**I. HAPPINESS PRINCIPLE #6 – STIMULATE YOUR DEVELOPMENT**

Do you ever feel like you're stuck? As in, stuck in a rut, stuck on a step of a project, stuck in a job, stuck in a relationship, stuck in a role, or even stuck in your thinking? Being "stuck" doesn't necessarily mean you are in a bad place – but if you are someone who prefers to make forward progress, feeling stuck can be suffocating, right? Being stuck drains energy, and keeps you in a place where it's tough to refuel.

This principle, Stimulate Your Development, is not just about taking another class or attending a seminar, although those are both very useful tools. Rather, it is about an examination of all the environments in which you operate and questioning which ones are feeling incomplete or stuck for you, and then taking action to pull yourself to a different level. It's about placing yourself in new environments, or around new people/ideas, and then paying attention to what happens, and following new paths that reveal themselves. To best serve yourself, you sometimes need to PROVOKE yourself.

Christopher Morley, American editor and author, wrote: "Read, every day, something no one else is reading. Think, every day, something no one else is thinking. Do, every day, something no one else would be silly enough to do. It is bad for the mind to continually be part of unanimity."

Morley's quote gets at the essence of this principle: stimulating one's thinking, trying on new behaviors, and considering new ideas to support one's happiness. We are, all of us, dynamic creatures. How we view the world changes as we mature, as roles shift, as relationships and people around us develop, and as our life progresses thru predictable stages. We know that change happens; yet we often cling to what WAS because it was comfortable.

At the SpeedofLife, changes occur fast and furious. To maintain your happiness foundation, you must become proactive in shaping your world.

What does it look like when you stimulate your development?

~~ Put Yourself Into Situations That Spark Your Creativity. Drive a different route to work. At work, eat lunch with a different group of people than usual. Watch a program on PBS instead of





