



# Happiness@TheSpeedofLife

Happiness@TheSpeedofLife Newsletter

June 2003: Live for Life, not Stuff

1,013 words of content -- approximate reading time required: 4.05 minutes. And isn't your happiness worth it?

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Welcome to the first summer edition of 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

==>If you like what you read here why not share it with a friend?

==>If you received this from someone else you can join (it's FREE) in a few seconds.

Instructions are at the end of this newsletter. I never rent, sell, or give away my lists.

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## I. HAPPINESS PRINCIPLE #3 - LIVE FOR LIFE NOT STUFF

*"The real measure of your wealth is how much you'd be worth if you lost all your money." ~Author Unknown*

A typical American is exposed to nearly 3,000 marketing images every day - on the TV, on billboards, in the paper, at sporting events, etc. What is the main message? You are incomplete. You are missing out. You are inadequate, unless you buy/use/wear/eat our product.

What's up with this? You are NOT inadequate. You are just fine, as you are.

Every study ever conducted on the subject of motivation comes to the same conclusion: for most of us, money does NOT buy happiness. Oh, it can make us feel good in the short term, and some money is necessary for the basics of life, but if you are not happy with WHO you are, more "stuff" won't help.

How does one Live for Life?

~~ Create a Joy List. Write down all the things that bring you Joy. Then add to it regularly. Notice the patterns. Then focus on creating more opportunities for yourself to engage in what nourishes you.

~~ Focus on Internal versus External. "Keeping up with the Joneses" is a lifestyle that leads in only one direction - down the path to "never quite there." Instead, base what you want on what is important to YOU.

~~ Challenge Yourself to Notice What You Have. Ask: "In what ways is my life perfect, as it is right now?" You may surprise yourself with how long your list gets!

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"There are people who have money and people who are rich." ~Coco Chanel



