



**Happiness@TheSpeedofLife Newsletter
Edition 17: Living a Whole Life**

1360 words of content -- approximate reading time required: 5.4 minutes. And isn't your happiness worth it?

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Welcome to my e-newsletter, which focuses on defining and applying the Principles of Happiness and Positive Emotion in your life and work.

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I. DEFERRED LIFE VERSUS WHOLE LIFE

I turn 50 tomorrow. That's right. The big Five-oh.

For much of the past decade I have been declaring my intention to live to 100 years old. This means that 50 is the halfway point, a place to pause and reflect. What sort of life am I living? Am I happy? What have I accomplished? What's next?

Recently I delivered a talk on Happiness and afterward my client said, "you should read this book, Jim. It connects to one of your happiness principles!" Principle #12, Focus on Today, is about living life and being happy in the present, not waiting until something happens that will "make" you happy.

The book is called The Monk and the Riddle (info below). The author talks about the difference between living a Deferred Life and living a Whole life.

The Deferred Life looks like this:

- Step 1: Do what you have to do (then, eventually)
- Step 2: Do what you want to do.

In other words, first Work, then Passion. If you believe in the deferred life plan, you believe that you are supposed to focus on drive and commitment and accomplishment, pushing forward with your life and your work so that someday you can arrive at the Promised Land of retirement, at which time you can do the stuff you really enjoy (which you've put off all these years...). The deferred life plan focuses on working hard, maximizing income, and staying the course because it is what's expected.



properly. Their passion is for structure and order and completion, and they love their job even after spending 15 years doing it.

A big difference for the latter is that they can see a connection between what they do and what they enjoy.

Where's your connection?

Ask yourself, "What do I love? What am I passionate about?" and then look around at the job you do and consider if there is any part of that job that connects to your passion. If you love to create, do you get to create on your job? If you enjoy solving problems, do you have a chance to do that? If you enjoy order and structure, does your job give you chances to make that happen? Look hard, and make sure your job or career is providing something for you. If it does, you are far more likely to show up happier and more positive for yourself and others.

Remember: Leadership is not about a title – anyone can be a leader when they focus on helping others succeed!

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III. RANDOM FUN – R&D HELP WANTED

In the context of my new business model, I am moving into a more creative mode. I plan to develop a number of products as well as write more – e-books, tips lists, and other learning tools for those seeking to increase their Happiness.

I am an Extravert. This means that I tend to think and create better "out loud" than in my head. I work better when I am in interaction with others. I love to play with ideas and bounce around concepts as they are forming.

Therefore, I am putting together a small R&D team to assist me in my creative moments. I have already identified a few people for my team (for which I am targeting a dozen) and am seeking other creative types who have an interest in ideation and happiness.

My R&D team will receive several emails from me each month with ideas and concepts I'm working on. Their "job" is to provide reaction and other ideas to flesh out the concept. For instance, if I were working on "Things people do to mess up their happiness" I'd start off with my own ideas, then ask the R&D team for input, additional ideas, remedies for those actions, etc. The ensuing dialogue might end up as a completed article or e-book.

I expect average time commitment of ~1-2 hours each month. R&D members need to be comfortable with the fact that I might use or adapt their ideas, but I would own the final product. The benefits to them will be the fun of participating in the creative process with me, they'll get to see stuff FIRST, and they'll get some deals like special teleclasses on happiness topics, early adopter discounts on products, and of course, the warm glow of happiness that comes from immersion in the topic itself!

IF YOU ARE INTERESTED in joining my Happiness R&D Team – you have the time, you have the interest, and you are willing to share freely -- please send me an email with "[Happiness R&D Team](#)" in the Subject line.

For the rest of you: Watch this space!



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IV. INSTRUCTIONS AND CONTACT INFORMATION

Jim Smith is The Executive Happiness Coach™. He is a recovering corporate executive whose passion is to help people discover and increase the amount of Happiness in their lives and work.

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Drop me a line anytime with your feedback and queries! Jim <mailto:Jim@1LeaderCoach.com>

**Happiness is a decision, not an event.
How will YOU decide today?**

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