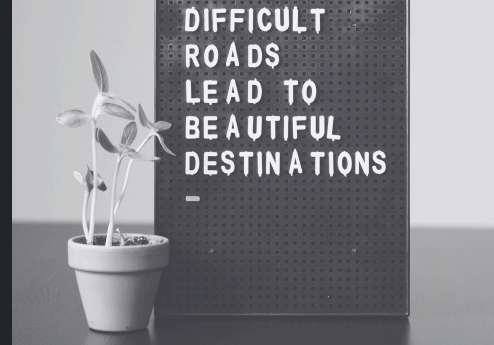


"The Pursuit of Happiness"



Your mindset impacts your behaviour, and your behaviour impacts the outcome you get in every aspect of life. It starts with self awareness. It is only when you know yourself that you can find, and retain a sense of joy, happiness, and contentment. As ultimately, that feeling must come from within.

'The Fundamentals' - this is about you at your core

Values & Mission your North Star	● Define your 3 core values. (Hint- think of people you look up to & admire, what traits do they have?) ● Are you living a life aligned to these values? are your actions and behaviour aligned? ..in your work, outside of work, in your different roles? ● What is your vision, mission - (could be for all the different roles you have - career title, partner, parent, friend...) ● What are the different "hats" you wear? parent, partner, work role..friend..sibling? is there a balance in how much you prioritize them? ● Where are you out of alignment in your life?
Energy & resilience	● What gives you energy? ● what drains your energy? ● How do you switch between performing and recovering?
Mental models	● What does your current 'mental models' say? do they support you or do they hinder you? (E.g. 'no pain, no gain') ● What is success to you? ● Where does the definition of success come from, which you currently live by? ● The stories we tell ourselves become our reality and how we see the world. Is your narrative supporting you? ● Are you carrying a burden of guilt or shame? Maybe you need to forgive yourself - and others? maybe there is a need to mend some of relationships that you have deprioritized in your pursuit of success?

'The Perspective': this is the bigger picture view..

Accountability	What are the stories you tell yourself about yourself and those around you? Be honest here; are you sometimes portraying yourself as a victim, or are you trying to control everyone and everything? what patterns do you have that may be (self)sabotaging how you view situations, others, yourself? What is the impact on yourself and those around you?
Perspective	Faith and philosophy, whether it's religious or not religious, it has to be something that zooms you out on the majesty of life and makes you small so that you have yourself in perspective • Do you have a faith, a religion or spiritual belief? one to reminds you of the role you play on this planet. What would you like to leave behind, what legacy? what would you like to be remembered for? • Do you have a routine to keep yourself grounded? (meditation, reading the works by old 'Masters', such as 'Meditations' by Marcus Aurelius etc ?)
Mental resilience	Gratitude- Add a routine of gratefulness to your day. What are three things you are grateful for? then 'feel' it- don't just think it. Presence- the only time is right now. Don't multitask, don't live in the future or the past

'The Relationships' - friends, family, and the role you play in these relationships

Strong bonds	Look at the people that matters to you in your life. Are these relationships in balance?
"Deal friends"	These are people that are there to support your ego , and who don't boost the person you (truly) want to be. Define who they are and consider how much time you want to spend with them. What is the price you pay for spending time and capacity in this area?
Support group	Do you have a "support group", meaning a set of people that boost you- where you can be true to yourself? (Remember we become an average of the 5 people we have around us) Also consider people that give you inspiration, joy etc., whom you are not close to as such.
Career & work	According to Arthur C. Brooks (author, Harvard University professor); the two parts of work that really matter (in terms of lasting happiness) are not title, not money, not admiration, not power, but earned success and serving other people. Workaholism militates against these sources of fulfillment in our lives. It impoverishes. It makes us poorer so that we actually can't pursue these other pillars. The result is we just don't have a balanced portfolio. How does your portfolio look? What are you chasing that no longer matters?

"You have power over your mind – not outside events. Realize this, and you will find strength."

"Our life is what our thoughts make it"

– Marcus Aurelius



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