

How to find the Happiness Formula



Illustration contributed by Danni B

Have you ever experienced how happiness is never really permanent but always a fleeting or transient moment in time? It has become a universal force that continually drives us to seek the perfect relationship, satisfying career, more wealth and better health.

“Happiness is like chasing the elusive rainbow until we realise the rainbow needs to be discovered inside and not outside of us.”

Happiness can be a feeling of joy, satisfaction or fulfilment that does not need to be chased, bought or taken from anyone or anything.

So why does it fluctuate so much and create a sense of endless pursuit of things that are out of reach? Perhaps one important realisation is that we are looking for happiness in all the wrong places.

Strange how many of us seek the perfect lifestyle by chasing external things that are often beyond our control and temporary in pleasure. This leaves us feeling unsatisfied, frustrated and forever striving for the next sensation to fill the emptiness we feel within.

Let me share 3 ways to increase and sustain your happiness vibes.

Choose Happiness: A powerful realization is that we can choose to be happy at any moment in our life regardless of external circumstances, people and events. When we truly know that **happiness is a choice and starts from within** then we become master of our lives and not the victim of criticism, fear, doubt or sorrow.

Self-Acceptance The ability to change old negative belief patterns and by starting to focus on what is RIGHT with our lives instead of trying to live up to others expectations, then we feel a greater inner peace, contentment and fulfillment.

Practice Gratitude: When we appreciate and give thanks for what we have in life including the problems and their learning experiences, then we begin to see and experience greater fulfillment. The magnificence of life is overlooked when we continually focus on the negative and fail to appreciate the beauty and blessings that life gives us every day.

Quote by: Gerard Way; *“Being happy doesn’t mean that everything is perfect. It means that you have decided to look beyond the imperfections.”*



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