

A Fully-Functioning Person: The Secret To Happiness

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What makes you happy?

- When it comes to this question, many people tend to focus on 'things' such as money, status, jewelry, houses, luxury cars, etc
- Can all these contribute to our happiness?
- The answer is yes, but just for a very short period

So, what is real happiness?

- Real happiness lies within yourself!
- You are the reason for your own happiness

How?

- Concentrate on your potentials and functions

Fully functioning person

- Based on Carl Rogers (Humanistic psychologist), human beings are fully functional
- He believes that human potential includes the freedom to become what one wants to be as well as having the responsibility to make choices. A fully-functioning person is an individual who is continually working toward becoming self-actualised

Becoming a fully functioning person.

1) Openness to experiences

- Embrace life
- Expose yourself to new challenges and new things in life
- Get out of your comfort zone

2) Living in the 'now'

Focus on the present and current experiences, deciding what to do, take action, and move on to deal with the next experience

Becoming a fully functioning person

3) Organismic trusting

We do this by trusting our inner self, our heart and intuition, our true nature and not the neurotic self that many of us identify with and by doing this, things will come naturally, effortlessly

4) Freedom

- Choose the life that you want to live
- Be someone that you want to be
- Achieve goals that you have set in life

5) Creativity

Create your own life with bigger ideas and more variety

How to start the new journey of life?

- ✓ Define your values and goals
- ✓ Change your mindset
- ✓ Grasp opportunities
- ✓ Connect with a community
- ✓ Learn from success
- ✓ Celebrate success

You have to believe in yourself. That's the secret. Even when I was in the orphanage, when I was roaming the streets trying to find enough to eat, even then I thought of myself as the greatest actor in the world.

- Charlie Chaplin -

