

## Being Happy as a mind set by Marvin Phythian - Peak Performance Coach



We all know how it feels to be happy, we feel happy when we win a game, score a goal, make someone smile, make the sale, kiss the person you love on a romantic walk. But when someone asks you if you are *happy with your life* you begin to realise that being a 'happy person' is a little more difficult to decipher...

There's a guy with the sunniest disposition in the office, but when he gets home he sits alone and is enveloped in a shroud of solitary sadness, but to everyone else he's jolly Nigel. Then there's Katia, the office shrinking violet with the quiet monotone voice who just wants to get through her unpleasant day, she'd rather be back at home with her husband and two little girls where she turns into Little Miss Sunshine the quintessential happy person, you'd never guess.

We all compare our mental, physical and material states to those around us but this can be misleading. Happiness is no exception. Have you ever heard someone whistling cheerfully to themselves and wanted to shut them and their nauseating cheerfulness up because frankly you don't feel like being happy, and yet on another day you find yourself singing to yourself because you're in a great mood.

Amongst those I help, I often find a common denominator in people who are unhappy and feel their life isn't going according to plan - it is their **mindset**. For example, Jonas has a lot going for him, he has a family, a well paid job, and the respect of his friends. However he is a heavy smoker and drinks more than average, he tells me he is unhappy, because he hasn't achieved his business goals and aspirations and won't be happy until he has done so. He also tells me he won't be able to think of new business ideas until he quits smoking and drinks less.

Rita says she won't be happy until she has finished decorating the house, got a part time job and lost ten pounds. And here lies the problem. Too many people feel they won't be happy until they have reached certain achievements in their lives. And guess what, these self promises pretty much guarantee a lack of general happiness. This attitude of delayed happiness is controlled by some sort of internal mechanism that says if I give myself happiness as a reward for getting things done

then I will work harder to get things done now. The only problem being that if you reach your goal you invariably find new aims you want to pursue and the circle of deferred happiness begins again.

### **The alternative**

When you look at world champions or successful business people, they may be steely eyed, determined, arrogant but they are successful and if they feel they are moving forward steadily I'd hazard a guess that that will make them happy. Why is that? Although there may be exceptions what you will find is that these successful professionals live in a world of **rules, objectives, deadlines and goals**. They have a path laid down by themselves and their coaches. Everyone may have their ideals but the difference here is that they are confident in their path to success and because of this they are happy that they are on the path they want to be on. They are working somewhere near their own potential. And there lies the secret - set your plans and objectives, figure out why you want to do these things then figure out how you want to do them. Set your short, medium and long term goals and then start walking down that path and be happy that you are on the path you want to be on. I discuss this in more depth in my programme.

You see happiness is in the now not the future you just need to ignore what the media tells us, we live in a material life where everywhere we look there are signs that tell us 'worse than, better than' when in fact they're manufactured labels of a competitive society.

But life is hard, I hear you say. Yes of course that's planet Earth it's a struggle for every living member of this planet. But if you are happy that today you are doing something to sustain your life and help you grow as a person for the future then be happy.

Be it for your business, your family or other personal goals as Barack Obama said 'if you're walking down the right path and you're willing to keep walking, you'll make progress'. And of course, reward yourself when you reach your milestones. But I say be happy in real time, in the now and because you're on that path. Who knows if you'll ever get another chance, so make the most of it, you may just find you whistle and sing your way to success sooner than you think.

At Finding my balance, Kamalangi uses EFT (Emotional Freedom Techniques) to quickly and easily ease physical pain, emotional and mental distress. Kamalangi uses her fingers as needles to tap on meridian points on your face and body, using creative wordplay to resolve aspects of the issue being treated.

Kamalangi also specialises in Indian Head Massage to help de-stress and re-energize. Having had one of these myself I can testify to the benefits, I was particularly 'stressed out' that particular day and after Kamalangi came to see me I

felt like a new man as my headache and anger was dissipated with the head massage. The benefits include:

- Increase oxygen and glucose supply to the brain
- Dissipating toxins accumulated in the head
- Boosting the immune system
- Stimulating scalp and hair growth
- Rebalancing vital energy flow
- It can help eliminate depression or other stressful or negative emotion

For more information contact Kamalangi on 07877887458 or email [kamalangi@findingmybalance.biz](mailto:kamalangi@findingmybalance.biz). For more information on EFT go to <http://findingmybalance.biz/> or if you'd like to know more about reaching peak performance visit hypnotherapy in leicester at <http://bestself.co.uk>.