MANKIND'S GOAL: HAPPINESS
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ABSTRACT

How does one become happy, stay happy and contribute when war, poverty, poor educational systems plague society? This paper will mix theory with action! This scholarly work comes from a viewpoint of educational psychology noting the importance of a positive mindset. Daemons can torture one’s soul to the point of exhaustion, illness and/or depression until the individual is plagued with turning to alternative means: drugs, alcohol and/or both! Problems become insurmountable and the thought of one’s ultimate happiness escapes into a vapor of doubt. How does one give purpose to a life filled with service, fulfillment and happiness? One chooses! This paper will enlighten readers to solutions, strategies and suggestions how to conquer daemons residing in one’s inner most thoughts and find the ultimate pathway to mankind’s most important goal: happiness!
Roadblocks To Happiness

- Written in the stars
- Thinking "it is God's will" or "my destiny is
- "Stinkin-thinkin", (Ellis, A., 1962)
- There is "no once upon a time" or "happily
- No one was ever promised a "rose garden"
WILL OF THE INDIVIDUAL

- It is the will of the individual to cultivate the mind, body and spirit for ultimate happiness (Keough, 2018).
- The 4 Agreements: (Ruiz, M., 1997):
  - Be impeccable with your word
  - Don't take anything personally
  - Don't make assumptions
  - Always do your best
"It's not the water that caused the pipes to break, but the pressure" (Senter, 2018).
TOOLS TO COMBAT STRESS

Learn to relax
Take mini breaks throughout the day. Work on relaxation techniques, such as taking slow deep breaths.

Exercise
Physical activity provides relief from stress. The brain uses 20% of oxygen in the blood so you need to think about your posture and exercise to make sure your body gets enough. 30 minutes of sport or a short walk will do the trick.

Time
Recognise that you can only do so much in a given time. Try to pace, not race.

Make a list
Make a list of the things that are worrying you and the possible things that could happen - then your brain will stop bringing them forward all the time.

Sleep
Don’t become overtired by forcing yourself to work late. Your brain needs time to sort out the information it has come across during the day. Your ideal sleep time is about 8 hours a night.

Get organised
Have a realistic daily schedule including revision, sleep, eating, relationships and recreation.

Be positive
Talk positively to yourself. Don’t pay attention to the internal voice saying you can’t do it; tell yourself you can do it and you will.

Talk
Talking and meeting friends and occasions of sharing deep feelings thoughts can be helpful in reducing stress.

Stay calm
Make sure you are in a calm, positive mood before you start studying.

Be healthy
Watch your eating habits. Make sure you eat sensibly and have a balanced diet. Avoid too much chocolate, cola, caffeine and foods with lots of additives.
MINDFULNESS

Carol Dweck (2006), "It can lead to a more fulfilling life style in that one is no longer hampered by a negative mindset that often sets one up for failure before even..."
CULTIVATING HAPPINESS

- "To thine own-self be true" (Shakspeare, 15th century).
- Be yourself: "a person showing up for a first date is usually the "representative" (Rock, C.)
- "Honor thyself" (Vanzant, 1998): cultivate one's personal power to gain happiness.
RELATIONSHIPS: "MAKE OR BREAK" HAPPINESS: KEY ELEMENTS-HAPPINESS

- Communication: Use your words, be transparent, be truthful.

- Speak up to express feelings rather than denying them.

- "After a time, 'being nice' turns into a burden and the person takes on the role of the 'victim" (Vanzant, 1998).
The way of being with another person which is termed empathic means temporarily living in their life, moving about in it delicately, without making judgments... To be with another in this way means that for the time being you lay aside the views and values you hold for yourself in order to enter the other’s world without prejudice... A complex, demanding, strong yet subtle and gentle way of being” (Rogers, C. n.d.).
ROAD TO HAPPINESS

- Do Unto Others as Unto Oneself (Golden Rule)
- Eliminate "stinkin-thinkin"
- Eliminate mind altering substances
- Avoid stress,
- Follow the Four Agreements
- Cultivate relationships
REFERENCES


Rogers, C., (1951), Client Centered Therapy, Boston, Houghton Mifflin.
