

# The Key to Happiness



*by Linda Fiveson*

WHAT is HAPPINESS? Is it anything more or less than a state of being satisfied and content? It is a word we use often and it possesses so many meanings that are unique and personal. Those of us who are “watching our weight” use the word “happy” often. For instance, we can be so happy when we lose weight and the minute we start to gain, everything falls apart!

HAPPINESS is to feel thin and be in control. Unhappiness is when we are not. It appears that we are pretty fragile if you think about it...but ask yourself, “Aren’t you the happiest when your food is in order?” Have you ever thought about what REAL happiness is based on?

Think about the things that make you truly happy. Have you ever said, “I would be so happy if only...” and then in the end realized you weren’t really happy after all? The baseline of happiness can be anything but it often turns out to be something other than what we originally expected it to be.

There’s the FEEL-GOOD HAPPINESS that’s sensation based like joking around, spending money, having fun, going to parties and on vacations and having sex but this happiness is ruled by the law of diminishing returns. This type of happiness doesn’t last too long. It’s NOW happiness – very important for our day-to-day existence. This is enriching but is also fleeting. Think about your day and how your overall demeanor is when you are eating out of control. Doesn’t it feel like chaos? Aren’t you reacting to everything in a more negative way?

VALUE-BASED HAPPINESS is more reliable because it is psychologically and spiritually based. It reassures us that our lives have meaning and we can fulfill some larger purpose.

Eating healthier and losing weight is a combination of FEEL-GOOD and VALUE-BASED HAPPINESS. For many of us, our number one dream come true would be to keep our weight off FOREVER!

According to research, human beings have sixteen basic desires which affect HAPPINESS. Some of these are the way we respond to honor, independence, acceptance, curiosity, power, status and idealism. The more of these desires we satisfy, the more VALUE-BASED HAPPINESS we will find. Losing weight is in the FEEL-GOOD category however, it can also become VALUE-BASED because it can change our feelings about ourselves and it can also change our values.

I challenge you to think about your previous accomplishments and those you would like to fulfill in the future. Define your goals and stay focused on them. By making a commitment to recognize and utilize your strengths, you will hesitate less and move forward more. There is genius and power behind confidence and magic, behind dreams...

BELIEVE in your potential and the possibility of HAPPINESS. Just take the key and try unlocking it!