

5 Expectations to Give Up to be Happy

By Sara Debbie Gutfreund

Life circumstances don't make us happy. It's how we view what happens to us that makes us happy.

You can attain more happiness by giving up the following 5 expectations:

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I can change others. We can only work on and change ourselves. We can't control other people's moods. And we can't depend or expect other people's approval for our goals and values.

I can always be positive. We all want to have joy and positive emotions in our lives. But it is not possible nor necessarily desirable to be happy all the time. Sometimes we are sad, frustrated, disappointed or angry. Accepting life's lows and learning to cope with them is crucial to building a strong sense of overall happiness in our lives.

We can control our lives. Our lives are full of circumstances that we can't control but we can remind ourselves that all we really control our own thoughts, and that our thoughts have the power to create happiness or deplete it.

Success will be a straight path. Worthwhile journeys in life look more like a jagged spiral, full of falls and restarts. Expecting setbacks and to learn from them helps us weather the falls and get back up without losing hope.

There is unlimited time. We all have only 24 hours in a day, and we can't possibly do everything with excellence. Expertise in any area requires focus and time. So we need to choose what matters most to us and use our time to accomplish those priorities while allowing other parts of our lives to be "good enough."

