

Do you want to be happy or fulfilled?

I asked this question to two of my close friends and before a group of volunteers while giving a training session on how to facilitate and communicate effectively (few days ago).

We all wanted to be happy, and there is nothing wrong with finding and having happiness in life. I have asked this question to help out (my friends and these volunteers) reflect on what presently they are doing in life. Are they doing things presently to make them happy or to be fulfilled; someday?

Ever wonder why there are successful and rich people still feel empty and while some people who vowed for living “simpler” are seemingly more “happier” than the latter?

And ever wonder why some people stay or still committed and dedicated to their job while seemingly disadvantaged to them?

Personally, I see happiness as very external (dependent to outside factors in our life, friends, material things, money, fame, status, relationships) and it is also temporary, an emotional feeling and can be taken away by others. Fulfillment on the other hand is the indescribable “happiness, contentment and acceptance” to fully enjoy and live life with satisfaction. It is when we begin to accept what is not acceptable, love what seems to be unlovable and believe what seems to be impossible. It is very internal and gives as an inner peace and a feeling of living life to the fullest.

When you’re happy you do great things and when you’re sad or demotivated, you make bad decisions. However, being fulfilled is doing and acting what you believe should be done and that it fills your cup. Despite that your work is tiring, full of pressure, you still finish the day with satisfaction, despite being alone and far away from your loved ones, you are able to endure the sacrifices and that no matter what the odds are, your heart is filled with love and kindness.

So whatever you are currently doing now, along the process of finding and making your purpose in life, you will find both happiness and sadness, and of success and failures of loving and of hurting. It is just a matter of conviction, of what you need to be in your life?

There is nothing wrong to be happy but there is so much more when you find the true happiness!

Remember, as we go near to the end of our lives, we do not look back to count how many times, how happy we were but how fulfilled we were.

So do you want to be happy or fulfilled?

#Aliswell