Which came first happiness or success?

In the field of Positive Psychology, researchers are proving that being happy can lead to more energy, creativity, productivity and fulfilling potential. Does success lead to happiness or does happiness lead to success?

Our external world is predictive of our happiness level. It is not the reality that shapes our world but the lens through which we view the world. If we focus on the negative, then the world is negative. Research shows that 90% of happiness is by the way your brain processes the world.

The “success leads to happiness” thought says that when I am successful, I will be happy. But those successes raise the bar so true success is never met—get good grades –want better grades; do a good job—expected to do a better job. Happiness is pushed over the cognitive horizon—it can never be accomplished because there is always more. So the view of the world is not happy because we never attain it.

The “happiness leads to success“ theory requires a change in our lens through which we view the world. The positive brain is 31% more productive—it uses intelligence, creativity and energy to the max—we perform better. The happiness advantage helps us be more productive, more resilient, have greater satisfaction with less burnout.

Research has shown that we can become happier by training our brains. Just 2 minutes of active work for 21 days can change the amount of dopamine in our brains which makes us happier and turns on all the learning centers in your brain. Here are several suggestions:

- Write down 3 new things that you are grateful for each day for—after 21 days ,people scan the world for the negative, not the positive.
- Journaling about 1 positive experience that has happened each day allows your brain to relive it.
- Exercise teaches your brain that your behavior matters.
- Meditation teaches your brain that doing one thing at a time is really the best way by allowing the brain to focus on the task at hand.
- Random Acts of Kindness—1 email sent to someone complimenting them or thanking them—reflects on how others affect us positively.

By training or brains (just like we do our bodies), we will reverse the formula for success to focus on the positive which will lead to true happiness.

Have 12 minutes for much more humorous, in depth look at positive psychology? Log onto https://www.youtube.com/watch?v=GXy_k8Vq1M&feature=youtu.be&noredirect=1.