

# Think Different For Living Happy Life



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## **1. Why We Can't Accept Changes Very Easily?**

Our brain is wired such a way that we can't easily accept changes in our life. We want safety and are satisfied with life which is mostly monotonous. We don't want to come out of our comfort zone so dare not to embrace new changes. In accepting new changes two things can happen, we get new possibilities to better our life or have to face some new problems, but we think about problems first. We generally can't think positives of that changes due to fear of failure or uncertainty of future. That is why can't think big & lead ordinary life. If we change our mindset we can easily embrace changes in our life.

## **2. What Can Be Done To Live Satisfied Life?**

Every one of us wants peace, success & satisfaction, but it is a personal choice of being satisfied. We have our own ideas & thoughts of living. Some of us think if they have huge amount of money, then they are happy. For others the ways of living satisfied life are different, such as, do good to others, do charity work, spread humanity, always deliver good thoughts, worry for problems mankind faces and so on. By doing such things we all try to give meaning & noble cause to our life. The best way to live happy & satisfied life is we should live by choice & do activities that give immense pleasure and satisfaction.

## **3. What Is Self-Discipline?**

Self-discipline is essential and helpful aspect of our life. I will focus on philosophical view of discipline. Self-discipline means self-control, which helps us keep our behavior proper. When we are self-disciplined, we are better in our work, maintain schedule, have good terms with people & whatever we do we are always thoughtful, sensible and responsible. At that time our intuition leads us on the right path of happiness, freedom, success and satisfaction. At last, I would like to quote Radhakrishnan, In his view, "Discipline shouldn't be imposed, it should be natural outcome"

#### **4. Nowadays Many People Advice to Do Smart Work. What Does It Mean?**

Generally teachers and preachers advise us to do smart work, but very few of them have the ideas about it. I would suggest some ideas which help us doing smart work. Firstly, we have to prepare our to-do work list. Then after we have to prioritize that works. After that we have to think about the works we have decided, how they can be accomplished properly & with great success. We have to prepare proper plan & have to fix deadline for that. Due to that we will follow the idea of "Work smarter not harder". Then we are sure to succeed.

#### **5. Some Of Our Dreams Remain Unfulfilled, Why?**

We, being a human being, have many dreams to fulfill & goals to achieve as we all know that "Man is a bundle of desires". Do you think that we can fulfill all of them? My

answer is yes and no both. I would like to focus on why we fail to do so. In words of Vivekanand, "Arise, awake & stop not till goal is reached." Do we apply this view? I would say no because we see daydreams so they can never be fulfilled. I would like to quote Dr A P J Abulkalam here, he has said, "Dream is not something which you see in our sleep, dream is something which does not allow you to sleep.

## **6. We Have Everything In Our Life Even though We Are Not Happy. Why So?**

Most of people on this earth are not feeling happy because they have unrealistic expectations to fulfill. Moreover they can't accept that life has its ups and downs. We have to pass through many phases of happiness and unhappiness in our life. By being materialistic and having fulfilled all our worldly needs can not make us always happy. We see many miserable millionaires unhappy and many homeless people living cheerfully. If money is everything in life rich people would have been always happy, but that is not the case.

## **7. What Is Rational Thinking?**

Rational thinking means there should be a particular logic or valid reason behind that. If we think our self rational then we have not to be impulsive or whimsy in our thoughts while we take decisions. We are not to be subjective and our own wrong perspectives should not come in the way of our thinking. For that we have to be

objective & when we think to fulfill our goals, desires, dreams & milestones, we need to think with reasonable and thoughtful reasons with positive mindset. If we can do this then we are rational people.

## **8. The Best Way To Make Progress In Life Is To Think Outside The Box.(Out Of The Box )**

Most people live normal life as they can't think in a different way. The term, "Thinking Outside The Box" or "Think Out Of The Box" is coined very thoughtfully and intelligently. It means we have not always to be conventional in our thinking. If we want to achieve bigger goals and better results doing best work we have to think outside the box, means have to think unconventionally, differently & creatively with novel ideas, creating new perspectives which help us change our perception & can visualize our success.

## **9. When We Have Positive Attitude Earth Is Heaven to Live In.**

We are able to make the world heaven or hell, that depends on our ideology and attitude. The world is really a nice place to live in. For that we need to remain positive & have to follow Lord Krishna. In Bhagvad Gita, He has said, "What is happened is good, what is happening is good and what will happen in future will also be good". We have to be optimistic & need to be nice to others thinking and doing good to them. At last I would like to quote

Wordsworth, a great thinker, 'Nature did never betray the heart that loved her'.

#### **10. The Role Of Determination In Our Life. The Role Of Determination In Our Life.**

Determination plays a major role in our life help achieve our goals & keep us motivated. When determined no obstacle/ difficulty can stop us achieving what we want. Determination can inculcate good personality traits, like self-confidence, dedication, discipline, positive attitude, killing instinct, can do approach and many more virtues. Moreover, gives us clear vision for our life and keep working us each & every moment teaching us time management. If want achieve success & desired goals than we need to be determined & focused.

#### **11. Disadvantages Of Living Life As A Sleepwalker.**

We all are mostly unconscious in doing many things in life. To show this type of human tendency "Sleepwalker" word is coined. Most of us don't know what we want to do and why to do. If we have such a mindset then we are a sleepwalker and due to that attitude we can't think of any higher goals to achieve so satisfied with our normal life. As a result our life is lifeless and we have no charm of living. In most cases we become very lazy and live Monotonous life. In addition, lose confidence on our self and become pessimist so negatives overpower our positives.

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