Written by Rashida McKenzie
Friday, 06 March 2009 17:38

"Don't worry, Be Happy" isn't just a classic song by the great Bobby McFerrin; they are words to live by. I understand that nowadays those may be some hard lyrics to swallow. With the stock market hitting an all-time low and unemployment rates hitting an all-time high, I know that it is hard not to worry; about your future, your children's future, and the future of the economy. However, instead of focusing on not worrying, I encourage you to focus on being happy.

The Dictionary definition of happiness is: a state of mind or a feeling of being content, satisfaction, pleasure or joy. According to experts there are several ways you can achieve it, spiritually, psychologically, philosophically, and biologically, but none of them include physically. Why, because the physical, again is a temporary state –and today we are talking long-lasting and true happiness.

The first step to finding your happiness is defining what happiness is to you. Some people define happiness as wealth and riches, but hopefully if you didn't know before, you know now how easily things come and go. If this is the case for you I would ask you to reexamine your definition. When you are defining happiness, think of it in things that are intangible. For example, doing something for someone else, spending time with people who are close to you, smiling at or complimenting someone who is seemingly having a bad day, or praying, or a hug from your child.

Once you define what happiness is for, increase it. Spend more time with you family and friends. Take more time out of your day to get spiritually reconnected, help someone in need.

If you haven't figured it out by now, true happiness has little to do with self. Having a close relationship with someone or some being forms a support system and creates a sense of belonging. If you are involved in meaningful relationships you are more likely to take part in helping others and are more likely to seek help with your own issues. Think about all the people that you are close to in your life, and I'm sure you will realize the happiness you receive from having meaningful relationships with them.

Once you define what happiness means to you and then you learn how to increase it, the last step is the biggest and most important. Once you grasp true happiness, don't allow anyone or anything to change your disposition; things happen and people come go. So if there is someone or something trying to threaten that happiness, close your eyes, take a deep breath, and repeat to yourself the words of gospel-singer Shirley Caesar, "This joy I have, the world didn't give it and the world can't take it away."

Rashida McKenzie is an Inspirational Speaker, based in Maryland. To find out her latest tips for helping you transform your life and find your purpose go to www.rashidamckenzie.com.