

NEURO LINGUISTIC PROGRAMMING:

WEALTH AND HAPPINESS:

Many years ago, I worked through an Anthony Robbins book and created a 'vision' for my life. The vision included all sorts of wonderful things, including work I love, financial freedom, good health, loving relationships and the like. I was absolutely certain that if I could breathe life into my vision, I would be happy. In the process, I fell into a trap which it took me years to escape from.

I'll be happy when...

We live in a society which tells us that our happiness is dependent on events which are external & distant.

- ☉ I'll be happy when I get the new job
- ☉ I'll be happy when I find Mr. / Ms. Right
- ☉ I'll be happy when I lose the weight
- ☉ I'll be happy when my business is successful
- ☉ I'll be happy when I get that new car / watch / TV / sofa / whatever...
- ☉ I'll be happy when I'm rich

"If you are not happy while getting rich, chances are that you will not be happy when you do get rich."

Robert Kiyosaki

I call the "I'll be happy when..." habit "**Deferred Happiness**". And on one level, it makes sense. We have desires for a reason. Our desires are part of how we tell ourselves what to want. We don't all have the same desires - that's why different people want different things. However... **I won't be happy until...** When you say "I'll be happy when...", there is an implication which runs along the lines of "I won't be happy until...".

As human beings, we like what's familiar. If people get used to deferring happiness, they tend to do more of it. They get used to the feeling of "wanting". Then, one of three things happens:

- ☉ They "put off" getting what they want, so they can stay with the familiar feeling of not having it. This often takes the form of "*struggle*" or "*trying*", as in "*I've been trying to achieve this goal for years, but it's really a struggle.*"
- ☉ They get what they want, but after a short time they lose interest in it. This allows them to get the familiar feeling of "wanting" again (Eg. "*I thought that's what I wanted, but I guess this isn't it either.*")
- ☉ They get totally despondent and live life without ever experiencing the great feeling of achievement".

Be happy now - There is a simple (but not always easy) of escaping from the "Deferred Happiness" trap:

- ☉ Be happy now. Feel how you'll feel when you've got what you want. Someone once said to me "Just for today, make up your mind to be happy. Most people are as happy as they make up their minds to be." I told them that it's not as simple as that - that there are issues which need to be resolved first. Turns out they were right!
- ☉ Think of something that you want. If it's one of those things that you've been secretly saying "I just *know* I'll be happy when I get

that" then so much the better. While we all "know" that happiness doesn't come from external things, many of us (including yours truly) still sometimes act as though it does. That's OK. It's a compelling illusion, fed by modern marketing, the media & various other sources.

- ② Feel how you'll feel when you've got what you want. (Visualization)
See what you'll see, hear what you'll hear, & allow yourself now to experience the feelings you're going to feel when you've got what you want. The more you practice feeling what you'll feel when you've got what you want, the more easily you'll find yourself attracting what you want into your life.

My sincere wish for you is to know what you want and to be happy now!! Don't wait, don't delay, life is what happens when you plan it!!

Live life!!

For assistance with implementation of the above, please contact Lydia at lydia@tmsgauteng.co.za

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