



## **Finding Happiness**

### **Part 1**

### **Happiness and Work**

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### Introduction

For years the recipe for happiness has had a few benchmarks. One has been balancing the time spent at work with the time spent for recreation. Another has been achievement or acquiring the desired toys. I won't leave out finding the perfect love.

That was a time when there were plenty of jobs and people were over worked. There was ample money for vacations and the big struggle was to find the time to take one.

There was money for homes, vacations, education and retirement.

Now things have changed. Everything is upside down. Everything we lived for has been stressed. There is a shortage of jobs, income, money for education and even retirement. There is a surplus of stress, worry and boredom.

Business, the banks, the government, and the people were supposed to be in partnership, but now it's everyone for themselves. Business and banks have pulled into their shells, the government is trying to stimulate the economy and the people keep voting out governments.

## Chapter 1 The New Perspective

It isn't balancing our time or buying new toys that we need now for happiness, it is redefining our values.

Not long ago, we left the farms and traded self reliance for the city life, wages and dependence on bigger entities. We gave up our independence, self determination and connection to nature and became part of the food chain.

We may have thought we were independent, but current conditions show that was an illusion. We may have thought that serving the system was our ticket to happiness, but that ticket has been invalidated.



Business, banks, security firms, and now even governments have fallen prey to a tightly woven interconnected fabric that could not properly screen and control greed.

In order to have happiness, we have to see ourselves differently. We have to position ourselves differently. Man has always been a predator but now the majority has left itself defenseless as prey, while bigger forces feed on us.

Our eyes are still in the front of our heads like most predators, but we lost control of our lives.

We don't need to be predators in the sense that we have to kill to survive, but we have to declare our value and create a new sense of who we are. We have to envision our own worth, develop it, and manifest into our environment. We have to get back into the attack mode.

### Who Are Our Friends?

Corporations in the U.S are sitting on a trillion dollars of excess cash. They have it because they are not employing people. They don't want to spend it because they are worried about the future.

The government is thinking of stimulating the economy again because business and banks don't see it as their responsibility. What happened to the partnership? Who is really at the mercy of the system? It's us.

The entities we relied on see a brighter future without us.

Employers are using machines and software to replace employees. More jobs are designed to pay the minimum. The results in the work place are more boredom and more stress.

Seth Godin, deemed one the world's most popular bloggers and author of 14 books orients most of his work toward business. This is a recent post;

“In a world where labor does exactly what it's told to do, it will be devalued. Obedience is easily replaced, and thus one worker is as good as another. And devalued labor will be replaced by machines or cheaper alternatives. We say we want insightful and brilliant teachers, but then we insist they do their labor precisely according to a manual invented by a committee...

Companies that race to the bottom in terms of the skill or cost of their labor end up with nothing but low margins. The few companies that are able to race to the top, that can challenge workers to bring their whole selves--their human selves--to work, on the other hand, can earn stability and growth and margins. Improvisation still matters if you set out to solve interesting problems.

The future of labor isn't in less education, less OSHA and more power to the boss. The future of labor belongs to enlightened, passionate people on both sides of the plant, people who want to do work that matters.”

\*\*

If we want things to be different we need to redefine who we are and consider how we got into this predicament.

If we decide we are on earth to find challenge and excitement, then we want to do work that matters. We want to have lives that matter. We want to have work that is part of our lives not lives that are part our work.

We have to create our own new reality and our own happiness.

## Chapter 2      Defining Ourselves

The last several generations have experienced real evolution. They have moved from the farm to the cities during the industrial revolution, experienced the depression and two world wars.

They have seen the invention of the car and the airplane. But those were small time compared to what is happening now.

The economy has become global and started moving through stages faster. The rate of new information is increasing as well as the ways to find it. The book “The World is Flat” accurately stated that everyone in the world with a computer and an internet link can be a business entity.



The previous generations adopted values that have become just as outmoded as their economic models.

The values of these previous generations were based on finding good jobs, buying homes, raising families and setting up retirement. If you achieved these goals, you had to be happy.

The goal for children was to give them more opportunity than previous generations had experienced. Education was the best way to opportunity. These were good goals and they worked for a long time.

I was a child of these generations and have now raised children with the same ends in mind. This was a goal oriented motivation primed society. We did things because they were the ticket, not necessarily because we felt fulfilled or were happy in our pursuits.

Happiness was security. Happiness was being in your nest high above the forest floor where the bad things couldn't get you.

Self expression and self realization were not really part of the thought process. They in themselves were not priorities. Living a higher quality of

life was measured in materialism. Job satisfaction was really not as important as the rewards.

But the theory and the promise have broken.

What seemed like the right goals have collided with a new reality.

Everyone has suffered and has had to adjust. The middle generation finds they cannot retire or often live as they had planned. The newest generation finds that a college education rarely guarantees employment.

If ever we needed to redefine ourselves and our purpose, now is the time.

We need to be given free reign on exploring our talents and becoming powerful, creative, expressive human beings. We don't need to kill woolly mammoths, but we have to develop ourselves and go to battle in a world that once again says "we get to eat what we kill".

Only we can create the safety net of full employment. But we need a new attitude and different values to support this new paradigm. If we want to create safety, escape boredom and make life meaningful and happy, we have to redefine who we are and why we are here.

More than just a skill set, we need to develop personal leadership and be in command of our vessel. We need to find our inspiration and develop courage and discipline to take ourselves to both self sufficiency and total fulfillment.

### **Chapter 3        Recreating Ourselves**

There is a greater necessity to find out who we are and realize our unique capabilities, because there is no longer a high materialistic quality of life available for most of the jobs being created.

We have to create our own value.

What does the world need?

- Problem solvers.
- Multi-taskers
- Creative innovators
- People with great sensitivity to others;
- People that are flexible and adaptable;
- People with positive outlooks

The world needs people who are inspired and passionate. Out of inspiration and passion come people who blow through the confines of job definitions. The world needs people who can think outside the box.

The new worker needs more skills and knowledge of this work environment. They need to have personal skills, computer skills, and media skills.

Happiness will be defined in a new type of balance. People will show personal leadership demonstrated by their courage and discipline. They will contribute out of inspiration and self expression.



They will be valuable in the work place because they will be forward moving and forward thinkers.

**Included in their skills sets are the abilities to:**

- **Speak persuasively**
- **Socialize**
- **Write clearly**
- **Computer competent**
- **Internet Savy**
- **Organized**
- **High self esteem**
- **Spirited**
- **Inspired**

If you don't have a number of these skills then a machine, an outsourced provider or a minimum wage alternative may be taking the task.

These talents, skills, and characteristics are natural for people that are evolved. People that are evolved have a better sense of their connection, their purpose, and their potential.

These are people that can think outside the box.

The new era individual has to show personal leadership. The new person becomes valuable because they are self determined.

They have inspiration that is created through courage, discipline, faith, love, and commitment.

They lead themselves to new heights. Their values inspire people in their circle. Their commitments create real results.

The new person is a force. They have harnessed natural forces in their emotional drive to express who they are. They have a vision of the individual as being perfect in his existing form and having the entitlement to express who they are and be happy with his opportunity.

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