

# TALKING HEAD

**H**AVE you ever really taken the time to stop what you are doing and ask yourself one simple question: "Am I happy with my life and how I am living it?"

Often the answer is: "Not really. I'm bored of the same old routine. Nothing really excites me any more." Well, if your answer is something like that, then I'm here to tell you that you don't have to live your life feeling bored or unhappy. With a few simple steps, your life could excite and fulfill you no matter what you are doing.

Let's take, for example, someone who has been working in the same job for many years and feels totally bored. They spend each day watching the clock to see how much time is left before they can leave. They wait each week for Friday to arrive so they can begin to enjoy themselves, only to spend the weekend dreading Monday. What a way to live! Is that person really living their life? I think you know the answer to that one! That person is always living by the clock, constantly longing for the future and never really enjoying the 'now'.

The mistake most people make is that they are looking for something to fulfill them, to make them happy.

Even if they find something new that excites them, their pattern is to very quickly become bored with it. So how can they change this pattern?

Very simply. You can change your attitude to life and what it owes you by simply being willing to give of yourself, sharing your own skills and abilities in a way that is unique to you, not copying others, not trying to compete or be 'as good as' but by simply being you. I call it living from the heart!

Take again, for example, someone going into an office job every day and dealing

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who runs  
Empowering  
Workshops  
in Cork,  
asks: Are  
you really  
happy?*



**THINK POSITIVE: Adopting a positive attitude could be the key to a happier life for you.**

with colleagues and the public.

Imagine for a moment if, on waking one day, that person decided to live that day to the best of his/her ability, by being compassionate, non-judgmental, by using their skills and personality to make a difference to anyone with whom they came into contact that day.

That day, they would not just be a number in a large company, they would be a caring, compassionate and kind person, taking the time to listen, not afraid to be themselves.

They would not need a clock to tell them when it was time to leave as they would be happy to finish up any work they felt was important, because they felt they made a difference. Why? Because they were

giving of themselves not just wanting to take.

We all know someone like that. These are the people you could go to if you had a problem, the type of person you could trust to do a job to the very best of their ability. These are special people who are happy to give as well as to receive and who always seem content in their lives. People who don't bitch or gossip but are straight and honest about their feelings and take pride in their work and their appearance. To sum it all up — they care and they are not afraid to show it!

People like that receive the most fulfillment out of their everyday life, just because their attitude is different. Whether you are working in the home or outside of the home, whether you are retired or ill, there is always

an attitude of "how can I help," whether it is simply by listening or sharing your wisdom, skills and abilities.

So what do you need to tell yourself today to live your day to its fullest?

● Today, I will 'make a difference' to everyone I come in contact with by being more compassionate and non-judgmental.

● Today, I will use my skills, abilities and personality to create an enjoyable and productive day.

Now that's a day well lived and the result: If you cultivate and live this attitude on a daily basis, you will experience more happiness, excitement, fulfillment, creativity and success in your life

**Helping you make the change:**

A good tip to help you make the change is to write

# Change and be happy

down the above two points on a sheet of paper and read them every morning before you get up out of bed to remind you of this new way of thinking.

Also, write it on something that you will look at often during the day.

In the first week, write down your feelings at the end of each day, how did you feel living this new attitude and at the end of the week write down how people are reacting to you now, are their any changes that you notice?

Old patterns can take up to a month to change so you would need to continue reading your daily two points for at least a month.

Cultivating happiness can be like planting and tending a seed, it's worth it when it blooms. Remember, your life is worth it!