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You made it clear that you're unhappy

Most of us think at some point or another that we will be happy when we achieve a certain goal. After... College graduate would lose \$1 million marriage 40 pounds receiving a job... And so is it. To be clear, I have also been guilty of this. There have been plenty of times when I have assumed that satisfaction and success will come after I won a championship or after I made a successful business or after scoring XYZ goals. The community tells us that this is a good thing. We hear about athletes who are never satisfied until they have reached the top. We hear about entrepreneurs who worked like crazy to build a business that changes the world. The basic idea is that to be driven, you also have to be unhappy. Dissatisfied with second place. Dissatisfied with the average. Then you put the other side of the equation in hand: people who are happy with life as it is. They say you need to develop more not wanting skills. that you can be happy where you are now . That you are now perfect. The problem here's the problem: I like both. maybe you do the same . its gonna be fun . I don't want to delay happiness until I get to a turning point, but I'd also like to get better. I don't want to settle down less than I can in life, I want to be happy along the way and achieve my goals. For a long time, it bothered me that being happy (being satisfied) and being driven (to be unhappy) seemed at odds with each other. I don't have many of these yet, but the more I study people who have had a lot of success, the more I think it can be happy and driven. Driven and blessed let's start with being driven. If you want to maximize your potential, then you need to continue working to become better both before and after you achieve a given goal. Why would someone do that? For example, if your goal was to make a million dollars and succeed, why would you keep working hard after that? The answer is a little more complicated than you might think. The Law on Reducing Returns in the Economy is a fundamental principle known as the Law on Reducing Returns. Here's the short definition: As you get the most out of something, it becomes less valuable. It's not just economic theory, the same trend happens in real life. If you have zero money and make 10,000 dollars, then it's a big deal. But if you have already earned \$1 million, then making another \$10,000 doesn't seem as significant. Making every dollar at first means a lot, but it's less over time. If you never win a championship, then the first one would be incredible. But if you already have five championship rings, then adding a sixth is going to be as sweet as getting the first. Standing on top at first means a lot, but it's less over time. If you are setting up a company, then Your first customer is an incredible rush. But if you already have 100 paying customers, then adding one more doesn't provide the same excitement. Landing each customer at first means a lot, but less over time. In other words, the goals and results that seem very valuable to you at first actually become less valuable by reaching out to most of them. How to stay driven so, if the results mean less as you reach more of them, how do you stay driven? By loving the action of what you are doing. It's the only people who embrace their work as a craft and love the boredom of doing it day in and day out that are driven in the long run. Here are some examples... Richard Branson is currently a billionaire. He has already built hundreds of companies. hes still not doing it for the money . money made a lot of sense to him a long time ago . Nick Saban has already won four national championships (1 with LSO and 3 with Alabama). He earns more than \$5 million a year. He's the other one who doesn't coach football for money, he doesn't coach to get to the top he coaches because he likes the process (and he's talking about the process all the time). Jack Lallan was setting fitness records for +40 a year. He didn't work to lose a few pounds he exercised every day because he loved it. Summary: The only way to stay driven before and after reaching goals is to like practicing what you do. How to be happy guess what? This answer is now easy. If you like practicing what you do, if you like day work, then you can be happy before and after you reach your goals. When you learn to love the process of what you're doing and don't focus much on the goal, you automatically find happiness while staying driven. If you learn to like working practice, then you'll be happy right now and you'll see results later. If you learn to love the practice of marketing your business, then you will now be happy and you will see the results later. If you learn to love the practice of supporting your friends and family, then you'll be happy now and you'll see the results later. cheerful and driven . Just another reason why the system is better than the target. Thanks for reading. You can get more actionable ideas in my popular email newsletter. Every week, I share 3 short ideas from me, 2 quotes from others, and 1 question to think about. More than 1,0,000 people subscribe. Enter your email now and see us. It originally appeared on LinkedIn. Follow the author here. Your expectations, more than anything else in life, determine your reality. When it comes to achieving your goals, if you don't believe you're going to succeed, you won't. Research from LSU shows that people who believe in themselves use more metacognitive functions than those who do not. That means... They're them. More from your brain and more brain power to solve problems. Recognition is especially important for achievement because it ensures that you approach problems from many different angles and adapt your approach if needed. The tricky thing about your expectations is that they impact other people too. By the 1960s, Harvard research showed the strength of our beliefs in rocking other people's behavior. When teachers were told in the studies that some (randomly selected) children were smart, those kids performed better not only in the classroom, but also on standardized IQ tests. In fact, when we believe in them, we make the most of other people. Research shows that this happens because when we believe in someone, we treat them better than people we think will fail, we give them more opportunities to succeed than to give those we think will fail, give more accurate and useful feedback than others, and we do more teaching because we believe time has passed well. Letting your doubts cloud your belief in someone (or something) practically guarantees their failure. Medical professionals call this the nosbo effect. Patients with low expectations for medical procedures or treatments tend to have weaker outcomes than those expecting success, even given well-established treatments. If a doctor uses a treatment with a high rate of clinically verified success but presents it in a negative light, the likelihood of a negative outcome increases. Your expectations shape your reality. They can change your life emotionally and physically. You need extra accuracy about (and aware of) your expectations harboring as the wrong ones make life ed unquestionably difficult. Be particularly hestic of the expectations that follow—they cause people all sorts of troubles. Life should have fairWe all been told a million times (and most likely told to other people) that life is not fair, but despite what we know about injustice problems, it's a concept that doesn't quite sink in practice. A surprising number of us unconsciously expect life to be fair and we believe that every unfair we experience will be balanced in some way, even if we don't do anything about it. If you're stuck in that mindset, it's time to head over at Reid. When something unfair happens, don't rely on outside forces to get back on your feet. Sometimes there is no consolation bonus, and the sooner you expect, the sooner you can take actions that will actually make a difference. The opportunities to lapOne me are the most important things a person can do is stick their neck and look for a fall opportunity. Just because you deserve an increase, upgrade, or a company car, doesn't mean it's going to happen. You have to make it happen, you have to do the hard work, then go and get what's yours. We limit ourselves to what it has given us, to the mercy of other people. When you're acting, think, What steps should I take? What obstacles are on my way and what do I have to do to remove them? and What mistakes do I make that take me away from my goals to get towards them? When you think that everyone should love you, you end up hurt by emotions when you shouldn't (you can't win them all). When you assume that people like you, you take shortcuts; Instead of expecting people to like you, focus on gaining your trust and respect. People have to agree that one can be hard to agree with, surely, you know what you're talking about, and because of that, people should take you seriously, but they expect people to agree with you in good faith or because your ideas are so incredibly sound, it's another story. What's obvious to you may be so different to someone with different experiences and agendas, so stop being bullied when people disagree with you, and stop

assuming there's only one right answer (yours). Instead, focus on how you can find solutions that give everyone what they need. People know what I'm trying to say that people can't read your mind, and what you're trying to say is rarely something people can hear you can't expect people to understand you just because you're talking—you have to be clear. Whether you're asking someone to do something without providing context or explaining a complex concept behind a big project, it's easy to leave relevant information because you don't think it's necessary. Communication is nothing if it is not clear and your communication will not be clear until you take the time to understand the other person's perspective. I want to touch my failAs upon now, if you expect failure, you have a higher chance of creating the very result you stand concerned about. If you fail, accept that sometimes you fail and sometimes you succeed, but if you're following an effort, believe with all your seres that you succeed in that effort. Otherwise, you limit the chances of this happening. Everything will make me happy to make sure, things can make life more fun and comfortable in the short term, but they can't make you happy in the long run. Too many of us expect an upcoming event (I will be happy when I upgrade that) to make us happy, rather than looking deeper into the true causes of our grief. If you don't repair what's going on inside, no external events or items are going on It makes you happy, no matter how much you want. I can change him/herThere only one person in this world you can really change - yourself and even that takes a lot of effort. The only way people change is through desire and where to change themselves. However, it is tempting to try to change someone who doesn't want to change, as if their sheer will and tend to improve them (it's yours). You may even actively choose people with problems, think that you can fix them. Let go of this faulty wait. Build your life around real, positive, and avoid problematic people that will take you down. Bringing it all together is a belief that you'll succeed to really make it more likely that you will. It also means that you need to give up some of the wrong expectations that will only get in your way. Way.

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