

Underpinnings of Flourishing – Meaningful, Authentic Happiness

Ground-breaking research delved into human well-being to understand the range and dimensions of human goodness and how to improve the human experience. The Science of Flourishing tells us that well-being is often defined as being synonymous with positive mental health, a combination of feeling good and functioning well. The science refers to “enhancing well-being” as flourishing which shows us that we can learn how to be happy.

“Flourishing is like supercharging your well-being to achieve a state of happiness.”

Researchers are able to identify strategies (tools, practices, methodologies) which will help people attain a more gratifying happy life.

The science of flourishing stresses that you understand two things well before you implement any of the strategies:

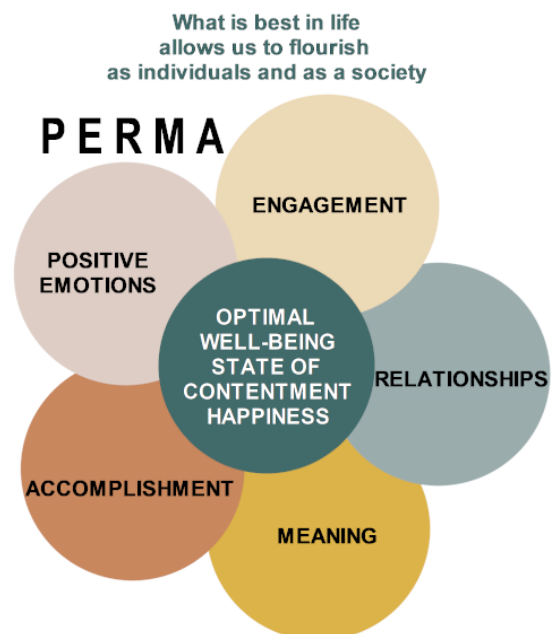
- A. Five key elements of happiness
- B: Your signature strengths, as these are defined by the science. **

In this article we will delve into PERMA the “Five Key Elements of Happiness.

Through the science of flourishing we learn that all human beings long for and instinctively desire five universal, timeless elements that are at the root of sincere happiness. They are the most gratifying and meaningful aspects of living and best for your well-being to flourish.

1. Most people desire positive emotion in their lives.
2. Most people want engagement with their loved ones, their job, and their leisure activities.
3. Most people want positive relationships.
4. Most people want lives infused with meaning.
5. Most people want accomplishment.

You might say happiness is like seed within you. For that seed to flourish you must cultivate these five elements of your well-being.



*** In another break through article we deliberated on twenty-four character strengths. These strengths are the positive human traits that are the essence of your character and at the heart of your everyday life. You possess all 24 character strengths in varying degrees. More importantly, you have a one-of-a-kind “character strengths profile” with four to six signature strengths that rank higher and matter most to your authenticity. If you have not already had an opportunity to study this article and determine your signature strength profile, we highly recommend that you do so because your happiness is bound up in both your character strengths and the Five Key Elements of Happiness that we cover here.*

Take a moment to think about each element that the Science of Flourishing tells us leads to optimal well-being, a state of contentment, and happiness.

1. Positive Emotions
2. Engagement
3. Relationships
4. Meaning
5. Accomplishment

Think about the extraordinary people you know and what they might tell you about how they find meaning in their life.

You might recognize that the value of each element is encapsulated in the clichéd tips that we heard from our grandparents and studied philosophers. You know the ones we ignored because they sounded so well-worn and corny. Yet, think about all the years of experience these influencers had before they offered sage advice about their pathway to happiness.

They asked themselves questions such as: If I can be a better version of myself, how do I want to be? What makes us strong and virtuous? What has made my life worth living?

“Happiness is not ready made. It comes from your own actions.” – Dalai Lama

“The true secret of happiness lies in the taking a genuine interest in all the details

of daily life.” – William Morris

“True happiness is not attained through self-gratification, but through fidelity to a worthy purpose.” – Helen Keller

“Happiness is a form of courage.” – Holbrook Jackson

“Happiness is a state of activity.” – Aristotle

“The foolish man seeks happiness in the distance, the wise grows it under his feet.” James Oppenheim

“If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes.”
– Andrew Carnegie

I have only two kinds of days: happy and hysterically happy.” – Allen J. Lefferdink

“The happiness of your life depends upon the quality of your thoughts.” – Marcus Aurelius

We do not
live in a vacuum!

What if well-being
increased our enacting of
moral traits and our wish to
become a virtuous person?

What if happiness made us more
mindful and morally more engaged?

What if happiness comes
from more generosity?

What if well-being & happiness
was the result of
living well
with others.

POSITIVE EMOTION

Positive emotions are an integral part of our well-being. Happy people look back on the past with gladness; look into the future with hope; they enjoy and cherish the present.

The choices you make, the actions you take, and the perceptions you have are all influenced by the emotions you are experiencing at any given moment. The emotions at the core of human experience are: joy, sadness, disgust, fear, surprise, anger, amusement, contempt, embarrassment, excitement, guilt, pride in achievement, relief, satisfaction, and shame. You experience these emotions along a gradient of low to high intensity. Also these emotions can be combined to form different deeply inter-related feelings, positive and negative, which you can also sense at different intensity.



While negative emotions can trigger strong responses to difficult events, ultimately having more frequent positive emotions has a stronger impact on your actions than the negative ones.

Positive emotions help us broaden our outlook on the world. They blend into optimism and eagerness to help us feel energized. Our emotions help us take action, find our purpose, help us care about others, build relationships and feel connected. These are but some of the basic reasons people desire positive emotion in their lives.

Positive emotions trigger similar emotions in other people. Think of how elevated you feel when you watch someone engage in an act of kindness or generosity. You recognize their inner goodness which can inspire you to similar action. Think of the satisfaction you feel from helping others or the positive vibes you get from liking a person for the pleasure of his or her company? What about the intensity of your readiness or excitement for something. These are just some of the positive emotions that elevate you and reinforce one another to enhance your overall well-being and add to your level of contentment.

Change Your View of Pain and Suffering

You can change your view of pain and suffering to adopt more positive perspective. There is no event or situation we cannot handle as long as we learn not to react by continuous suffering through toxic inner commentary. We refer to the pain of change or hardship such as the betrayal of a friend, the loss of a job, or the death of a loved one. We all experience hardship. Those experiences can be challenging and difficult for sure. But, they are manageable. Let us examine a painful experience to differentiate pain from suffering.

What does pain from hardship look like? Pain from a change or hardship is an intense physical or emotional sensation that we feel immediately at the time the hardship is revealed. Later it passes. In the midst of this hardship you can have thoughts come and go: "This is unbearable. This is killing me. I can't stand it any longer. How long will this go on?" These are anticipatory thoughts about your future. These thoughts are normal, but none of them is "the pain". The way you see the pain and how you react to it will determine the degree of suffering you will experience.

What does suffering look like? When you experience the hardship, you can allow an inner dialogue to take over: "This is terrible. This hurts. Is this going to last forever? Why me? Oh no, oh no, oh no!" Suffering is this mental story that plays over and over and over in your mind. When you stop the negative story you can stop the suffering.

Think about the people you know or have heard about who were dying of cancer or survived a painful accident to end up bound to a wheel chair or were traumatized by a life-altering event and are completely happy. Instead of dwelling in the "story of suffering" they did not allow events to keep them from loving life or having a deep belief that life is meaningful!

You do not need to experience positive emotions all day everyday to reap their benefits. Fleeting moments of positive emotions can be the ones that make hard work and struggling in life worthwhile. Just a few here and there can put you in a magical state of mind where little things feed your well-being and happiness.

6 Ways to Nourish Positive Emotions and Adopt a More Positive Perspective

1. Become more self-reflective. Ask yourself thought-provoking questions to figure out your perspective on life and how you might challenge your assumptions about yourself and others to improve yourself and your relationships. Refer to our list of thought-provoking questions.
2. Share an example of something good that happened to you today. Identify the character strengths that you used that contributed to the good feelings.



3. Three good things. Every evening, write down 'three good things' that happen during that day.
4. Make a day beautiful. Design a day that you will spend in a very pleasant way.
5. Share your positivity through your actions by making time to demonstrate kindness, compassion, gratitude or encouragement to others. People can become so busy focusing on the negative events in their life they fail to notice the negative events going on in the lives of others. Be a guardian angel by helping others in positive ways.

6. Frame your perspective with positivity more frequently. When you feel poorly or things are tough, monitor your thoughts and inner dialogue to eliminate negative self-talk. Offset negative emotions by focusing on what matters to you, what you are grateful for, and what you can control. Difficult does not mean impossible. Negative emotions are also a normal part of life and they do not necessarily cause your demise. You can learn from any situation, and you can always find something to be grateful for. It is important to acknowledge your negative emotions or that negative things occurred, but it is equally critical that you not dwell on them or chastise yourself for feeling them.

Remember to Adopt a Positive Perspective as Often as you Can

ENGAGEMENT

When we focus on doing the things we truly enjoy and care about, we can begin to engage completely with the present moment and enter the state of being, known as flow.

Experiences and activities that meet your need for engagement flood your body with positive neurotransmitters and hormones that elevate your sense of well-being. You find calm and joy, even while exerting intense energy. We all find enjoyment in different things: playing a sport, dancing, a hobby, playing an instrument, playing games with family, working on an interesting project. When you use your signature strengths to accomplish something or meet a challenge, you feel “authentically happy” and gratified. You become so immersed in the person, subject or activity, so fully involved the progress of the experience or task, time flies by. It flows so seamlessly, you did not realize how your energized concentration stretched your intelligence, skills, and emotional capabilities to the maximum.



Engagement occurs when you experience using your character strengths every day. Positive engagement merges action, awareness and enjoyment. You have a sense of confidence and personal control over the situation or activity. There is immediate feedback because you are strategically aware of the progress of the activity and feel the potential to succeed. Yet, strangely, during the activity, you do not realize how much you enjoy it. It is when you reflect on the experience that you do. You may feel tired or drained, but you will be flourishing and happy. Most people want engagement with their loved ones, their job, and their hobbies or leisure activities.

Psychologists call it “finding flow”. Athletes call it “being in the zone”. Musicians are in “a state of flow”. Gardeners are “in tune with nature”. Software programmers are “wired in”. Stock market traders are “in the pipe”. Pokers players “play the A-game”. Artists call it “the muse”. What they have in common is two-fold. First they know what needs to be done and how well they are doing. Second, whether they reach their goal or not, is not important – whatever produces that flow, the “high” of the experience, becomes its own reward. They derive happiness from personal growth to do it again and again.

There is a difference between positive engagement where you use your signature traits and negative hyper-focus, where you spend so much time on an activity it has a potentially negative effect. Two examples of hyper-focus can occur when a person plays video games or binge watches television shows and gets side-tracked to the detriment of other important aspects of their well-being. In negative hyper-focus you do not necessarily use your character strengths.

4 Ways to Nourish Engagement

1. Make a list of all the things that you like about yourself. Start with your signature strengths. Include other personality traits – your sense of humor, your commitment to family, your athletic or artistic talents. Add to the list all the things that you have accomplished in life. Be generous. No accomplishment is too small. Courses you have taken, graduating from college, volunteer activities, raising children, helping your neighbour. Do not forget your community, work or family projects you organized or helped to complete (no matter how involved you were): family reunion, birthday or Christmas dinners, fundraisers, support groups, talent shows, company trips or celebrations. Add to the list over the next few days as you recall your wonderful qualities or accomplishments over the years. A pattern of engagement will emerge.
2. Create a list of all the situations that have fully kept you fascinated or captivated. They could be things you like doing such as reading, a hobby, creating puzzles, or taking self-improvement courses. They could be things you have done that were so enthralling you wanted to keep talking about it with family or friends to share your excitement or discovery or accomplishment. For each situation, determine which of your signature strength you displayed. Note any secondary strengths that recur. All these strengths are expressions of the real you and provide a good indication of how you can utilize your strengths in different situations.
3. Engage in a household chore or a work project by thinking of 3 novel things about the activity while you do it. Use your senses and mindful awareness to experience the task in this new way.
4. Do not show up at work to kill time. Find at least one thing that you can totally absorb you. Make a list of goal-based activities that you really love in your job. Try to incorporate an element of such an activity into each day. Forget about your nagging “to do list” and concentrate on the activity.
 - When you can, choose a time of day where you are at peak performance.
 - Eliminate distractions: close your browser, put your phone on silent (hide it even), have water for hydration or a snack handy if you think you'll need one.
 - Create a ritual to signal your brain you are ready to focus on what you are doing: short walk, meditation, cup of tea.

RELATIONSHIPS

Everyone needs someone. We enhance our well-being and share it with others by building strong relationships with the people around us - family, friends, coworkers, neighbours.

If you are like most of us you want to feel deeply connected to other people, fully seen, understood, and appreciated by them, and above all you want to feel secure in those relationships. One of the most profound experiences you can have in your life is the connection you have with other human beings.

The Harvard Study of Adult Development has researched happiness for more than 80 years. Their studies show that initially people tend to assume that wealth and fame are keys to happiness. However, what has been repeatedly shown to be true is that those who actually fared best were “people who leaned into relationships with family, friends and community.” Their social networks helped shaped their personal and professional lives. Even when their social relationships changed due to retirement, moving or the death of a loved one, they nurtured new relationships.



The leading predictor of happiness is what social scientists call pro-social behavior – how people interact with other people. By nature, we are hard-wired to bond and depend on other humans. We thrive on human connections with parents, siblings, peers, friends, boss, and coworkers. Your positive relationships that promote love, intimacy, and a strong emotional and physical interaction help you to be more authentic and emotionally rich because you trust the community of humans around you to be supportive. Oppositely, when you are isolated chances are your pain centres become more active. Strong relationships, belonging to a group (no matter how small) helps you feel safe and valued. They also provide support in difficult times that require you to be resilient. It is within these positive relationships that you have the best opportunities to enrich your life, boost your well-being and increase your level of happiness.

6 Ways to Nourish Positive Relationships

1. Surround yourself with people who care for you and you care for. You may wonder — who has the time to do all that? The thing is you do not need a huge network to enjoy connection and support. The key is nurturing positive relationships built on mutual trust with compassionate people you can count on when the going gets tough. They listen, accept your vulnerability, and respect your boundaries.
2. Find resilient role models. Is there a friend, relative, colleague, or mentor who you feel has the kind of emotional intelligence and satisfaction you'd like to achieve? Adopt that person as a role model! Look to their examples of good emotional resilience and learn how they do things.
3. Take small actions to create more positive connections with others at the office, in the shops, on the train or in your neighbourhood. Take an interest in others during conversation. Make an effort to learn more about your coworkers or people you know on a more casual basis. Showing an interest in the lives of others through conversation helps to build rapport and develop friendships. These tiny moments of friendliness and co-operation aren't trivial and meaningless; they are the vital lifeblood of a good society.
4. Name one example of how your significant other or a friend has used each of their top 3 strengths in an admirable way. Share this with him or her and explain why this is important to you.
5. Give the gift of your presence. A busy schedule can get in the way of maintaining friendships or developing new relationships. Keep connections active by carving out time in your week to focus on your family and friends and find different ways to connect with them. The first step to feeling more loved is creating close relationships and that starts with honest, meaningful, reciprocal conversation. Not social media posts and forwarding repetitive emails, but the gift of your presence, in person or at least hearing your voice. Your presence includes listening, too.
6. Commit to meeting new people. Try joining a class or group that meets regularly, spending time with people who have similar interests is a great opportunity to develop new friendships.

Focus on Family and Friends

Find Ways to Connect

MEANING

We are at our best when we dedicate time to something greater than ourselves. This might be community work, family, a charity, religious faith, politics, a professional or creative goal.

Living a life of meaning is another of the key elements of flourishing and essential to your well-being. But, what does this mean?

Think about what you spend a lot of time doing. Ask yourself, what does that activity provide toward my fulfillment? Some people call it purpose. Martin Seligman defines the meaningful life as knowing what your highest strengths are and “using your signature strengths and virtues in the service of something much larger than you are.” That is why people ask, “Why are we on this earth? What drives us toward fulfillment?”

Still, many people wake up and ask the wrong questions: What will I accomplish today? What will the day bring for me? While there is nothing at all wrong with asking, these type of question is created by ego that is based in a demanding or competitive environment. The ego will seek immediate pleasures or a win at all costs. When you answer to ego, you deny the authentic side of your nature that demands something better from you. Deep inside, the authentic you wants to recognize and feel your actions are valuable and worthwhile, and that you belong to and are working towards something which is greater than yourself. Rather than deny your authentic self, what if you instead asked, “How might I use my unique talents to create joy for others, not myself?”

Some people feel hesitant about pursuing their life purpose because they worry they cannot achieve something commendable like feeding the hungry of the world or researching a disease. They worry that a lofty purpose sounds self-serving. However, living a life of meaning does not need to be an earth-shattering cause. It is about recognizing your own gifts and using them to contribute something personally meaningful to the world around you. You can find meaning in raising children, playing music for others to enjoy, helping a friend solve a problem, teaching children to read, volunteering to coach in minor sports, working for a good company, or simply bringing more joy into the lives of those around you. Living a life of meaning can be about helping your co-workers without seeking anything in return or your devotion to your faith or aligning with an ideology – whatever, has the potential to change the lives of other people, even in small ways.

It is difficult to make good choices for your overall well-being if you do not know yourself intimately. That makes it very difficult to know, let alone pursue a meaningful life. You can end up prioritizing friends, a job or activities that are not aligned with your true self. You can end up not speaking your truth.

Let’s explore that thought. People share a lot online, in their creative work, jobs and even in relationships, but so often they censor themselves by not saying what they really mean. When you read something that is deeply honest or watch performers who expose their vulnerabilities, are you moved? Can you tell when someone is giving you full attention? Do these experiences inspire you?

Despite your ability to witness such passion or purpose, do you edit yourself for the listener or viewer rather than exposing yourself from a deep true place? It is not easy to looking inward. But, it is a skill that can be honed. We will delve into self-awareness in the next section.

A life of meaning often grows from connection to others. If you believe you lack meaning in your life it could be a symptom of isolation. Once you identify what is meaningful in your life you are bound to find others who think it matters too.



Pursue Your Idea of a Meaningful Life

Here is an important question relating to authentic expression or meaning in your life.

Can you define your personal values? Your personal values are your moral compass, the central part of who you are, and who you want to be. Your personal values guide your motivations, your behaviors, actions, reactions, the choices you make, or the order in which you do things. Your personal values exist whether you recognize them or not, or can identify your values by a specific name. Your values have to make sense to you, help you feel fulfilled, not make other people happy. [Learn More](#)

To help you to generate ideas of your personal values and purpose as yourself:

- What is important in my life?
- When I read a news story, what kind of story or behavior tends to inspire me?
- What type of news story or behavior makes me angry?
- What do I want to change about the world?
- What do I want to change about myself?
- What things have I done that made me proud?
- How do I want to be remembered?
- What am thinking or I doing when I feel most alive or satisfied?

Once you determine what gives you purpose, you do not need to completely change your life. Bit by bit, you can reshape things in your life and seek out experiences so you can start living your purpose more fully each day. Pay attention to how you are feeling, how it shapes your mindset and the attitude you have toward others as well as the events you experience.

Naturally, the more you do toward your greater purpose the more it will parlay into a fulfilling happy life. That in turn will automatically translate into serving others in the most real and powerful way.

Do not be surprised if your life of meaning changes over time, as you settle into different responsibilities of adulthood or shift into retirement. You will always have something to look forward to and thrive through something that matters in your life.

Here is another view of greater purpose:

The World Happiness Report: “For society as a whole”, the World Happiness Report 2013, a major global study, found that, “two of the strongest explanatory factors for national wellbeing are levels of social support and generosity. Our success as a society directly depends on the extent to which we see each other as a source of support rather than a source of threat.” We live in a complex and interconnected world. We should not ignore the huge possibility that our happiness is part of something much bigger, such as the importance of connecting with and caring about the people we do not know and may never meet. This matters for sustainability of our resources, for solving the major challenges we face as a creature on this earth, and how we measure progress. Instead of growth at all costs, we should consider a more holistic view of well-being as the ultimate goal, taking future generations into account too.”

There is a deeper message, too, that relates to the way that we each behave as individuals as well as how we treat others in our communities and working lives. Tiny moments of friendliness and co-operation are not trivial and meaningless; they are the vital lifeblood of a good society. Understanding the elements of flourishing and the factors that influence this state helps us to work together to improve the quality of our lives, as individuals and as communities. Humanity’s wellness depends on connection, taking notice of what it needs to thrive, lifelong learning, and giving the people around us our time, words, and presence.

8 Ways to Nourish Meaning in Your Life

1. Expose yourself to a broad range of meaningful experiences. It improves your well-being while give you new directions to explore. Volunteering expands your experience and helps others. It brings you into contact with people who have similar values and may inspire you to explore opportunities you had not considered before.
2. Use your magic wand. Think about the world around you — your home, community, the world at large—and visualize what you would change if you had a magic wand and could change anything. Then ask yourself, why you chose what you did and consider concrete steps you might take to move the world a little closer to that ideal.

3. Define your “Authentic Self” in one sentence. If you need to investigate the answer:
 - Make a list of the things that provoke a strong response from you. Honesty? Unfairness? What fires your passion? Your answers are indicators of what living a meaningful life is for you.
 - Spend time reflecting on previous positive memorable experiences and what was meaningful in them.
 - Recognize your strengths. What do they reveal about you?
 - Seek an outsider’s opinion by contacting people who know you—teachers, friends, family, colleagues, and mentors—and ask them what you’re good at, and how you might utilize your strengths to make life more enjoyable for someone else or make your mark on the world.
4. Go out of your way to thank someone. At the start of every day, make a phone call, write a note, send a short email or text praising someone you know. Recognizing the meaningful things others do makes us feel good. In our daily routine we encounter many people who purposely support our lives: the postman who brings the mail, rain or shine, the crossing guards who keep our children safe, firefighters and police who protect our community, the waitress or barista, who always greets you with a smile.
5. Align one of your signature strengths with your top 3 work tasks (e.g., running a meeting, filing papers, emailing a customer) to make the task more meaningful.
6. Express one truth daily. Every day write and share something that is true for you at that moment in time. This is for you and you should not be concerned over the perspective or response of others.
7. Take one positive experience from the past 24 hours and spend two minutes writing down (not just thinking) every detail about that experience. You do this to imprint it on your brain as a meaningful experience.
8. Have a brave conversation. You may encounter difficult situations where speaking your truth can be tough because, like many of us, you may fear you will hurt someone’s feelings or maybe you worry over the consequences. However, when something bothers you or you witness an injustice or see another person hurting, you should find the courage to approach the subject and say what is true for you.

The key is to give some thought to choosing words and a tone of voice that are kind, respectful and calm. You do not want to speak from strong emotion. Maintaining your composure will help keep the person listening to you. If it doesn’t go well for some reason, know that you maintained your integrity and honored yourself by speaking your truth.

ACCOMPLISHMENT

Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives with a sense of accomplishment: 'I did it, and I did it well'.

Having accomplishments in life is important to your well-being. You probably already recognize that fulfillment does not come from you doing easy work. It comes in the afterglow of satisfaction you feel after achieving a tough goal. You know the sense of satisfaction you get when you put in effort, do the kind of work that demands your best, contributes value, and makes a difference. The ability to persevere over months or years to reach a goal adds to your sense of accomplishment and fulfillment, and is something that you can savour and recall for motivation when facing a new challenge.

Not all accomplishments are created equal. When you aim to accomplish something because you “have to” or feel that you “should” the pursuit of the goal is usually less gratifying or meaningful. The “get ahead or lose out” ethos fails to promote the better side of your nature. Science shows that accomplishments toward fame, fortune, winning, and success can actually detract from your well-being due to the psychological pressures. On the other hand, the intrinsic goals, relating to relationships, leaving a legacy, personal growth, along with developing social and emotional skills does not just enhance well-being, it boosts performance.



WELL DONE

In an earlier exercise under “Engagement” you were asked to make a list of all you have accomplished in life, large and small. Go through your list again and single out the five most memorable or gratifying ones that have intrinsic value. In all likelihood the tough ones are more memorable and gratifying.

Those accomplishments were all milestones or high points in your life. Grab hold of those moments, see them, feel them and appreciate them, like you would a treasured keepsake. Savour them. You will feel good without having done a thing, based purely on invoking a memory of that past accomplishment. This type of recall is good for flourishing just as the accomplishment itself contributed significantly to your

overall well-being at the time. It is like a gift that keeps on giving. Achievement lasts forever and cannot be taken away – even in death.

The words “accomplishment” and “achievement” are often retrospective, as people look back at their lives to acknowledge something already completed. However, just because you’ve reached those milestones you should not simply glide along in the afterglow of contentment or stop reaching for new high points. The truth is we all need more of those types of intrinsic personally meaningful goals and achievement experiences to continue flourishing.

5 Ways to Nourish your Need for Accomplishment and Spin More Positivity

1. Reflect on your accomplishments often. Reflecting builds positivity, it strengthens your resilience and it reminds you of what you are good at. Reflecting spins off into a cycle of positivity. Your achievements are worthy of daily celebration for your own wellbeing as well as for those around you.
2. Set a goal of one thing you would like to accomplish. Build hope by thinking of at least 3 ways you can achieve your goal and at least 3 positive thoughts you can use to motivate yourself to stay focused on the goal.
3. Set aside time to review your goals. It does not matter whether you wrote them down or you have an internal sense of what they are. Ask yourself:
 - a. Are they authentic? Are you pursuing goals that are aligned to your life values? If you do not know what your core values are then how will you be able to set and strive for authentic goals! Learn more about core values.
 - b. What is your motivation? What does it mean to you personally? Is it a goal that is a gift to you?
4. Make a list of two to three things that scare you. Be sure to stretch yourself. Choose a week to take action on one of your fears. Make a pact with yourself that you will eyeball your fear and act.

You have no fears? Let’s look at some instances of fear that many people do not consider as such. The first is fear of appearing selfish. How many times have you decided to sacrifice your needs because you did not want to appear selfish? There is the fear of being decisive or the fear of “saying no”. How often do you do things you do not want to do? Then there is the “fear of not being perfect”. How many times in your life did you avoid participating in an activity because you might feel embarrassed, vulnerable, or look awkward? People fear conflict. They fear what others will think, so they refrain from asking questions, voicing opinions, or suggesting great ideas. People fear being underappreciated or someone else taking credit for their ideas.

5. Trying something, anything apart from what you already know how to do. It can be a small goal or stepping stone toward a bigger personal goal.

Savour your Accomplishments and Bolster your Well-Being with Further Achievement

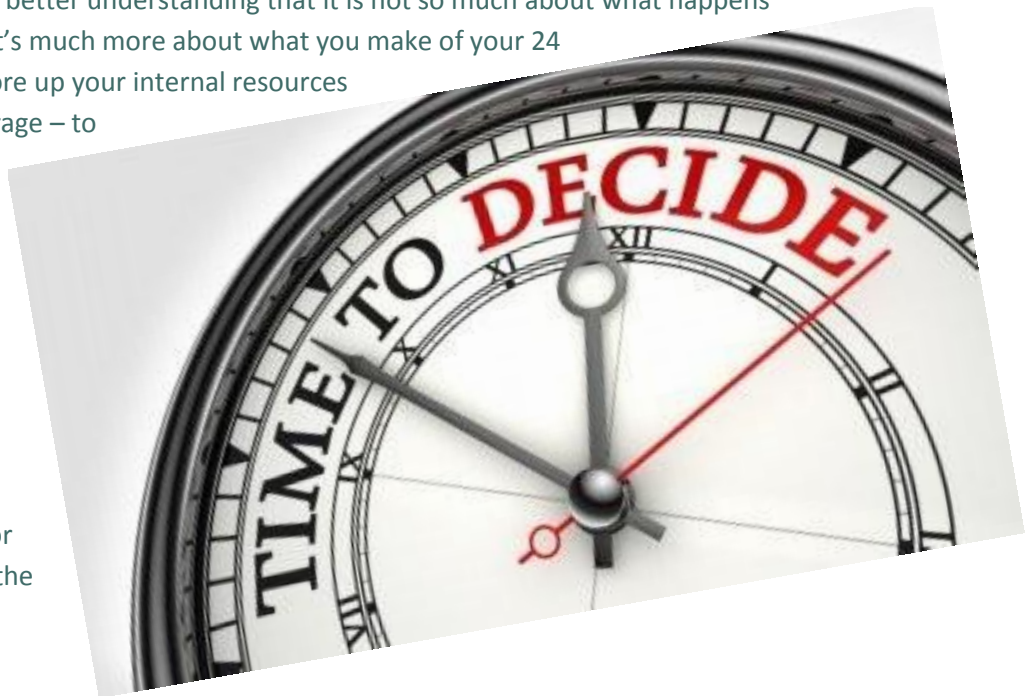
Unwrap Your Happiness to Bring out the Best in You

Your happiness is bound up in two things:

1. The five elements to well-being which we have just covered in this article.
2. Your character strengths which is detailed in another article.

To amp up your happiness you **MUST** devote energy to doing both.

We hope you now have a better understanding that it is not so much about what happens that leads to flourishing, it's much more about what you make of your 24 character strengths to shore up your internal resources – approach, attitude, courage – to have them help you boost the five elements of flourishing. Unwrap and enhance all 24 character strengths to bring out the best in you. Apply your signature strengths daily. Once developed your character strengths will serve you for your lifetime in elevating the elements of flourishing.



Inspired and Committed, We Celebrate Your Journey

At Corro, we believe in the power of people. We are inspired to expand humanity's capacity for wisdom, compassion, and courage.

In our commitment to helping you achieve long-term personal development and use your organizational platform for positive impact, we celebrate the journey of lifelong learning while fostering an all-inclusive community driven environment of meaning, personal connection, and fun.

Corro is not just a Work Space – Our Aim is Helping the Community Thrive through People Success