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## Conversations with self-21

# Choose to be Happy

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*Happiness is all about looking at life's positives*

Being happy is our birthright. We were born to be happy.

Place a three or four-year-old in front of a mirror. She will admire herself, frolic and dance. It's because she is happy with what's reflected.

But, as she grows up, she averts her gaze from the mirror. She does not want to see herself; it's because she is not happy with her reflection.

When and how did she lose this quality? How she lost it can be debated. That she can recover her happy state is a strong possibility. For this she needs to:

1. Reframe her mind.
2. Appreciate the positives in her.
3. Have conviction that her actions matter.

Reframing happens when we choose to look at what is working in our life rather than what is not. Appreciating the positives happens when I see the best in me. Conviction that my actions matter happens when I have confidence in my abilities to bring about the motivation, the mental resources and plan of action to accomplish something.

Reality is a product of human imagination. When I look at possibilities, I focus on what is working for me already, and not on what is not. "Happiness," as John Powell, a Franciscan priest, says, "is an inside job."

Happiness is not about seeing the world through coloured glasses. It does not mean I ignore negative aspects.

Happiness happens when I reframe a situation to see what is positive, when my dreams are high but not ungrounded and when I do not create solutions through 'pie in the sky' ideas but by seeing 'the oak, not a tropical mango in the acorn.'

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