

Do you want to WIN? or be HAPPY?

As you know, we make many choices everyday. These choices do effect our lives whether we realize it or not. A lot of the choices we make go along the thoughts we have of reaching a goal or making our lives better.

Have you ever stopped and asked yourself, “Do I want to Win? Or do I want to be Happy?”

There is nothing wrong with “winning.” Some of us cannot accept anything else but winning. Some of us really want to “win” just once. Some of us “win” at everything we do or try.

Do you ever stop to think, “is winning making me happy?” If you won this one that means someone else lost. Do you ever think about the person that lost? Do you just chalk them up to being losers and they will always be losers? Do you continue to keep winning over the same people? Is “winning” really all there is to achieve?

If “winning” comes that easily to you, do you ever give thanks that you were able to “win” this one? Or do you bathe yourself in the thought that I always “win” at everything I do and that will never change?

Do you ever think, “Am I happy?” Happy is very different than winning. You may be the star player on a sports team. You like winning, but you hate the sport, you dislike your teammates, you cringe when you have to stop what you're doing to go to practice or a game. While you are a naturally great player at the sport, you are not happy doing it. Perhaps you would rather be reading adventure stories, playing chess, or going to the movies with friends instead of going and playing the sport.

If you choose to be “happy” you feel so much better doing whatever it is that you want to do. Talking with a group of friends about all the events happening in your lives may make you feel connected and a part of something. You may even make a comment that one of your friends really hears and realizes that is an idea or the missing link (s)he can use to solve

their problem or help them move a project forward.

Being “happy” is a choice we make. It takes some thoughtful reflection on what we really want, and how we can make it happen. Once we choose to be happy, we continue on finding more things that truly make us “happy.”

“Winning” may feel good, but “Being Happy” is winning.