

# ARE YOU MAKING YOURSELF HAPPY,

## REALLY?

*By Piercarla Garusi, Life Coach & NLP Practitioner*

*Just a few thoughts on what has been the topic of much discussion recently,  
**Happiness...***

**We all desire and want to be happy. And we do many things to FEEL HAPPY...**

We buy many things: make up, clothes, food, cars, houses...

We do many things: go on holidays, go out to restaurants, clubs, pubs, theatres...

We maybe think we need to be in that relationship, or any relationship, to be happy...

We maybe think we need to have that job to be happy...

We maybe think we need to live in that house to be happy...

We maybe think we need to have those friends to be happy...

We maybe think we need to have that body to be happy...

## *But, are You Happy?*

We are very lucky that we live in this era where we can make so many choices, and we are always choosing, whether consciously or unconsciously. Even if we don't decide, we are choosing not to do it, so we are always making a choice. But:

[Are You Making Conscious, Responsible Choices For Yourself?](#)

[And Are You Making the Right Choices to Make You Happy?](#)

We are all different individuals, so for each one of us happiness is different; it has a different meaning and different things will make us happy.

So, are you choosing what is *right* for *you* to be happy, or are you following the trends of the society?

I have worked with clients who came to coaching as they arrived at some point in their lives, hit some pain and realized that what they had followed as happiness was simply an illusion. One said, 'I have followed the trends in society for my entire life and I have lost myself,' and another said, 'what I thought was bringing me happiness has instead created a hole within me, and I feel I have wasted my life'.

### **So, what, and how, are you choosing?**

You need to know what makes you happy in order to be able to make yourself happy. If you copy what makes somebody else happy, does that mean you are going to be happy yourself? Well, maybe, but maybe not.

You need to know what makes just you happy, so that you can create your life in order to be happy.

And in order to find out what makes you happy, you need to know yourself, you need to know what your values and codes of conduct are, and you need to be true to yourself and to your values. If you are not true to your values or yourself you will create a growing disharmony within.

But having said that we are all different, there are also some things we all have in common. We have some common needs that must be fulfilled in order to be happy. We all, maybe in different measures, need:

### **Connection/Love**

### **Fulfilment**

### **Meaning/Purpose**

### **Spirituality**

### **How about you...**

Do *you* maybe need to feel connected to other people?

Do *you* need to be loved, appreciated and accepted, so you look for friends?

Do *you* maybe need to love and be loved, so you look for that special someone?

Do *you* maybe desire that your special someone loves just *you*, that *you* are special for him/her?

Do *you* maybe desire a fulfilling relationship?

Do *you* maybe want to feel good and comfortable with yourself?

Do *you* maybe look for lasting and deep fulfilment in your life?

Do *you* maybe look for meaningful experiences?

Do *you* maybe desire to be remembered?

Do *you* maybe wish to know you are not here by chance, that you are here on this planet for a reason, that you are important and that your life is important?

Do *you* maybe desire to be connected with Someone Higher to give you support, presence, encouragement and unconditional love?

**Do You recognize some of these needs/desires for yourself?**

And in order to experience these needs/desires, we need some values: Authenticity, Loyalty, Trust, Truthfulness, Respect, Honesty, and Integrity.

Because if we want to feel connection and love, we need to give and feel respect; we need to feel we can trust and are trusted, so we need to be honest; we need to feel loyalty, so we need to have integrity.

If we desire to feel fulfilment we crave for authentic and true relationships, with a deep meaning, where trust, loyalty, honesty, integrity, and respect are all values that are present.

And all these 'added' values also help us connect with who we truly are, our souls, and find a meaning to our lives.

**Are you following? Great!**

So, in order to be happy, you need first to know yourself, your values and code of conduct. In order to have your needs of Connection/Love, Fulfilment, Meaning/Purpose and Spirituality met you need to have among your values Authenticity, Loyalty, Trust, Truthfulness, Respect, Honesty, and Integrity. Then you need to create your life from your heart, from what makes you truly happy, being true to yourself and your values.

Now, I would like you to take a close look at *your* Life:

- How is your life?
- Are you making yourself happy, truly?
- Are you connected with who you truly are?
- Do you know what your values are?
- Do you have among them the ones that would enable you to fill your needs of connection/love, fulfilment, meaning/purpose and spirituality?
- Are you true to yourself and your values?
- Are you creating your life from your heart?

**If not, start doing it NOW!**

**You deserve to be truly happy and you will make your life so much richer and more fulfilled.**

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Piercarla Garusi is a Life Coach and NLP Practitioner, Director of PG Coaching Ltd. She is passionate about helping people unleash their power, overcome depression, anxiety, social anxiety, fear, anger, traumas, emotional abuse and just be well and feel good. She is also passionate about helping people connect with their souls and be the extraordinary person they truly are, develop their spirituality and create a life that makes them truly happy. For more information please visit: [www.pgcoaching.co.uk](http://www.pgcoaching.co.uk), [info@pgcoaching.co.uk](mailto:info@pgcoaching.co.uk).