

Are You Living on Your Happiness Island? #shorts #happinesstips #happiness

You remind yourself what you're optimizing your entire life for and you don't have to have the best answer It might just be happiness it might be family it might be love it might be tons of money No wrong answers That's number one And then what you want to do is reverse engineer out of your life Everything that doesn't contribute to that primary life objective or purpose Identify four buckets Happiness is success is happiness deserts success deserts happiness is those are activities you love for their own sake Success are things that you're extraordinarily gifted at easily happiness deserts things you don't enjoy don't love success Deserts things you're not particularly good at or you're good at but it takes way too much time and energy and effort You're wanting to reverse engineer out of your life all your deserts and all non essentials So if it doesn't meaningfully contribute to the ultimate objective you have for your life or it's not and you don't love it or it's something you don't love or aren't particularly good at outsource Delegate reduce eliminate automate or regulate period So that all you're left with are islands and ideally you're overlapping islands So those are things that you love and you're really good at That's where all your time energy and effort should go When you do that you're 500% to 1000% more effective efficient and efficacious with whatever you're doing in your life