



**THE THREE MOST IMPORTANT
QUESTIONS TO LIVING A HAPPY
LIFE EXERCISE**



Create The Vision For Your Future

Most individuals before leaving high school or entering college are influenced by others to choose their career. This is rather ridiculous for a young adult to try and decide what they want to do for the rest of their life seeing in most instances they're not even old enough to buy a bottle of beer.

Not only that but our goal setting formula is wrong. We're taught to set "means goals" – goals that are a means to an end which usually are about conforming and following society's rules which are outdated.

Here you want to forget the past and learn through this exercise the way to set your end goals. Goals that follow your heart, that excite, and inspire you to greatness while putting your ultimate target (goal) in your sights.

The Three Most Important Questions Exercise will do just that, get you straight on your end goals that really matter in your life.

Note: Don't forget to write your question/answers down on a piece of paper or on your computer for safe keeping and quick access to.



Question #1

What Experiences Do I Want to Have?

If time and money were no object and I didn't have to seek anyone's permission, what kinds of experiences would my soul crave?

IN MY LOVE RELATIONSHIP: You want to imagine your ideal love relationship. Who is it that you want to wake up next to each morning? This may not necessarily be a specific individual, you want to go deeper, maybe look at the characteristics, values, and beliefs you want in someone.

IN MY FRIENDSHIPS. Picture your social life in a perfect world—the people, the places, the conversation, the activities.

IN MY ADVENTURES. What kinds of adventures and experiences would have you jumping out of bed each morning and make your soul sing?

IN MY ENVIRONMENT. Conjure up the feelings of being in environments you love. What would your ideal home, car, travel destinations look like?



STOP Before You Answer Read This:

This is not as easy of a question as you think if you want all the benefits you can receive from it!

As you begin to answer this question there will be external things that will pop into to your head immediately. This is normal it's the way your brain has been programmed but to gain the benefits of this exercise you must go deeper.

If you do the exercise right, you'll be coming back to the answer you have given here and modifying it as you mature in your evolution to find the true you who lies dormant in what I call the I-Robot Society Syndrome.

Everything you think you know and believe about the world around you are not your beliefs at all but someone else who has influenced you in the

past. Parents, teachers, media, and any other person or group you consider as an authority.

Their beliefs have become yours, in other words, we have all been brainwashed since birth to live in a civilized society by its rules and laws, so we won't rock the boat and disrupt the flow.

But what happens if you decide to break out of the I-Robot Society Syndrome?

You will be labeled an outlier like Elon Musk, Richard Branson, Arianna Huffington, and many others who made that decision. Outliers because they believed there was more to life and not all beliefs are cut in stone, they severed the chain of mediocrity and believed anything was possible, now they're considered visionaries for their successes.

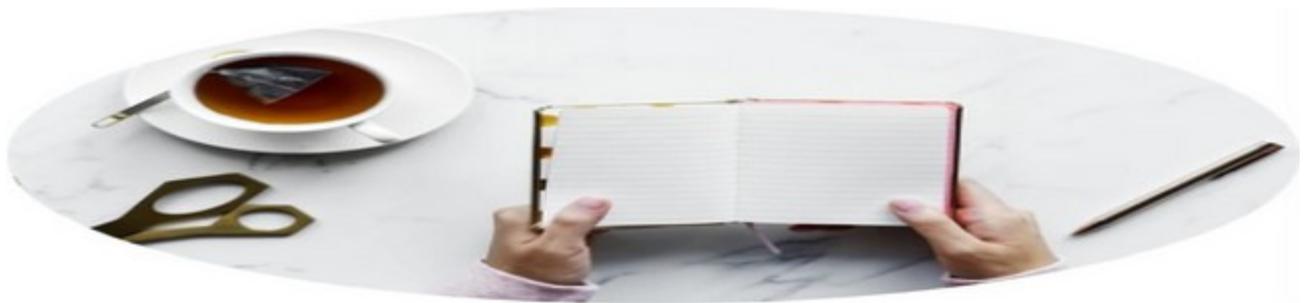


Most believe money and wealth are what they want and that it will cure all issues but when you go deeper into the mind, body, and spirit you

may find your soul craves something totally different and this is what you're looking for, the unconscious reality of your desires.

As you continue, remember this, impossible is just a word and that your inner being knows what you want and need.

The exercises, thoughts, and reflections you'll find on this website will give direction in becoming the extraordinary person you wish to be so, you can start living and loving life to the fullest on your own terms.



Question #2

How Do You Want to Grow?

In order to have the experiences you've listed in question #1, you must ask how do I have to grow? What sort of man or woman do I need to evolve into?

IN MY HEALTH AND FITNESS: Describe how you want to feel and look every day. What about five, ten, or twenty years from now?

IN MY INTELLECTUAL LIFE: What do you need to learn in order to have the experiences you listed above? What would you love to learn?

IN MY SKILLS: What skills would help you thrive at your job? If you'd love to switch gears professionally, what would it take to do that? What are some skills you want to learn just for fun?

IN MY SPIRITUAL LIFE: What is your highest aspiration for your spiritual practice



STOP Before You Answer Read This:

Here you want to consider what health and fitness systems you may want to continue or change because we all know how these two affect our outward appearance.

Do I want to try a new popular diet or food regimen or maybe changing my daily workout to get my body fitter and looking great? Better yet if I have no workout regimen do I want to take the plunge and begin one to see the outcome.

Am I ready to challenge myself in these areas?

What do I need to advance in my intellectual areas read more books that relate to my new-found desires or maybe involve myself with videos and theater which will stretch my mind?

Is there a language I've always wanted to learn and master?

Choose learning opportunities that you think you will enjoy and move you towards and END GOAL something you will enjoy and want. Not a means to an end goal like getting a promotion or graduating with high grades.

What SKILLS will help you become an expert in the field you love?

If you love your job but don't like the circumstances you're in, try changing yourself with new exhilarating skills that produce creative, resilience, and productivity in your position. This becomes contagious and others will change, possibly changing your entire workplace environment for the better.

Where are you spiritually, and where do you want to be? Stuck in religion, then be bold visualize what spirituality would look like without the confines of a religion.

Think about it most of your beliefs aren't yours anyway. You've acquired them from other parents, friends, family, and other authority figures and groups you're associated with.

Break out of the I-Robot Society Syndrome and become the individual you were meant to be and start living the extraordinary life you desire.



When you grow up, you tend to get told that the world is the way it is and your life is just to live your life inside the world. Try not to bash into the walls too much. Try to have a nice family life, have fun, save money. That's a very limited life. Life can be much broader once you discover one simple fact. That is—everything around you that you call life was made up by people no smarter than you. And you can change it. You can influence it. . . . Once you learn that, you'll never be the same again. —STEVE JOBS

Question #3

How Do You Want to Contribute?

If I have the experiences I desire in question #1 and have grown in these remarkable ways as in question #2, then how can I give back to the world?

IN MY CAREER: What are your visions for your freelance career? What contribution to your field would you like to make?

IN MY CREATIVE LIFE: What creative activities do you love to do or what would you like to learn? What are some ways you can share your creative self with the world?

IN MY FAMILY LIFE: Picture yourself being with your family, not as you think you “should” be but in ways that fill you with happiness. What wonderful experiences are you having together?

What can you contribute to the family that is unique to you? Remember, your family doesn’t have to be a traditional family—define “family” as those whom you truly love and want to spend time with.

IN MY COMMUNITY LIFE: Your community could be your friends, neighborhood, city, state, nation, religious community, ethnicity, or the world community. Looking at everything that makes you who you are, what is the mark that you want to leave on the world that excites and deeply satisfies you?



STOP Before You Answer Read This:

If your career doesn't seem like its making a legitimate contribution to the world take a deeper look and see what you can do to change or add to its contribution. Can you take the initiative to help train wannabe freelancers or mentor them?

Share your struggles and experiences so others can avoid these roadblocks or overcome them with less trouble. You could even list them online, so anyone could learn from them.

What creative activities do you love to do or that you would love to learn? It could be anything from singing, cooking, or even playing a musical instrument which, you could play at a nursing home or cook for a community shelter.

When it comes to the family don't look at it as the way society says you're supposed to be but do what really makes the family happy and grow together. What wonderful experiences are you having together?

What values do you want to embody and pass along? What can you contribute to the family that is unique to you? Remember your family doesn't have to be the traditional family it doesn't have to fall into the category that society gives it.

Your community is quite frankly everyone you are in contact with family, friends, city, state, country, the world so what could you contribute to any one of them?

With all your abilities, unique experiences, and all your creative ideas there are numerous things you could do and who knows you may leave your mark on them and the world.

There are so many avenues you have to give back and contribute to the community all it takes is a little thought.

It's time to break out of the I-Robot Society Syndrome and become the individual you were meant to be and start living the extraordinary life you desire.

These are the 3 most important questions you want to ask yourself to start your quest to live a happy life and to enjoy the pleasures of the world without all the stress, fear, anxiety, and drama.

"If you are always in a state of hurry, anxiety, stress and busyness, then what energy are you teaching others to adopt?"

Keep an eye out in your email box for more cutting-edge proven neuroscience research results and ancient wisdom practices to living a happy life on your own terms while escaping the steel jaw grip of the Cultureweb.

As well as visiting me at happipappi.com for more tips and practices for living an extraordinary life.

Smile be happy live life to the fullest on your own terms. Happiness is in your hands.

Pappi

gregory@happipappi.com