

Happiness Blockers and How to Overcome Them

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HAPPINESS BLOCKERS AND HOW TO OVERCOME THEM

Do you want to be happy?

Now that may seem like a really silly question- of course you do- doesn't everyone?

Well, yes they do, but many people spend more of their energy on what is keeping them from being happy than on positively putting their attention on what they want. So, their thoughts go something like this...

"I would be happy if only

- ❖ I had more money
- ❖ I had a decent relationship
- ❖ Could quit my lousy job
- ❖ Could win the lottery
- ❖ Could move out of this neighborhood
- ❖ Could lose weight
- ❖ Believed in what I am doing with my life
- ❖ Didn't feel so insecure..."



Although these people really want to be happy they are affirming their obstacles to being happy.

You can break through these blockers and enjoy a happy life.

My Happiness First program was designed specifically with this in mind and it is going to be available very soon.

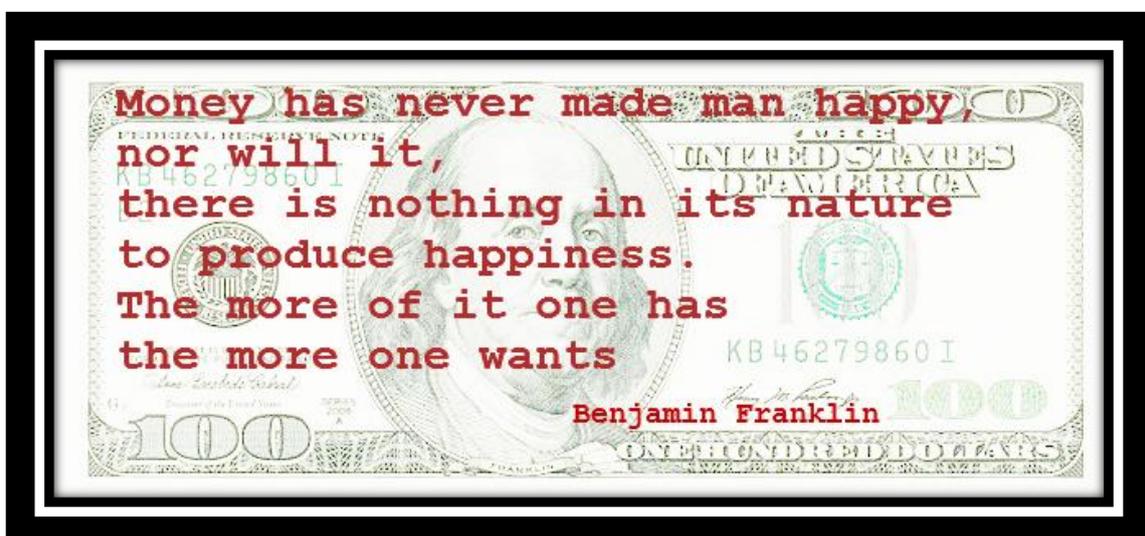
Let's take a closer look at these roadblocks in the way of your Happiness Journey.



LACK OF MONEY

Now, don't get me wrong, I realize that there are genuine cases of hardship, even in so called affluent countries such as the USA and it makes me sad. If you struggle to put food on the table for yourself or your family then life is less about the pursuit of happiness and more about survival. However, many of my happiness teachings will apply even to those in dire need and I would recommend if you are in that situation to check out my [Happiness Teachings Blog](#).

Most people, however, when seeing lack of money as a block to happiness are not talking about the money itself. What they are missing is the freedom that money would give them, the activities they could pursue or the material things they wish they could buy if they had more money.



If lack of money is your reason for feeling unhappy then you need to try and understand what exactly this money, if you had it, would buy you? Would it buy you improved health or love or true appreciation by your peers?

The opposite of feeling as if you are a "Have Not" is to APPRECIATE what you DO have and be grateful for it. Now this can be applied to the simplest of things, the everyday; the sun shining; the smell of fresh coffee; your child's laughing face as they watch their pet's antics.

How to be grateful and to appreciate what you have is something you can learn- for many of us it does not come easily and we weren't taught to put our attention on gratitude.

Happiness can be achieved- it is part of my program to help you dig into the gratitude well we all have inside us.

POOR RELATIONSHIPS

It is human nature to want to be loved but also human nature to avoid hurt where possible. Some are just too darn scared to take the leap of faith and risk their heart being broken! So, we put up walls, we wait for the "perfect partner" while all the time finding fault with the perfectly decent man or woman standing right in front of us. If you are waiting for "Mr. or Miss Right" to make you happy you may be waiting a long time.



Or, maybe, you have found the love of your dreams but it is turning into a nightmare and you know in your gut you made the wrong decision. This can be terrifying and it makes you feel miserable. The misery is coming from that niggling feeling that somehow you messed up and that must mean you just aren't good enough in some way. This leads to feelings of insecurity and you either leave the relationship, with the resulting chaos, sadness and pain. Or you stick it out thinking that is all you are worth and spend the rest of your days in unhappiness.

The happiness we seek from love and good relationships is unrealistic when we choose a partner based on the "wrong" criteria. That criteria may be shaped by our family, our friends, the media, our own limited thinking. Too often when seeking love we focus on the external and ignore or excuse the warning bells that go off when we see a clash in values. If you are "always unlucky" in love and feel you can never be happy- you are looking for the wrong person, or you are settling! It may not seem romantic, it may even seem a bit calculating- but- shared values are a good foundation for a relationship. Some people aren't really in touch with what their values are and may need some help figuring this out. To remove the doomed relationship syndrome as a block to happiness you need to understand how you want to be treated and how you want to feel in a relationship first. That fundamental knowledge gives you an idea of the type of person to look for.

Let's face it- if we are not happy with who we are, and we don't know ourselves how are we going to make a relationship work? As your awareness increases you become more in touch with yourself and therefore will enjoy loving relationships.

HATE YOUR JOB?

A global survey on worker engagement, in other words, how happy we are at our jobs, in 2013 found that only 13% of workers were engaged with their workplace! That means that 87% of workers are either tolerating their jobs or actively hate them!

Overall, among the 142 countries included in the current Gallup study, 13% of employees are engaged in their jobs, while 63% are not engaged and 24% are actively disengaged.

Source: <http://www.gallup.com/strategicconsulting/164735/state-global-workplace.aspx>

So, if you're saying things like, "I would be happy if only I wasn't working here at..." you are probably right knowing that some of your unhappiness is linked to your job, BUT.....

That is not the full picture. Your job puts food on your table, pays bills and gives you a sense of purpose. Ask anyone who is unemployed and they may say they don't care about being "engaged or happy" at work they just want a job! However, we also derive a sense of self from our work, a sense of what we are worth in the eyes of others and a lack of appreciation is often the source of unhappiness.

It is human nature to want to feel valued, as you should be! We all want to be appreciated.

Simply saying you hate your job will not help you to identify what is causing the unhappiness. Many people don't actually hate their job, but they don't love it. They don't leap out of bed in the morning raring to go, excited about the prospect of the day ahead. The Gallup Poll describes these employees, the majority at 63%, as "checked out" neither engaged nor actively disengaged, just not there in mind and spirit!

I might describe these people as "not present" certainly not living in the now because they believe the now holds no pleasure for them.

Before you quit your job in frustration do a reality check. Are you living your whole life as fully as possible, not just the working part? Have you actually identified what it is about your job that you dislike? The biggest danger of quitting your job and going onto a new one is that you may find the same problems exist at your new workplace! In other words; identify what is really wrong with your current job before moving onto a new one or you risk repeating the situation. You may have heard the saying "wherever you go, there you are". So if you always look at the doom and gloom, always finding fault, then that's probably not going to change just because you change your workplace, but the way you're looking at life is something you can change.

I can hear sceptics among you saying, "Hey it's a no-brainer, my current job doesn't pay enough, I'm worth more than that". The key word there is "worth" because, newsflash, some highly paid jobs still make you feel disrespected and undervalued, despite the pay! Talk to any salesperson in the city, any city from New York, to London, to Sydney. They may be very well paid but they will tell you it aint no fun working 14 hour days and worrying about getting fired every time you don't meet the target.

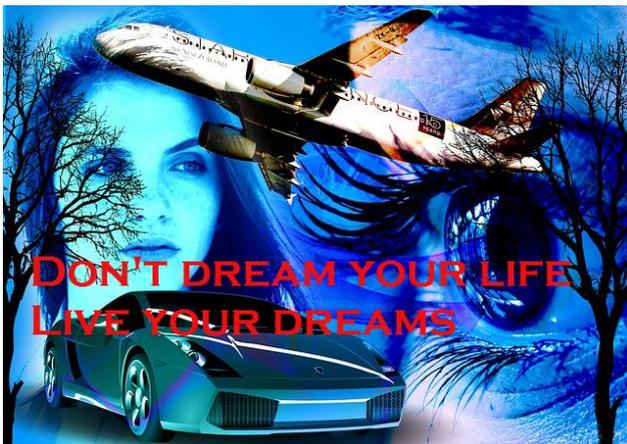
So, before you throw the babies out with the bath water, take a long hard look at your current job. Really think about what would make you feel fulfilled and appreciated not just how much you are paid.

Oddly enough, Mother Teresa didn't much care about money- her higher needs of self-esteem and self-actualization were being realized by the good she did in the world and she lived much of her life in poverty. Now I'm certainly not suggesting you give up all your material possessions and live that way. I not only enjoy material wealth, I teach others to bring material things, even lavish material possessions into their lives too. It's very

important to really understand that material wealth, and/or a high paying job in itself will never create long lasting happiness and that you think about the non-material things you want from a job. Survey after survey shows that humans need more than money to feel happy and content in the workplace.

When you have identified what you truly want from your workplace you are one step closer to acquiring that in your life and removing this happiness block.

DAYDREAMING OR VISUALIZING- There is a difference!



Some of us use a kind of Walter Mitty approach to push happiness away. In my Happiness first program I talk about Visualization and have also published a book on it, available on Amazon, [Happiness First...The Power of Visualization Now](#)

There is a distinct difference between visualization and daydreaming. The technique of visualizing your goals and attracting what you want is very specific and takes practice. Daydreaming on the

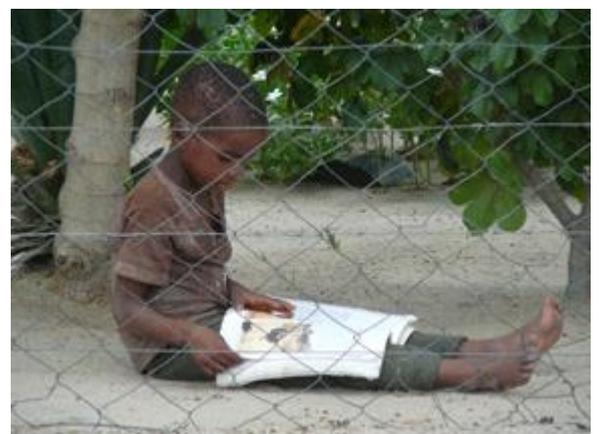
other hand takes you away from reality, and possibly away from attracting what you want into your life. There is an element of fantasy in a daydream and most often it is somewhat unconscious. Visualization is consciously creating a picture of success with a sought after goal to make it a reality. Simply imagining or daydreaming probably isn't going to bring what you want to you.

Unconscious daydreaming is an escape from reality. True happiness is only found in the present moment and that is where you can create your future intentionally through visualization, rather than daydreaming.

I'm a great fan of big dreams, but your intelligent focused *intention* and *attention* fuels the Law of Attraction and brings your dreams into reality.

ENVIRONMENT

While I was writing this book I saw a program on Billionaires and one in particular struck me. This Indian man is currently funding a project, from his own billions, to land and mine the moon for its extremely valuable minerals. He is a self-made billionaire from the Internet market and a very interestingly spiritual person too. What was most fascinating about him was



Happiness is a good book

his background. His family was not poor, but his father was an unusual Civil servant; he would not take bribes!! Now, his employers could not fire him for this, so, instead, they sent him to do his job in the poorest and most deprived areas of India. These rural areas had very little in the way of technology or resources and so his children grew up learning in schools with no chairs or whiteboards. All three of his children went onto higher education and all are highly successful. The billionaire son was perhaps the least educated of them but he said his fathers' morals and work ethic provided him with a desire to do well. Learning was his motivation.

If your environment is poor, yes it can hamper your progress, but it does not need to rob you of happiness. In the Western hemisphere we are very fortunate to have advanced technology and mostly free schooling. Our backgrounds vary and some of us have family upbringing that is less than ideal but we all have the potential to fulfil our dreams! You are not your environment- you are your own person and one of the best ways to change your environment is through education. Yes, you may need to learn how to be happy and if you're like most of us you do.

SELFIES....

Alright, so that is a bit of a tongue in cheek heading and no, I am not going to talk about taking photos of yourself with celebrities! There is a group of self-defeating behaviors we are all guilty of and they come under the headings of; (negative) self-image, self-belief and self-esteem. A major happiness blocker is believing that you are not worthy of happiness, a feeling that you don't deserve to be happy.

Now, unless you are a truly evil person who has committed endless heinous crimes, of course you deserve to be happy! Doesn't everyone deserve to be happy? Are you as harsh on others as you are with yourself? When a friend tells you their good fortune, saying that they cannot believe this has happened to them, don't you often say, "Enjoy it, you deserve it"?

So, why are we so mean to ourselves? Sometime, this is a product of our upbringing where we have been constantly told we are not worthy. Other times, we may have experienced happiness only to have the circumstance we believe created our happiness ripped away and so, being wounded, we protect ourselves against any future hurt. In both cases we are responding to circumstances that appear to be created by others; you feel that you are not in control of your happiness when in reality you are.

If I were to say that the potential for happiness is inside ALL of us, regardless of other's views would you shy away, shake your head and turn your back on the opportunity to be happy?

If you walk away from happiness, putting up walls against perceived hurt, then yes, you will be unhappy. On the other hand, if you are just a little bit brave and say to yourself, "I deserve to be happy, I choose happiness" then you are one step closer to achieving happiness.

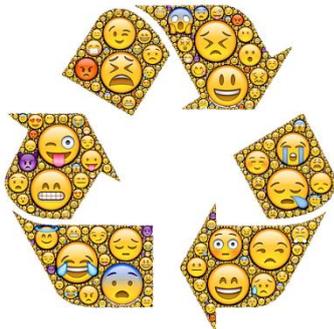
You need to identify which “self” is sabotaging your chance at happiness. If it is self-image then you have to be very honest and identify exactly what it is about how you feel regarding the way you look, what your background is and how you think you’re perceived that stops you from being happy. Then the next step is learning self-love and self-acceptance and soon thereafter you find yourself taking better care of yourself which results in feeling even better and attracting more and more good into your life. You can get on the never ending cycle of self-love which precedes self-care, which precedes health, beauty and a vibrant mind. I am not saying developing self-love is easy, but it can be achieved by most as long as they take the necessary actions. You have to DO something about it, and yes, you may need help and this is the start.

I would always start with acceptance- accepting who you are is the first step to change, if you want it.

If you suffer from lack of self-belief then there are a number of really good, simple exercises to deal with this, but they do, again, require you to take action. Learning to believe in yourself is not easy, but it is doable and with support you emerge stronger, more positive and, oh yes, HAPPY.

Low self-esteem is triggered by a variety of factors; upbringing, disappointments, loss, failure and sometimes major events that leave a scar on your psyche. I would never seek to make light of some people’s truly difficult experiences, I have been through some terrifying traumas of my own. However, I will not let my past keep me from present or future happiness, although it was a fight at the start to understand this and to deal with the depression and feelings of inadequacy that underlined my early years. We all have the choice to be happy. You deserve happiness, whatever your experiences have been.

STOP RECYCLING



OLD FEELINGS

Holding on to the past creates an environment where these actions and experiences tend to be repeated. If you don’t think you are worth anything, then you attract nothing of worth. You can learn to cultivate a sense of belief that moves you into happiness. When your friends or loved ones praise you, do you really LISTEN and HEAR the praise? Next time somebody says something nice to you, listen hard, hear the words, repeat them in your head and say thank you to that person, and SMILE. Learn to celebrate those times and I defy you not to have at least one moment of happiness at that point!

Summary

I have covered some of what I believe to be the most prevalent happiness blockers and why they can be overcome. The HOW to overcome them is covered in the three videos I have made for you and my Happiness First, Riches Will Follow system, launching in January.

I would love to hear from you about what you feel are your happiness blockers.

Go here, once the launch starts

<http://loranegordon.com/video1-happy-1st-riches> and let me know your thoughts and views (this link will be live once the program launches)

Watch your inbox for the link to the program launch!

Love and Happiness

Lorane

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