

Elation Creation: How to Build Your Own Happiness

“Learn to value yourself, which means: fight for your happiness.” – Ayn Rand (Seale, n.d.)

We can define happiness as the “state of well-being and contentment” (Merriam-Webster, n.d.) – in other words, the warm feeling inside your chest when something is successful and has a positive outcome. Everyone experiences happiness at one moment in their lives, ever since birth, because of multiple reasons. Some of these reasons may be tied to external factors – the people that surround you and their sole happiness, the place where you are standing, what you are listening to, or those unexplainable, surprising situations where you would never thought you would be- , the environment that grows around you within time. However, some of these reasons are also tied to self-creation – the process of building your own happiness based on planning and envisioning the future to get to that precise state. The aim of this essay is to emphasize on the concept that *the key to happiness relies mainly on self-creation and control*, by looking at a process of analysis, vision and hard work.

The first step to the process of self-built happiness is **analysis**. An extensive internal research on your positive and negative aspects and preferences. On the negative side, these are usually influenced by others, or by traumas and mistakes- what pushes you out of your comfort zone, what scares you and what can cause an indentation on your current state of mind. As for the positives, also influenced by external factors such as achievements, people who spark joy in your life and the places where you feel comfortable. In addition, one of the most important aspects that can be looked into are “the small things in life” – those deemed insignificant that make a small indentation on your personality over time. It should be noticed, however, that self-analysis, or “finding yourself”, is probably one of the most time consuming and immersive processes – some people usually need help from others, whether professionals or trust-worthy individuals. An inside look into one’s personality traits may trigger negative feelings that are often ignored or pushed away, based most probably on past events.

Following, the second step is **vision**. This step is focused on the concept of the Law of Attraction, a law of the universe that conceptualizes the emission of positive thoughts and emotions by the human being to be rewarded with success. In short, “positive thinking attracts positive outcomes” (de Lemos, 2016.). It is said to be introduced to the man by the Buddha (What Is The Law of Attraction? Open Your Eyes To A World Of Endless Possibilities, n.d.), and is the main focus of the best-seller book *The Secret* by Rhonda Byrnes. One of the many ways to practice the law of attraction is drawing a “Vision Board” – a big “board” with pictures and quotes of your future goals and those wanted achievements, to be displayed in a visible place in your living environment. Made popular with the concept of the Law of Attraction, one of the most recent and inspiring examples, specifically to the young audience, is Amber Scholl, a famous youtuber whose life changed completely, from debt and a suicide attempt to fame, money and support to and from others. Scholl advocates her fabulous and successful life to the law of attraction, and many have been inspired by her story (Amber Scholl, 2019.). The vision board, or “dream board”, is based ambition and determination on changing and planning your future, on the idea that the past is past and can’t be changed. It should include the small and big objectives, no matter how ridiculous or unattainable they sound, and it is a reminder of what you are working so hard for. Having a

vision of your goals is the most important part of this process - knowing what you want and recognizing what you deserve and not settling for anything less.

Consequently, the last step is **hard work and determination**. Or, in ease, “making it happen”. In order to cross off and complete the vision board, it is important to understand that the main propeller of these goals is your own hard work. In addition, that it all comes together with “baby steps”- it is impossible to achieve a big goal from a day to the other. It takes time, effort and help to achieve, therefore it is easier to plan out and respect each step’s timing. The correct mentality to work harder each time should be based on setting your dreams as priorities and giving up blood, sweat and tears to achieve them – as David Guetta (2011) states in his song, “work hard, play hard”. Prioritizing dreams and goals is a main aspect of an ambitious and a leadership-driven person. You should be willing to fight your fears, put away your doubts and, most importantly, turn your back on those who tell you “you can’t.”- external envy is a natural reaction to ambition, and you can find yourself with people who will try to throw your vision board to the trash. It is important that you are able to recognize those people and take action: remove them from your life, and eventually, prove them wrong. The Law of Attraction works on hard work and ambition, on the constant belief of “yes, you can”.

In conclusion, it is possible to understand that there is a specific process for building your own happiness. This process is built on self-identification and analysis, having a vision and prioritizing it, and exceptional amounts of hard work, by applying the methodology and belief of the Law of Attraction. Therefore, it is possible to emphasize that, even though external factors are always present- whether on a positive or negative note-, the key to happiness relies on self-creation and control, by gaining character traits like ambition and leadership. It is possible to build your own happiness, you just need to “let your conscience be your guide” (Harline, Edwards, 1940.).

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