



Roxsand

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What Makes Us Happy?

By: Rick Everist / L. G. Everist, Inc.

All of us have a self-imposed goal of being happy, whether we recognize it or not. Some mechanism in our brains makes us strive for a sense of contentment and serenity. Why is that and what do we do about it? How many of us can honestly state how we have achieved anything close to that?

Let's dive in!

Harvard University set out in 1938 to determine the answer to this very question. They chose a wide cross-section of students, middle-class, working-class, and upper-class people to declare what made them happy, all from around the Boston area. Every two years they proceeded to interview and send questionnaires to these folks to determine how their lives were changing, the success and failures of growing families and careers, and the myriad pieces of daily life that make up who we are. Of course, after more than 80 years, the study has moved on to subsequent generations of families and moderators, but the results haven't changed a bit. The overwhelming source of happiness in this world is close personal relationships. People you can rely on, regardless of circumstance. People you can talk to at the drop of a hat just to talk through the issues of the day.



I have discovered over time that most of us have just a handful of close friends. Yes, of course, we all know and are associated with hundreds of people in our personal and work lives. But when you think about it, we are really "connected" with a select few people. I have been married for 43 years and I have just one soulmate, my wife Michal. I suspect most of my readers have a similar thought. Our relationship with our primary person

defines our state of happiness. The same goes for everyone else we meet. This is an easy thing to say, but of course, now we need to achieve it!



First, be determined to be cheerful, whether you feel like it or not. Regardless of where you are, a smile will make life better. Ever noticed how smiling food service people get better tips? There is a reason for that! Travel through airports and encounter TSA and gate agents. Ever wonder how stale life becomes when you deal with grumpy travelers every hour? Say “good morning” like you mean it and make someone’s day. It won't cost you anything!

Second, get rid of blaming people for your troubles. Denny Fields once said, “People will find a way to disappoint you.” True, unfortunately. All right, get over it and make something better happen. It is our responsibility to overcome the shortfalls of those around us, (whoever they are) without griping and finger-pointing. Doing so will improve your outlook, guaranteed!

Last, commit to rid yourself of negative thoughts. With some conscious effort, we can all be a lot happier without dragging around grudges and people who see the glass as half-empty.

As you go about your day, consider keeping an eye out for pleasant things in your life. They can be big things, such as knowing that someone loves you or getting a well-deserved promotion. But they can also be little things, such as a co-worker who offered you a cup of coffee or the neighbor who waved to you. Maybe it could even just be the warmth of the sun on your skin. With a little practice, you may even become more aware of all the positive things around you.

Outcomes are what we make them!

~ Rick Everist



Anniversaries

David Habeger – March 16
Ragsdale

Colin Taylor – March 17
L. G. Everist

Christopher Wilkins – March 18
Ft. Lupton



We want your photos!

Gregory Gerber – March 19
Ortonville

Paul Lebahn – March 19
Dell Rapids Shop

Owen Matson – March 20
Ace Ready Mix – Sioux Falls

Kerry Post – March 21
Brookings

Thomas Solis – March 22
Carbon Valley

Happy Birthday!

Dustin Hanzlik – March 16
Myrl & Roy's Fleet

Jeffrey Hoffman – March 16
Dell Rapids East

Miles Olofson – March 16
L. G. Everist

Jonathan Stinson – March 18
Sioux City Unload

Ronald Murray – March 22
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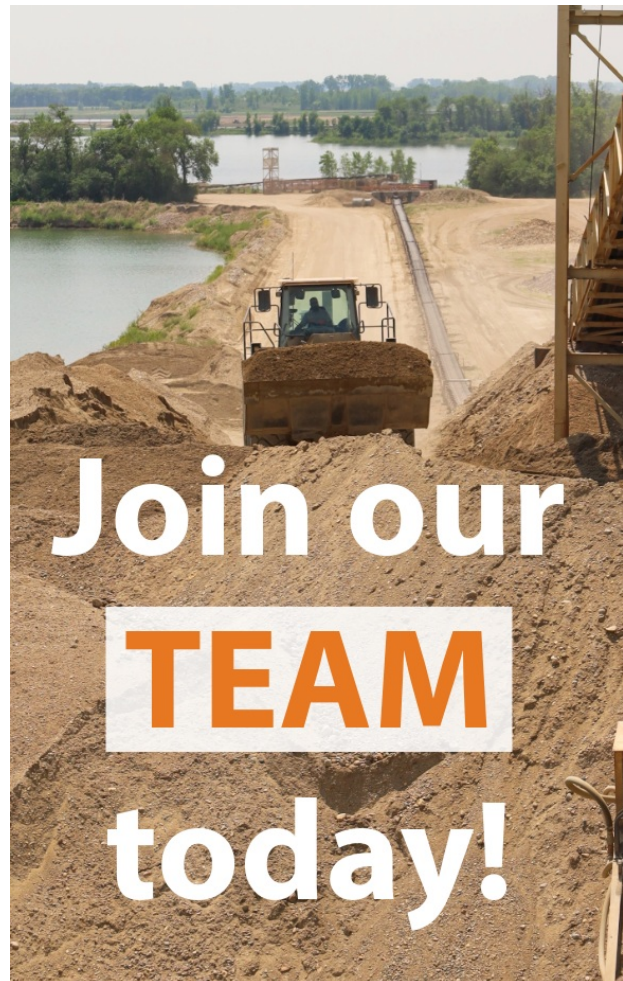
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