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HAPPINESS IN LIFE

An excerpt from the book MERIT, EXCELLENCE, INTELLIGENCE, offering Questions, Reflections, and Answers to assist readers in shifting their focus from Diversity, Equity, and Inclusion (DEI) to an emphasis on Merit, Excellence, and Intelligence (MEI).

To present yourself to (MEI), you will strive to broaden your understanding of meritocracy, explore routes to excellence, and sharpen your intellect to conquer challenges. Your ultimate aim is to enhance your likelihood of achieving success in life. The initial step on this journey is learning how to aspire to an ideal life, liberated from daily hardships and persistent concerns.

Albert Einstein once said: « Life is like riding a bicycle. To keep your balance, you must keep moving. » This quote illustrates that our life goals are the milestones we set to give meaning to our existence. However, these goals should not become a source of stress or frustration.

The pursuit of happiness, setting life goals, and finding balance are personal and unique journeys. Each person must find their own path, inspired by experiences and knowledge, but most importantly by listening to their own heart and respecting their limits. It is this inner journey that brings richness and depth to our existence.

There is a significant difference between happiness and true happiness. To find true happiness, we must focus on developing inner satisfaction rather than seeking it from external sources. We are so engaged in a materialistic world that we lose sight of the inner world.

Happiness energizes us and is a highly sought-after state of being. It can be defined as a lasting state of mind composed not only of feelings of joy, contentment, and positive emotions but also of a sense that our life has meaning and is valued.

Your life purpose is comprised of goals that motivate you throughout your existence: the reasons why you get up every morning. They can guide life decisions, influence behavior, shape ambitions, offer direction, and create meaning. For some, the purpose is linked to a vocation, meaningful and fulfilling work.

When you discover your purpose, a sense of fulfillment arises within you. You have found your purpose, and it gives you a deep sense of contentment, satisfaction and a boost in self-esteem.

This is where what you do and who you are blended harmoniously, creating harmony between your actions and your essence.

To live a more balanced life, it is essential to find harmony and enjoy things in moderation. Taking time for yourself and getting support when needed, can help you feel more fulfilled and accomplished.

In the HAPPINESS IN LIFE chapter, you will discover insights about:

- What is happiness?
- What is happiness in life?
- What is fleeting happiness?
- What is true happiness?
- What makes happiness stable and real?
- How to define happiness in life?
- What makes someone happy?
- What does a happy person look like?
- What are the main characteristics of happy people?
- What exactly is your purpose in life?
- Is your purpose in life your contribution?
- How does the purpose of life evolve?
- How to find our purpose in life?
- What is your purpose?
- Why do we seek a purpose in life?
- How do you know when you have found your purpose?
- Are you seeking a better balance in your life?

The quest for happiness, defining life goals, and achieving balance is deeply personal and unique to each individual. Everyone must discover their own route, shaped by experiences, knowledge, and, above all, by listening to their inner voice while honoring their boundaries.

This introspective journey is what adds depth and meaning to life. Embrace your true self wholeheartedly and begin crafting your (MEI) strategy with confidence.

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About the Author

In addition to his work as an author, Germain Decelles serves as a Change Management Strategist. With over 40 years of business and consultancy experience, he has worked with both local and international markets in a wide range of sectors, including retail trade, distribution, information technology and communications, transportation, manufacturing, financial services, and government organizations.

Other publications by Germain Decelles include:

- ISO Pour Tous
- Le manuel d'information ISO
- Le guide de préparation ISO
- La gestion du changement en affaires
- La gestion de projet d'affaires
- Le changement POUR TOUS
- Change your future, now!
- My success is your success.
- Mon succès est votre succès.



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Press Contact

Germain Decelles

WebTech Management and Publishing Incorporated

17 Marien Avenue, Montréal, Canada

H1B4T8

514-575-3427

decelles@webtechpublishing.com

www.webtechpublishing.com