

# **Success and Happiness: Strategies for Finding Success by Focusing First on Your Happiness**

**Dr. R. Veluri**

**MD, DPM, MRCPsych (UK), FRCPC**

**Administrative Coordinator of Psychotherapy**

**Resident Training Program, NOSM**

**and**

**Dr. Himabindu Veluri MD, MS**

## **Abstract:**

Most of us do not clearly understand the concepts of success and happiness. People understand them differently and they change over time depending upon life circumstances. Understanding the relationship between success and happiness leads to a clearer view of self and the future, leading to a more fulfilled life. Strategies for the pursuit of happiness including self-reflection and life goal clarification will be discussed. Importance of intentional activities that promote long term health and well-being will be reviewed.

## **Learning Objectives:**

1. Describe the concepts of success and happiness.
2. Demonstrate the relationship between success and happiness.
3. Identify strategies to promote individual well-being through intentional activities.

## **Success and Happiness**

We may never be able to understand clearly what success and happiness are. However, we understand the terms and use them in our everyday lives. Lack of clarity about the concepts behind them can lead to a suboptimal approach to planning of life. Prioritizing what is important in life depends on our personalities and what we learned in our lives. In this presentation, I will try to channel our thoughts to make better choices about goals of life by understanding the intricacies of how mind works.

Happiness is the most sought after thing in life. Success may be the next. We are after them and leaders offered them to people to win them over. We should try to be successful and happy, rather than being burnt trying to achieve them for ever.

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