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Living Life With Happiness, Not For Happiness

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What does that mean? What is the difference to live "with" as opposed to live "for"? We all have wants, needs and desires in life that we hope will bring us happiness. But more often than not, once we achieve those objectives, or obtain these material things, we realize we are not actually at a higher level of happiness. The key is to be happy from within. Be happy with who you are and what you have. Once you have this happiness internally, it changes the energy around you and you will naturally be drawn to a path of clarity.

In order to be happy from within, we must look at ourselves in the mirror and think about three things: Courage, Confidence and Conviction. Have the courage to look at yourself and embrace all your strengths and weaknesses. Have the courage to believe in yourself and have confidence in each of your traits and abilities. And then, move forward in life towards your goals with complete conviction. Courage, Confidence and Conviction. Courage is the single most important trait that will allow you to face your fears and achieve anything you desire. Coupled with unwavering confidence and a burning conviction, anything will be possible.

Sometimes our own fears prevent us from being happy; these fears prevent us from achieving what we truly want in life. "Fear" can have two meanings. When our fear and doubt in ourselves becomes so strong that it prevents us from moving forward, than FEAR stands for: Fear Everything And Run. But if we choose to have the courage to face our fear, the confidence to know that we can battle that fear and we will do so with conviction, than we change the meaning of FEAR to: Face Everything And Rise. We must always choose to rise above our fears, rise above self-doubt, and rise so high that we surpass our mind's own limits. Having faith in your own abilities is the first step, and with that faith, there is nothing you can't achieve.

So many of us lack this faith in ourselves, and it is this faith that will provide the ultimate happiness. If you look around to the people around you, or those whom you admire, you can list all the things you love about the person; all the traits you adore and the strengths you admire. But when the spotlight is on you, suddenly you feel as if you are in the dark and you cannot bring yourself to find the light from within.

"Darkness cannot drive out darkness, only light can do that. And hatred cannot drive out hatred, only love can do that." -- Martin Luther King Jr.

Love. Have a love for yourself and all of your abilities. Each of us has a light that has the ability to shine so bright; all you need to do is light the match. Allow yourself to embrace everything about you, and give yourself the confidence that you can do anything you put your mind to.

Once you have this happiness from within, then you will not need anything else to make you happy. Instead, happiness will be the reason you do everything. And so you will choose to live life with happiness rather than for happiness. Make happiness the sole purpose behind everything you do.

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