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What Does It Take For A Woman To Be Happy?

by Gloria Thomas-Anderson, PhD, LMSW
Columnist of: Inspiring Insights For Your Soul and Spirit!

What does it take to make a woman happy? The same thing that it takes to make a man happy! Someone asked me the question, "What is it that you want and need to be happy in life?" My response was "To know and to live my purpose". Whether you are a man or a woman, a sense of purpose and meaning for living can contribute significantly to one's happiness.

Recently a close friend decided to take a risk and pursue her heart's desire to start her own business. She had worked unhappily in her profession for many years, but recently lost her job to downsizing. Now armed with the expertise and the faith to follow her dream, she exuded a new confidence and enthusiasm I hadn't seen in her for a long time.

Unfortunately, not everyone in her life was excited about her decision. Often those who are closest to you discourage, rather than encourage you. Usually, upon closer examination, one

finds that the strongest discouragers are the ones who benefit most from where you are in life right now.

If you are not watchful, you will find that others connected to you can sway a heavy arm of influence on what you do with your time and talents. It is up to you to determine what it is that you want and need to be happy. Knowing and living your purpose is the greatest contributor to being happy in life because happiness is not externally generated, but internally motivated.

Nobody can fulfill your purpose, except you and sometimes it takes something uncomfortable to initiate positive change in our lives. When people choose to follow their hearts and stop expecting others to fulfill their needs, happiness shows up. That's true for women and men!