



I WILL BE
HAPPY
WHEN...

Are you also one among them who believe self-care is an option, rather than necessary?

Were you happier when you were a kid, or now as a grown up?

How do you describe yourself, as an artistic, thrilled or intrusive?

Do you talk nineteen to the dozen about your dreams and all the interesting things you like to do or have around you? Or you gush something along the lines of what you do and how hard you work and dedicated.

Becoming serious to win the awards, achieve the goals and get recognized. And
Yeah...for that, we had to STOP WASTING OUR TIME!

Somewhere while growing up, our persona shifted from being joyful and absorbed in everything to be thoughtful about everything.



Didn't we all stop doing what nourishes our life-force, long back? Life has become competitive, too. We started talking about career, then it was talking about investment and earning, business. And started thinking about earning status and reputation. Rather than doing things because they brought us joy, we do them because we are good at them.

Did you ever think or ever noticed that we have forgotten about joy? I bet, you must have said this sometimes in life or maybe often, 'I WILL BE HAPPY WHEN...' only to discover that there was always another WHEN lying in wait for.

Most of us or almost everyone forgot to nurture the joy and let it go thinking they could live without it. Even the things they did in the name of self-care could not found their pleasure.

Happiness is a piece of us. Joy is the essence and element of our life. It's not something you think of in end after you finish all of this serious business. It's a part of you that requisites to be cherished.

Every those deed which once meant to make us feel delighted, free and passionate, became about getting expeditious and touching further and farther milestones.

While accomplishing the success where did we lose our pleasure, fascination, enthusiasm? Haven't we shut them down one by one because we considered them as the waste of time or we feared we will lag behind of others in the virtual race we all are running for?



We stopped doing things which were just enjoyable and considered it as wasting of time and they are not directly contributing to our career and businesses.

We are doing everything we assume and theorised to do, and we do everything in our power to do it just right. We became so entrenched in this serious, hard-worker identity that we forgot about SELF.

However, living with joy doesn't hurt anything. It doesn't diminish your zeal and zest. It doesn't make you less intelligent or less worth.

Living with joy makes you free expanding your inner horizon, and that freedom reminds of everything that is possible. Even those serious businesses.

You don't need to live without something only because you can live without it.

It doesn't matter if it seems absurd, it doesn't matter if it is a wasting of time. What matters is the feeling you get when you do it. Your spirit will fly high. The feeling of wholeness, being in the moment of pure happiness. You feel light and bright, that's joy.



Remember to chase more than accomplishment and achievements. Those are important, but so are the things that bring you joy and connect you to your inner self and your life.

Taking good care of yourself means the people in your life will receive the best of you rather than what's left of you.

Feel the impulsive moments of joy that pop up out of nowhere, and plan a few to look forward to. Fill those moments with the things that fill you up. Disconnecting is not enough when you're after joy. And above all else, do not cancel on yourself.

Sometimes a voice can try to convince you that you can live without this. It is possible to live without it, but it is definitely not required to do so. We have a choice every moment, that either we step closer to our spirit or get further away from it.

If you don't do things to fill yourself up spiritually, emotionally, physically you will turn out to be- deserted and void. The world needs the happy, fulfilled, contented and best version of you, not the tired, burnout, resentful version. If you are at your best, your family and the society get the benefit.

Create time for self, for yourself, to make yourself happier and that also without any regret or guilt feeling. The others will see you. The world will treat you the way you treat yourself.

The most important thing is to enjoy your life. What it all matters is: To Be Happy.

Finding and creating joy for yourself and being happy is of much important and valuable than you imagine. You are worth. Your happiness is essential!