



# The Ten Steps For Happiness

By  
Karim Hajee

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For more information please contact:  
Creating Power  
416-227-9665

### Acknowledgements:

This book is dedicate to all who made it possible. My students, my father, mother, my brother and my wife – each one of you has contributed in so many ways that words cannot convey my thanks.

I know that as you read this book you will begin to understand how to experience happiness and you'll also hear the words of my father, mother, brother, wife and my students – they all have contributed so much to this book. Read on and enjoy.



Karim Hajee

# Ten Steps For Happiness

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## Ten Steps For Happiness

What would you do to be happy? What would have to happen in your life for you to be happy? Would you be happy if you had a million dollars? Would you be happy if you met the right person and started a wonderful, loving, caring, romantic relationship? Would you be happy if you got a new job? Would you be happy if you had better health? What would it take for you to be happy?

If you had an answer to any of the above questions you're simply going down the wrong path and will likely never experience happiness. As I tell my students working with my [Creating Power system](#), – nothing can make you happy. You can't go into a store and buy a bag of happiness. Happiness isn't something you can touch or feel. Happiness is a state of being, it's a feeling and that's why nothing can make you happy. Only you can make you happy and in order for you to be happy there are a number of steps you can follow to begin experiencing happiness.

Before I outline my ten steps for happiness you should understand that what causes one person to be happy might not result in your happiness. Everybody is unique – and how they experience their happiness will likely be different from how you experience your happiness. Now I've outlined ten simple steps FOR happiness – not ten steps TO happiness, because nothing can take you to happiness, it is something you experience and when you do certain things you begin to experience happiness. You can work with one step; you can work with 2 steps, 4 steps, or all of the steps. Go with what works for you – there is no magic formula to being happy. What I outline will allow you to experience your own

happiness because in the end if you want to be happy – then be happy. How do you do this? Read on and I'll outline ten steps for you to be happy.

## **Step One: Have Fun So You Enjoy The Process**

Everyday we go to work, school, or run a business and spend most of our time being serious – doing things that we have to. By the end of the day we're tired, perhaps frustrated and we feel like we've got even more to do – and perhaps for you there is more to be done. You may have kids to take care of, a sick family member who needs your attention, a part-time job, studying, more office work that has to be done, you may have a part-time business, whatever it is – my point is that for most of us there is always something else to be done at the end of your work day and as a result you continue to remain being serious or being the adult. You may say that there really is no time to have fun so you enjoy the process. This may be the very reason why you're not as happy as you want to be – or why you're not happy at all.

Having fun so you enjoy the process requires that you actually take a break from your serious routine to the point where you are so far removed from it that you're not even thinking about the pressing issues of the day. I know some of you may say: "Karim, when I'm happy, when things fall into place – I'll have fun so that I enjoy the process." This is exactly what you don't want to do – that approach to life will take you further away from experiencing happiness.

Taking time to have fun so that you enjoy the process allows you to simply focus on having fun and nothing else. When you do this you allow your spirit to have fun, you allow your subconscious to take a break from the daily grind and give it a chance to actually go out and work for you – because your mind is no longer interfering. Too often we follow the belief

that the harder you work the more successful you will be. The truth is that the harder you work the more tired you'll be and the more tired you get – the unhappier you'll become. Why? Because you're not having fun and if you're not having fun – there really is no way you can be happy. If you disagree then do something you don't like and see if you are happy while doing what you don't enjoy. Then try doing something you do enjoy and see if you feel better. See if you begin to experience happiness when you do something you enjoy. Do something enjoy everyday, make a little time for some fun everyday and you'll begin to experience happiness everyday.

So how do you have fun so that you enjoy the process?

This step is probably the easiest thing you can do – yet over the years of teaching my [Creating Power system](#) I've discovered that so many people have forgotten how to have fun so that they enjoy the process. All you have to do is act like a kid again – simply start doing things that you had fun doing when you were a child. If you still can't figure out what that is – go to a park where you see kids running around and think about doing what they're doing. My wife will tell you that I'm guilty of being the biggest kid she knows – and she's the biggest kid I know – next to me. Together we always find time to act a little childish at several points during the week. For those moments – nothing else matters. There's no work to be done, no deadlines, no chores, no responsibility – we're just acting like kids. Now if you don't feel like acting like a 6 year old you can try being a little more mature – but not too mature. You could play a sport, work on a hobby, just do something

that you enjoy doing – something that you haven't been doing for some time; something that you have fun doing.

Once you start having fun you automatically begin to enjoy the process – and by enjoying the process – you start to experience happiness and the process becomes contagious – to the point where you enjoy doing it so much you want to keep on doing it. At times you may wonder why you weren't taking to have fun more often.

When you're having fun to the point where you're enjoying the process you wake up your spirit, you release your higher self, you unleash your inner powers because you are no longer unhappy, you are no longer consumed with the serious matters that occupy all of your time throughout the day. In the end you are no longer unhappy because you're too busy having fun.

Great leaders throughout the world always find time to enjoy life and have fun. I can still recall an image of Nelson Mandela dancing away at his victory party, Bill Clinton playing his saxophone and just having fun, the Dalai Lama joking before press conferences, George W. Bush – skydiving, the list goes on but my point is that in order to truly reap the rewards of life, to enjoy success and experience happiness – we all have to let out our childish side. Kids always find a way to have fun – in just about any situation. Leave kid in a room and he or she will find a way to amuse themselves. As adults – when we're left in a room alone – we often do nothing but think and think and think. I'm not suggesting that you amuse yourself when ever you find yourself waiting in a room – but take a few moments

during the day to break from the routine and have some of fun – to the point where you're enjoying the process.

Children have a unique way of being spontaneous and finding a way to not only live moment by moment – but to also have fun or find the fun in just about any situation. We can certainly learn a lot from children and even the bible suggests that we need to be children in order to truly be happy – for it is in the bible that we find the following: *"Unless ye become as little children ye cannot enter the kingdom of heaven."* What exactly does this mean? That's up to you to decide – I think it suggests that if you truly want to be happy – to the point where you are in heaven – you have to learn how to be a child and have fun in life – so that you're really enjoying the process.

Make it a point to have some fun everyday – make it a habit to act like a 6 year old for a few moments a day and see how good you really feel. I know some of you won't be able to do this – and that is the saddest part – you've become too grown up to enjoy the heavenly qualities of being a child again. Don't short change yourself – you're never too old to be a kid again. When you start having fun – you'll discover your happiness and you'll start enjoying life.

## Step 2: Open Your Heart

As I outlined in the previous chapter – we all have busy days, and there are many things that consume our time that we feel are extremely important. In the process we often forget to take a look around and truly appreciate what we have and we fail to open our hearts to those around us and those we love. Instead, many people are too busy being angry for most of the day. You may not like what is happening in your life – but that doesn't mean you should close your heart to everything and everyone around you. When you open your heart you'll start to see amazing results and you'll actually start to experience your own happiness.

This second step requires that you try a different approach – that you look at things a little differently or that you try to see things from another point of view. I discuss this in greater detail in my [Creating Power system](#) and in order to do this you really have to train your mind to work in a different way.

If you find that you're not enjoying your relationships, that the people around you are annoying, that you're not happy with your relationships then maybe it's time to try a different approach. Too often we put ourselves first and others second. By this I don't mean that we're constantly selfish – but that we only see things the way we want to see them – and in the process we fail to truly appreciate the positive, good and loving qualities that are within the people that we interact with everyday.

I find it quite remarkable that even in this day if someone has fallen in the street, injured and in need of help – few will

actually extend a hand. A majority of people will still walk by – glancing at the obvious but ignoring a call for help. Many tend to isolate themselves by creating a wall around them to protect them from being hurt, taken advantage of or ridiculed. Your desire to protect yourself limits your chance to experience happiness at a deep and fundamental level. As I tell my students who work with my [Creating Power system](#) we don't live on isolated islands, we are not isolated individuals living isolated lives. We are connected and human nature forces us to depend and work with each other. We do this everyday when we go to our jobs – yet when someone calls for help – someone you don't even know – would you lend a hand? Unfortunately most people would turn away and protect themselves.

When you open your heart you don't only look at the positive, good and loving qualities of the people you know – you express these qualities in yourself by extending a hand to those you don't even know. This is the first step to opening your heart. The second step requires that you trust your instincts, listen to your intuitive side, see beauty and honesty in everything – without letting your past experiences taint you. I know somebody will likely say: “Karim, I've been hurt too many times – I can't just open my heart to people anymore.” It's not that you can't – it's that you choose not to and this selfish approach will leave you closed off to a world that could allow you to experience tremendous joy and happiness.

I'm not asking you to let people walk all over you. Instead, the next time you see or hear someone calling for help – lend a hand. If a colleague needs a shoulder to cry on – lend them your shoulder. If a neighbor needs a hand – extend

your arm. If you see someone hurt – reach out and comfort them. It's not about helping people financially – it's about helping them help themselves by opening your heart and guiding them.

As human beings we are connected in many ways, we are connected very deeply and how we interact with each other sets the tone of our lives and it is this connection that allows us to thrive, to excel, to understand, to learn, to grow and to experience happiness. At first when you open your heart the process will feel awkward and you may have to force yourself to take that first step – but watch what happens after you do this. See how you feel and see how others respond – you'll be surprised at how many start to follow your lead. When you open your heart you move away from being self-centered to being human centered. You move away from unkindness to kindness. You move away from unhappiness to happiness. If you're among those who might say something like: "Karim, I've been kind and helpful. I'm always the first one there when somebody needs me – and all I get is a kick in return." To this I can simply say – it's not about what you get in return. The next time you are there for someone – do you enjoy the process? Does helping someone allow you to experience happiness for that moment? If you answered yes – then that's all that matters – by experiencing happiness you have already been rewarded – because after all – you helped someone and you were happy – now that's an accomplishment.

So don't get caught up in yourself, don't always focus on you and what you want, be part of the human experience by opening your heart and recognizing your responsibility. Today and everyday make it a habit to go out of your way to

help someone. Make it a daily habit to recognize the positive, good and loving qualities of those you know well and those you hardly know. Make it habit to be human and open your heart – happiness will follow.

### **Step 3: Focus On Creating Your Life**

Many of us think and believe that life is something that happens and this is an unfortunate way of looking at life. The truth is that one day you are born, one day you die and along the way you create and experience your life. If you want to experience happiness then stop accepting that life simply happens – because when you believe that life is something that happens, you no longer have the ability to create your life and create your destiny.

If you want to experience happiness on a regular basis then develop a new perspective on life – where you are no longer accepting what happens but you take the role of being the designer of your life. Look at life as something that you can work with, that you can design into anything you want. Try the approach of writer Somerset Maugham, who said, “It’s a funny thing about life, if you refuse to accept anything but the best, you very often get it.” Make it a point to accept nothing but the best – make this your starting point in the design of your life and work forward from here – then see what you come up with.

If you are unemployed, accept that you will only get the best job for you or that you will only find the best way for you to have an income. If you are longing for a relationship – accept that you will only meet and be with the best person for you – and work forward from there. If you have a business – accept that you will only develop the best possible business and work forward from there. The minute you do this you create a new mindset – you go from simply accepting that things are the way they are to realizing that

you can do a lot more and in the process experience a great deal of happiness.

When you accept anything less than the best you get lazy, you accept your fate, you hold on to hope but after a while even that begins to fade – and it's only because you have the wrong perspective. Now switch your perspective and look at your life as a creation with you being the designer – you get to shape and build this life in any way that you want. Given the choice – would you rather create your own life or would you rather have someone else do it and live life the way that they choose? I think the answer is obvious. However, if you don't accept the role of being the designer of your life – you will live a life that others want – and in so doing you ultimately crush your spirit and eliminate any chance of experiencing happiness. Because you can't be happy when you live the life that somebody else has created for you.

As human beings we are able to create wonderful things in life. Take a look around you, look at the home you live in, the home your neighbor lives in, the car you drive, the good food you enjoy, even the job you have – these are all created by human beings – we really are designers – capable of creating wonderful things in the world. But many of us don't see this – we only see what we don't like. So make it a point today to take on the role of being the designer of your life with the intention of accepting nothing but the best for yourself.

Change your perspective from seeing life as something that happens to seeing life as something that is created with you being the designer or chief architect. See each new day as a

new opportunity to create something wonderful in your life. When you wake up in the morning – focus on how you can design, shape, or sculpt your life into something that you can truly appreciate and enjoy.

When you do this you move away from the point that makes you unhappy – the point where you live somebody else's life – to a new point – one where you decide how your life will turn out, where you decide how your life will be designed. The moment you start doing this you will begin to experience a higher sense of awareness and as you start designing your life you will begin to experience happiness in many different ways. Why? Because when you become the designer you will begin creating and no longer reacting.

By taking on the role of the designer – where you create your life you are instructing your mind and subconscious mind to begin finding solutions and ways for you to improve your life and experience happiness. The mind is capable of enormous feats – the subconscious can create anything you wish. When you become the designer of your life you free your spirit to guide you, you get your mind working for you and you give your subconscious mind the opportunity to create the life you want as you begin to experience happiness.

So from this day forward begin to see each new day as full of potential – where you begin creating and designing what you want. Now you can't do this once in a while – to experience the full benefit of this process you have to do this everyday. You have to accept nothing but the best and you have to see yourself as the designer – creating your life and not letting anyone else create a life for you. Try it today

– work with a new perspective and as you get comfortable with this process you'll begin experiencing a greater level of happiness.

## Step 4: Follow Your Passion

Over the years I've heard from many people longing to discover their passion, their life's purpose, their calling – their destiny. Discovering this is the difference between enjoying life and simply just functioning – hoping to make it through the day. The process of following your passion begins by simply doing what you love but you know the funny thing is when I ask people what they love to do – I rarely get a straight answer.

It seems that a lot of people have forgotten or lost track of what they love to do and as a result no longer do what they love to do and then they wonder why they're not happy. I find this quite amazing and from my many discussions with people interested in or working with my [Creating Power system](#) I discovered that most people are so caught up with their everyday lives, with work and their routines that they no longer make the time to do what they love. In many cases their jobs are far removed from what they love doing, that it's not surprising that people are unhappy – they're simply not doing what they love doing – they're not following their passion. How can you possibly be happy when you do something you don't enjoy?

Each of us is born with a particular passion, a certain talent or ability that when we express it brings us tremendous joy and happiness. When you start to express your passion, that certain ability or talent you begin to live with a purpose and this allows your soul, your subconscious mind and yourself to connect with the universe and the world on a very deep level. This is the process of doing what you love to do and following your passion; when you do this you will discover

surprising rewards, the kind of rewards you are unable to predict at this moment. Every truly successful person and every wealthy person has managed to accomplish their goals because on some level they have followed their passion – the love what they do, they love getting up in the morning and getting to work and they love being able to express that certain talent or quality that brings them tremendous joy.

When I say talent – I'm not only referring to artistic or creative ability. It can be any kind of talent. Muhammad Ali had a talent for boxing, John Grisham has a love and talent for writing mysteries, Bill Gates has a talent and passion for technology and using it to improve people's lives, Mother Theresa had a talent for caring for people and spreading her love to anyone she encountered, Michael Jordan had a talent for basketball, Robert DeNiro has a talent for acting and directing, and now you have to discover your passion, your talent, that certain quality of yourself that you love to express with tremendous passion.

Too often I hear people say: "I don't know what I love to do, I don't know what my passion is, I don't know what my purpose is." You do know – you've just buried it so far down that you're not even aware of it anymore. So how do you discover what it is you love to do? How do you discover the passion?

The first thing you should do is ask yourself "what would I do with my life if I had everything I ever wanted?" In asking this question you eliminate the need for money, the need for any material objects and the need for any dependency on anything or anyone. You would not go out and buy anything – because you already had it. You would not go out and

have to make more money – because you already have what you want. So what would you do with your life? Not what would you do with a day off – but what would you do with your life? How would you live your life if you had everything you ever wanted?

Once you answer this question – begin doing it right away. You don't have to give up your day job or your current source of income – just start doing it and watch how your life begins to dramatically improve. Observe how happy you are as you follow your passion.

Here's a personal example. When I began University as an undergraduate I had every intention of being a Lawyer. I didn't know what kind of lawyer – I just wanted to be a lawyer. I figured the money would be good and I could have my own practice, plus I had an interest in law. Now I also had a passion for music and being a disc jockey. Like many kids growing up in the 70's – I used to DJ at local parties with some of my friends – it was a lot of fun. Not only did I have a passion for music, disc jockeying but I also loved the radio – I was fascinated by it. My dad one time bought me a little transistor radio that he got at a gas station when he filled up his car. I took it apart and put it back together again – just to understand how it worked. My mom had told my grandfather living in Kenya about my passion for radios and he responded by sending me a radio, which I still have. I took that one apart and put it back together again. Everyday and every night I would listen to the radio and I would listen to all kinds of things from top 40 to international news.

So one day I'm in my second year of University, when I stumbled across a sign that said the campus radio station was looking for help – they needed technicians, announcers even disc jockeys. Now this caught my attention. So I applied and I got a late night show that nobody else wanted. I took it. I didn't get paid a cent and I did this for a full year. The next year I moved into the operations and programming department, I ended up being the program director, then news and sports director. When I first started we had 2 speakers playing in remote areas on campus. There were others at the station that shared my passion and together we tore down the station and built a new FM station that still broadcasts today. All the while I never got paid a cent – not until my final year when I received a 50-dollar bonus check. My parents thought I was nuts – but appreciated my passion. I worked long hours, late hours, went to my classes, studied for exams, held a part-time job to pay for my expenses but everyday I was at that station I was having fun – and I loved every minute of it. Friends and relatives thought I was wasting my time – but I was having fun and that's all that mattered. A funny thing happened along the way – I became a broadcast journalist and went on to have a terrific career. That career would have never taken place had I not followed my passion, had I not had fun working at that radio station – because that's where I was exposed to journalism and it was where I developed my initial skills to be a journalist. What's also interesting about that process is that all of us who dedicated our time and energy to building that radio station went on to have successful careers in a related field.

When you follow your passion, when you do what you love – you do it simply because you enjoy it. You don't do what you

love for some particular gain, you do it simply because you enjoy it – because you're happy when you do what you love.

I'd like you to try the following exercise: think about all the people that you feel are successful and very wealthy. These can be people that you know or don't know very well. Now take a look at what they do to earn a living – are they doing what they enjoy? Or are they simply doing something to earn a paycheck? Chances are you'll find that just about all of them are doing what they love and not working for a paycheck. You'll never truly enjoy life when you do something just for a paycheck and continue doing that for the rest of your life.

Now I know that most of you will say: "Karim, I don't know how I could possibly make a living doing what I love doing." Your job is not to try and figure it out – your job is to simply do what you love – because when you follow your passion you'll be happy. When you're happy – good things will naturally flow to you. I used to love being a DJ and take apart radios. I never made a living doing that – but in the process of following my passion I discovered another passion that launched me to an unexpected and rewarding career. Something similar could happen to you but you'll never know until you try.

So what would you do with your life if you had everything you wanted?

When you have an answer for that question you'll be able to start doing what you love, then happiness will follow and after that – wonderful things and unexpected wealth will

naturally flow to you – because you'll be doing what you were born to do – enjoying life!

## Step 5: Embrace Change

Every person and every student I have ever worked with has learned the enormous benefits of embracing change. Let's face it – the only reason you're reading this is not only to begin experiencing happiness, but there are aspects of your life that you want to improve and change. Before you can make those improvements or experience happiness – life has to change and if you don't embrace change you won't be able to make the improvements you want and you won't be able to experience happiness on a regular basis.

Embracing change is a key component of my [Creating Power system](#) – because the [Creating Power system](#) will teach you how to create the changes you want in life but you have to embrace these changes because the process of experiencing happiness constantly changes. What allows you to enjoy happiness today will change in the future. I no longer work in radio, broadcasting or journalism – I simply don't experience the same level of happiness as I did when I was much younger. Today I am happiest when I am with my family, when I'm writing, at home with my wife, working with my students and enjoying a leisurely day. In the future some or all of this could change – and I will embrace that change as well.

Change is the heart of the process of life. Everything in life is in a constant state of change – just look around you and you will see change happening everyday. One of the main reasons why people are unhappy is because they refuse to accept change. They want things to stay the same – but that's just not possible.

Now think of change as a vehicle that will take you from where you are now to where you want to go and in the process you will be happy – but this will only happen if you embrace change, if you work with it, if you allow the process to unfold and enjoy it you will begin to live a much more healthier, fulfilling and happier life.

When people ask about my [Creating Power system](#) I always explain that they will only be able to make the improvements they want in life when they are ready to embrace change.

If you want things to improve and if you want to be happy then you will have to embrace change – because only with change can you improve your life and begin to experience happiness. What you start today will grow or evolve and thus change tomorrow. Nothing stays the same – and if you try to resist change you're basically taking steps to secure your misery.

Sometimes change can be unexpected and the initial reaction is to resist this change – but after you get comfortable with the change that occurred you begin to see how that change that you once resisted can dramatically help you improve your life and experience happiness on a different level.

Think of change as your best friend – one bringing wonderful gifts and pleasant surprises – but only if you trust and embrace this friend. A good friend would never let you down and will only steer you in the right direction, sometimes that can be painful but your friend is only doing what is best for you and helping you go in a new direction.

Embrace change like you would a trusted friend who knocked at your door.

Your life is a collection of precious moments that lead to other precious moments – a process that continuously changes and only when you trust this process, embrace it and work with it will you be able to enjoy those precious moments – and begin to experience happiness on a different level.

## Step 6: Develop Spirituality

As human beings we are a combination of mind, body and soul. In my [Creating Power system](#) I teach you how to nurture, train and direct the power of your mind and subconscious mind. There are numerous ways you can nurture your body. You can work with diets, exercise, develop positive and healthy eating habits – many of us do this everyday. Some never do and that's their choice. And as human beings we should also nurture and develop our soul – which is the spiritual side of our life.

Now I'm not talking about religion, I'm not talking about having to follow any particular dogma or religious belief – if you want to follow a religion that is your choice. Religion can be an element of spirituality but if you want to be spiritual you don't have to follow a particular religion.

Developing spirituality is about getting in touch with your higher self, that part that connects you to a greater or higher power. If you accept the premise that we are all connected then there is something that is greater than us that creates this connection. You can call this greater power God, Allah, Buddha – whatever you want as long as you begin to develop the process of understanding that our soul requires the same nurturing as our body and mind.

When you develop spirituality you connect with this deeper part of yourself and in so doing you begin to experience a sense of fulfillment, a sense of understanding that we are more than what we see in the mirror, that we are more than what we think and do for a living. Your happiness is not directly tied to how spiritual you are – but as you begin to

be more spiritual, as you develop a spiritual understanding that you are comfortable with you will begin to experience a different kind of happiness – a kind of happiness that is not tied to anything external. I call this an inner happiness or a quiet happiness; it's a combination of fulfillment, happiness and complete understanding of your place in the world.

As you develop your spirituality it's also important not to try and enforce your beliefs on others – this is not your responsibility. You cannot decide what somebody should believe in, that is their choice and part of your own spiritual understanding requires that you accept others for who they are, what they are and allow them to believe in what they choose. No one really knows what that higher power really is – we just develop our own understanding of that power. My father always used to say: "No one ever died, went up and came back to tell us about it." And no one ever has, not even my father. Respecting others choices and their own spirituality allows you to focus on your own spirituality while developing a greater understanding of the process and a stronger connection with even those that may have a different view or a different belief.

Go with what works for you. If you feel that developing your spirituality requires that you attend church on Sundays – then that's fine. If you feel that developing your spirituality requires that you attend a Mosque on Fridays – then that's fine. If you feel that developing your spirituality requires that you attend a synagogue on Saturdays then that's fine. If you believe that in order to develop your spirituality you need to study and incorporate different practices from different religions – then do that – as long as it works for you.

We are evolving creatures, we are multi-dimensional, we continue to grow and learn everyday. Developing your spirituality is a process that you cannot ignore – if you do you will begin to isolate yourself and crush your spirit. By developing your spirit you allow yourself and your spirit to grow, in the process you begin to experience a more fulfilling and happier life.

Quiet your mind, practice meditation, calm the chatter of your mind so that you can be in tune with your intuitive voice – that part of you that is connected to your higher self and only wants to guide you. By developing your spirituality you will begin to experience an inner happiness while developing your intuition.

## Step 7: Have Balance

Have you ever taken the time to think about and decide what is important in life? I don't mean what is important to you – but instead I want you to think about what you feel is truly important in life.

If you came up with one or two things that you feel are truly important in life, then you're probably not looking at the complete picture. It's not about what you feel is important right now – but what is important in the entire process of your life. Everyday I get countless emails from people, students and those just wanting to express themselves. Through this process I have discovered the key elements that are important in life and when you work towards and nurture all of them you have balance. When you have balance there is harmony and when there is harmony you experience happiness.

Here now are the key things that I feel most people think are important in life.

- 1) Money, career, financial stability**
- 2) Health**
- 3) Family, relationships, children, friends**
- 4) Spirituality – a connection to each other and a higher power**
- 5) Fun, pleasure, leisure time,**

At different points in your life one or two of these areas are likely to dominate for a period of time – when you allow that to happen you are no longer balanced. All these areas are important, one may require more attention than the other

for a period of time but that doesn't mean you neglect the other areas. When students begin working with my [Creating Power system](#) I ask them to focus on 3 or 4 areas of their life that they want to improve or change and explain that they can easily go to 5 or even 6 if they want. I'm always amazed when I hear from a student who simply wants to focus on one area of their life; it's a clear sign that they are completely out of balance.

Sure you may feel that only one area needs attention; sure you may be financially secure and feel it now necessary to focus on another area of your life. But that doesn't mean you neglect your finances. Instead, you should continue to pay attention to it and make sure that the stability you have continues. If you feel your relationships are doing well you should still continue to nurture and pay attention to those relationships. Neglecting any one of these areas is a sure way to invite disaster into that particular area.

Too often people feel that they can coast in certain areas of their lives, that they don't need to put in the effort anymore, only to realize a few months or years later that everything in that area they neglected is now falling apart.

Another thing that I often hear people say is something like this: "When I get my finances in order I'll be able to pay more attention to my family." Or "When I have the relationship that I want I'll focus on my career." This is exactly the kind of thinking and the kind of belief system that will lead to an unhappy experience because there is no balance and if there is no balance there is no harmony, and if there is no harmony there can be no happiness. It's really that simple.

The key is to not let any one area dominate your life and not neglect any area completely. I certainly don't expect that you give each one of them equal time; after all, we have busy lives. But make some time for each area; make sure that each area gets some attention so that you begin to create a balance in your life.

We are multi-dimensional human beings capable of living in balance and harmony when we make that a priority. When you have balance you will begin to enjoy life a lot more.

When I was a bachelor I was focused on my career, nothing else mattered. But after a few months of being completely engrossed in my career I felt a certain emptiness. I couldn't put my finger on it. I was living in Vancouver, British Columbia at the time and a good friend of mine had also moved there and was staying with me. I had plenty of friends, a career that was going well, my financial picture was improving – but something was missing and at first I couldn't figure it out. Then my parents came to visit – and that opened my eyes. I had lost my connection to my family – I was out of balance because I was no longer in direct contact with them. When I moved to New York I refused to let this happen and made it a point to be home every 2 or 3 months – just to maintain my connection and make sure that there was balance in my life.

At that particular time in my life I was not balanced because I had neglected my connection to my family. At other points in my life there have been other areas that have been neglected that left me off balance and I've had to make an extra effort to pay attention to those areas that I was neglecting. As human beings we are not perfect and as a

result we will not always have balance all of the time. The key is to strive for balance and recognize that if you're not happy then chances are that your not living a balanced life, something is being neglected that needs your attention.

If you find it challenging to have balance then you're not looking at the bigger picture, after all, what is more important than having a happy, fulfilling and meaningful life? Remember – you don't have to give each area equal time – just make sure you give each area the attention it needs. When you do this you'll begin to open your heart, awaken your spirit, create balance, harmony and begin to experience happiness while also helping those you care about experience their own happiness.

## Step 8: Practice Gratitude

Every year I make it a point to write an article for my newsletter subscribers and students of my [Creating Power system](#) on the topic of Gratitude and inevitably I get an email saying something like this: "I have nothing to be thankful for. You ask to have gratitude, for what? My miserable life." How is that someone can become so hardened that they feel they have nothing to be thankful for? Just the fact that you are alive and capable of thinking, writing and reading are reasons for being thankful.

Now some of you may ask; "What's the point of being grateful? Why should I have any gratitude when I don't like the way things are?"

Gratitude is one of the most powerful forces that exists! Showing gratitude creates an energy level greater than any other – and sends a powerful message to your mind, subconscious mind and the universe. When you practice gratitude, when you show and live with the feeling of being thankful for everything in your life you automatically attract the situations, people and circumstances that will allow you to have more of what you are grateful for and also help you achieve your goals.

When you practice gratitude, when you focus on the things that you are grateful for, or when you find something within yourself that you can be thankful for you move from focusing on what you don't like to what is good and what is positive in your life. You cannot be unhappy when you are expressing gratitude. If you don't believe me try it and see what happens. Here's a short exercise you can work with.

Create a list of things that you are grateful for; these can be physical things, abilities, talents or qualities that you are thankful for having. Then review that list and see if you can be unhappy while feeling truly grateful for the items you listed. You'll soon discover that you cannot be unhappy while being truly grateful.

By being grateful I mean being truly grateful – to the point where you feel grateful in your heart and that feeling resonates throughout your body until you have a smile on your face.

So when you practice gratitude you really begin to accomplish two very important things in your life. First you begin to experience happiness because you are no longer focusing on what is wrong, instead you focus on being grateful. Second, you begin to develop powerful energy – that will only attract more of the good things that you are grateful for into your life, while also attracting the people, situations and circumstances to help you achieve your goals.

Now this power won't be felt if you practice gratitude just once a week or once a month. In order to enjoy the full benefits of gratitude and experience happiness everyday – you should focus on things you are grateful for everyday throughout the day.

At first the process will seem awkward and if you can't find something external to be grateful for then try looking internally. Every human being has something they can be grateful for, often these are things that we take for granted and overlook. Things like a warm meal, a caring family member, a good friend who calls, a job, a home, etc. Just

because you can't find joy in your life doesn't mean you are unhappy. It only means that you are not looking in the right direction. Broaden your perspective, and look at things differently.

Everyday brings something joyful, something you enjoy, and something that puts a smile on your face – if you looked at it the right way. Pay more attention to these little pleasurable moments, remember them throughout the day – all you have to do is simply appreciate the little things that you enjoy at any point during the day. By working with this process you'll find yourself re-vitalized, you'll have a fresh perspective and you'll begin to experience happiness.

Practicing gratitude regularly is something I started doing regularly and I can tell you it has changed my life dramatically. By simply focusing on the things, people and events that I am grateful for I give myself a fresh perspective and begin to appreciate things I used to overlook. Let's face it – we all tend to focus on what we don't have, it's something that we're taught to do and learn to do as we grow up. The process of practicing gratitude requires that you change from focusing on what you don't have to be grateful for what you do have and this will take time. But when you are thankful for what you have you attract more of those good things and you set in motion the energy to create the life you want; and in the process you experience happiness.

## Step 9: Strive To Be Better

When I was in my late teens my parents introduced me to art of meditation. I had heard a lot about it because many of my relatives were practicing meditation regularly. Later, I discovered yoga, tai chi and a host of other techniques – many of which I still practice today. I'm not suggesting that you go out and start learning every new age technique that you stumble across. But what I do suggest is that you always strive to be better than what you are today.

Now I'm not saying that you're not good enough, quite the contrary. But there is always room for improvement, we are not perfect and therefore we can always be better human beings. If you're not going to learn a new age technique, then do something else that will allow you to be a better human and stretch your capabilities and understanding. Students who work with my [Creating Power system](#) learn to expand possibilities and focus on their positive qualities. They work toward being better human beings.

For you this may not be about something new age – it can be anything. You can join a gym, take up martial arts, study art, take a cooking class; anything that allows you to be a better person, stretch your ability and push you to discover a new process. Once you start doing this you'll start to change your life's experience. Where you were once unhappy you'd actually start to experience happiness – but only if you have fun with the process. You can't take this too seriously because it is meant to make you a better person and as such you shouldn't be stressing yourself out over it. For example; if you take a martial arts class but find you're not doing so well, that's okay – just have fun with the process.

You may want to be a black belt and that's great – but before you get there make sure you enjoy what you are doing.

Now you can also strive to be better by simply being a better human being and by this I mean you can simply take the time to be kind to someone, to be a little more thoughtful, to lend a hand and to be more humane. You can strive to be a better mother, father, husband, wife, boyfriend, girlfriend, son, daughter, friend, worker, employer, etc.

Once you start doing any of what I just suggested not only will you begin to experience happiness, but you'll also start to see all areas of your life improve. It's impossible to be kind and unhappy. It's impossible to better yourself and be unhappy. Try it and see what happens.

As with anything you can't make this a once a month practice – that has no impact. You need to strive to be better everyday. Create a daily practice or a daily habit where you make an effort to strive to be better by doing what ever you can to better yourself. This process not only allows you to experience a different kind of happiness it also begins to open the door for more good things to happen. Because when you strive to be better you tell yourself, your mind, your subconscious mind, and the power of the universe that you are doing everything you can to not only experience happiness but to also be a better person – and that message will only attract more good things into your life.

So the next time you start your day make it a point to do things a little better, to go the extra mile for a fellow human being and strive to be better.

## Step 10: Appreciate Your Life

You are a unique human being – capable of doing things that you may or may not have yet imagined. There is no one like you and let's face it – you are an individual connected to the human race. Appreciate who and what you are – appreciate your life. You may be a father, a mother, a son, a daughter, a carpenter, a businessman, an engineer – but you are you – and you are part of the human race.

Too often many people get caught up in what they are not and lose sight of who and what they truly are. Don't try to be someone you're not – strive to be better at who you are, focus on your positive qualities, appreciate yourself for the good person you are. Take a few moments to appreciate and celebrate your life.

The truth is your life is unfolding everyday, there will never come a time when you reach a point in your life when you say: "That's it, I'm here, I'm done. Nothing more to do." You may want to do this – but the journey will continue until the day you die.

Everyday take a few minutes to appreciate yourself, acknowledge your success and do what I outline in my [Creating Power system](#) do – pat yourself on the back. By this I mean acknowledge your successes regardless of whether they are big or small. I sometimes get emails from students saying: "Karim, I have no accomplishments that I can acknowledge." Of course you do – your just not looking at them. If you graduated from high school, that's an accomplishment, if you have friends – that's an accomplishment, if you know how to read and write – that's

an accomplishment. This is the process of appreciating your life – and you simply do this by focusing on the spectacular process of life that is unfolding before you.

Someone once asked me what the best part about life is? My answer was simple – life itself – the mere process of experiencing, growing, learning, living and adapting to the changing pace of life is the best part about life – because you're always experiencing the full process of life. Engage this process; celebrate it – because it will never happen again. Now after I answered that person's question they had a follow up and it was: what's the saddest part about life? My answer: dying. Because then it's over and in most cases you never get to say goodbye, you never get to see how things turnout, the process is over and you're no longer part of it. So enjoy the process of life while you can because one day it will end and you won't have a chance to enjoy it anymore.

This is the only life that you will have – make the most of it. Appreciate your life for what it is and who you are. You won't cross this path again, make your time here count. You don't have to become President or a world leader, but you can make a positive impact on the lives of those around you, those you love and even strangers – simply by appreciating your life. Once you start doing this you'll start to enjoy life again and in the process you'll experience happiness because you won't be focusing on what's wrong and instead – you'll appreciate all that is life – your life.

## **A Final Note**

I've outlined ten steps for you to experience happiness, and I'm sure that if I continued I could come up with many more but what I have outlined are perhaps the ten most important steps you can take to experience happiness. By now you should understand that nothing can make you happy – only you can experience happiness and it really comes down to how you see things.

Now that you have read these ten steps you should be more aware of what you can do to experience happiness and if you simply start by changing your perspective you will begin to enjoy a happier and more rewarding life. You can work with any, many or all of the steps I've outlined. The more steps you work with the more often you will experience happiness – and the more often you work with them the sooner the experience of happiness will become permanent.

When you work with these steps it's important to remember that I'm not asking you to turn the other cheek all the time or that you ignore the challenges that you may be facing. Instead, simply change how you see things and this process begins by moving from focusing on what is wrong to appreciating what is right in your life everyday.

Happiness is not something you can purchase in a corner store. Happiness is not something that somebody else can give you. Happiness is not something that you can acquire. Happiness is something that you and only you can experience and it has to come from within. Once you start working with the steps that I outlined you'll begin to enjoy your life and see improvements in all areas.

Part of this process requires that you train your mind and direct your subconscious mind to focus on the good things that are going on in your life and to help you attract the situations, people and circumstances that allow you to achieve your goals. In order to do this you will need to create a new way of thinking, a new way of seeing things and a new belief system that works for you and not against you. Students who work with my [Creating Power system](#) learn to do this over a 4-week period, they then learn to create and implement a 5-minute system that they can work with for the rest of their life. To learn more you can visit <http://www.creatingpower.com/book.htm>

If you already have my Creating Power system then keep working with the material and please let me know if you have any questions or comments. You can email me at: [cpbook@creatingpower.com](mailto:cpbook@creatingpower.com)

Thank you very much for taking the time to read this book. I wish you experience tremendous success throughout your life and I know if you work with any or all of the ten steps I just outlined you will experience a happier and more fulfilling life.

Sincerely,



Karim Hajee  
Creating Power