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happiness is more likely to lead you to success. So when you start prioritizing it, its like having your cake and eating it too. So a good practice to have, according to Kristina, goes as follows: Write down your definition of happiness. Then define what success means to youhow do you know you are successful? Once youve got your definitions down, ask yourself: how can you align them even more? Then compare the lists and see how they align and how they contradict each other. Kristina Mnd-Lakhianis insight: If happiness is a destination unique to each person, then why are we told to follow exactly the same map? Once you define what it means for you, you may be more likely to find your own unique path. Routines are like the unsung heroes of our lives, quietly building our habits for happiness and success. Science has said it too: having a daily routine is associated with Better mental health, Increased feelings of control, and Reduced levels of perceived stress. Additionally, research suggests that people who engage in self-care activities on a regular basis are more likely to experience positive emotions and overall life satisfaction. But where to start? According to Kristina, it all begins with awareness. Think of it like planting a seed. You should nurture it before it grows into something beautiful. And just like a plant needs water and sunshine, change needs the right conditions to take root. Kristina recommends doing the following exercise daily: Set an awareness alarm for yourself 510 times a day. And every time it goes off, take a moment to check in with yourself. What are you up to? How are you feeling? Whats on your mind? Sounds simple, right? But thats the magic of it. By incorporating these moments of awareness into your daily routine, youll start to build new habits that actually make you happy and fulfilled. Awareness usually supplies enough motivation to start changing your life in little but consistent ways. Kristina Mnd-Lakhiani, author of Becoming Flawesome: The Key to Living an Imperfectly Authentic Life Words may serve as inspiration. So here are a few quotes to inspire more happiness and success in your life: The people that you love do not need your sacrificethey want you to be happy. Not only is your sacrifice of personal happiness pointless, but it is also a heavy burden on those for whom you so selflessly want to make the offering. Kristina Mnd-Lakhiani, author of Becoming Flawesome: The Key to Living an Imperfectly Authentic LifeSuccess is stumbling from failure to failure with no loss of enthusiasm. Winston ChurchillHappiness is not the belief that we dont need to change; it is the realization that we can. Shawn AchorYou will do this world a great favor if you allow yourself to prioritize your own happiness. Kristina Mnd-Lakhiani, author of Becoming Flawesome: The Key to Living an Imperfectly Authentic LifeThe ultimate value of life depends upon awareness and the power of contemplation rather than upon mere survival. Aristotle Dont forget that happiness lies in the little moments that spark up the joy within. Open your heart to those moments, and let yourself be surprised at how your happiness may be closer than you have thought before. Maybe you, too, have been on the journey of striving for success and perfection to be happy. And you may have noticed how it didnt really work out. However, that kind of genuine happiness is like a hidden treasure that seems so far away, but it may only lie in the one place we often forget to look: inside ourselves. So if you need a little guidance on the path to reconnecting with your authentic self, Kristinas book, Becoming Flawesome: The Key to Living an Imperfectly Authentic Life, may hold just the answers youre looking for. Dont be afraid to take the next step to meet the best version of yourself. And you might be surprised that happiness was just around the corner, waiting for you all along.

**Success is not the key to happiness. Happiness is better than success. Success is not the key to happiness quote. Happiness is the highest level of success. Happiness is success quotes. Success is not the key to happiness meaning in hindi. Happiness is more important than success. Happiness is the key to success meaning in bengali. Happiness is the key to success meaning in hindi. Success is not the key to happiness in hindi.**