

Session 9: More Happy, More of the Time

All of the things in life that seem at the moment as failures, are, in fact, a part of the ultimate building blocks towards success, and lead to being more happy, more of the time.

- So many people are stuck saying, “Look at what has happened to me...look at what I have done...and now the future’s no longer bright for me because of...”
 - *That is simply not true!*
- Every one of us has challenges in our lives that we allow to continue dictating the next decision, as opposed to us reaching a point of recovering from that problem so that we can make our own decisions
 - This allows us to:
 - Relate to other people
 - See hope in any situation
 - Realize that the past is the past that we can learn great lessons from – we need not live in it
- If you’re not having breakthrough experiences, find the root to the failure to breakthrough
 - Find recurring behaviors
 - What do you go back to instead of saying, “No, I’m not going to allow this self-defeating behavior, this limiting attitude, this action, this limiting belief – I am simply no longer going to carry this baggage”
 - There are not new mistakes, just old mistakes made over and over
- So often, people say, “I have tried...to overcome fear...to remedy the problem...to have positive relationships with others...and I can’t”
 - They wrap themselves with egoism or arrogance
 - Until they take care of the root of the problem, and “I can’t” is removed, they will not have significant accomplishments
- “Acceptance is the answer to ALL of my problems today. When I am disturbed, it is because I find some person, place, thing, or situation, some fact of my life, unacceptable to me...and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.” - Bill Wilson, *AA The Big Book*
 - *Homework:* Write this down – then make a column of all of the “problems” in your life, and recognize that those “problems” add up to the ultimate opportunity for positive change, *then review this statement*
 - Why is acceptance the answer?
 - “Nothing, absolutely nothing in God’s world is by mistake...Unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world, as what needs to be changed in me and my attitude.” – Bill Wilson, *AA The Big Book*
 - If we are a person of faith, by definition:
 - God is in charge
 - God doesn’t make mistakes
 - Therefore, we may not understand a situation, or the logic behind it, because we are seeing it from a very finite, human perspective – but, if we are people of faith, we can see that there must be some reason to it that has some value in God’s infinite wisdom

- Accept things as they are in every aspect of life, but do not accept that things must *stay* the way that they are
- Applying the Twelve Steps of Recovery to whatever the problem is...not just drugs and alcohol
 - *****Not a spokesperson for AA, just one who has benefitted tremendously from it**
 - Again, this is not to address leadership, but what we must become in order to be the person others would seek to be in association with
 - Then, leadership principles, properly applied, will find a willing and eager audience – *leadership of attraction*
 - In all cases, it is ourselves we must overcome, prior to overcoming other challenges/opportunities that life presents to us
 - 1. We admitted we were powerless over _____, that our lives had become unmanageable
 - 2. Came to believe that a power greater than ourselves could restore us to sanity
 - 3. Made a decision to turn our will and our lives over to the care of God as we understood him
 - 4. Made a searching and fearless moral inventory
 - 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs
 - 6. Were entirely ready to have God remove all these defects of character
 - 7. Humbly asked Him to remove our shortcomings
 - 8. Made a list of all persons we had harmed and became willing to make amends to them all
 - 9. Made direct amends to such people wherever possible, except when to do so would injure them or others
 - 10. Continued to take personal inventory, and when we were wrong, promptly admitted it
 - 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out
 - 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to [alcoholics] and to practice these principles in all our affairs
- So what is, or what will be, *your* refining process?
 - The same person, added to more opportunity, will not create substantially greater outcomes – personal growth will always be required in advance of meaningful new business or personal success
 - Whether or not it is a Twelve Step Program, it is extremely beneficial to identify a refining process
 - Spend a bit of time on self-discovery – identify a problem, and identify a refining process so that you are consciously engaged in the removal of the problem
- Physical, spiritual, and relationship health are required for me to be more happy, more of the time
 - *What are yours?*
 - *What is your refining process that keeps you moving toward the attractive qualities that you value?*

Let's do all that is required to be more happy, more of the time. God will lift and transport anyone who is willing...remain willing!