

How to Measure Your Life

1) How can I be sure I will be successful and happy in my career?

In order to be successful and happy in my career, I need to make sure my hygiene factors, like status, pay, and job security are addressed if they become a problem. However, I will not be entirely satisfied with my career unless I address the motivation factors as well. I need to make sure that I have personal growth in my career and that I feel like I am making a contribution to my company and even to the world. I can do this by making sure the company I am working for allows me to collaborate with my coworkers.

In addition, since I have taken a strengths test, I have found out that I have very high “idea euphoria” and “foresight”. I can use my strength of “idea euphoria” to my advantage if I work for a company that allows me to brainstorm ideas. I therefore would be good in marketing or public relations because those careers require you to come up with new ideas and strategies all the time. I have high “foresight” because I am a determined individual who will do almost anything to accomplish something that I want to accomplish. I have to be careful though that the things I want to accomplish will make me happy.

2) How can I be sure that my relationships with my spouse, my children, and my extended family and close friends become an enduring source of happiness?

First of all, if I want my relationship with my spouse to be a source of happiness for me, I must put myself in his shoes and think about what I need to give him to make him happy. This does not mean that I will succumb to all his wants and desires and not have my own desires and needs met, but rather just acting with selflessness.

Regarding my children, I must be able to show by example what it means to have solid values that will allow them to make good decisions as they grow up. Honesty and integrity are an example of the values I want to teach my children to rely on for success in the world.

With my extended family and friends, I need to make sure I do the small things such as write a thank you note for the presents they give me or return their calls. It is doing those little selfless acts in life that will ensure I keep the relationships that make me happy.

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3) How can I live a life of integrity — and stay out of jail?

In order to live a life that I am proud of, I must be able create a “likeness” component first. I must create a set of goals for myself that allow me to reach the end result that I am working towards for my whole life. The second component to live a life that makes me happy is to have a deep commitment to my goals that I am trying to create. The third component is to have a few metrics by which I measure my progress toward my goals. This way I am I can see that I am progressing toward a better future for myself.

In addition, I must always stick to my values and not let myself do something that could lead me down the wrong path. Even if I do something that I morally wrong once, it can put me at high risk for doing another morally wrong thing yet again.