



The Building Blocks of Success & Happiness by Bill King



How do you succeed in life? How do you find happiness with all this madness around us? Are success and happiness related, or are they two different states you can achieve separately? I believe that they are related, and to truly experience one you must experience the other.

I am not saying that you can only be happy if you are successful. I am also not saying that you have to be successful to be happy. What I am saying is that to be truly happy or successful, you need to experience both. What good would it be to have a highly successful career only to be miserable all the time? That would not be any good at all. Also, how would it feel to be happy, yet fail at most things you do?

When you can combine success and happiness together, you create a new state that I like to call "jubilation." Who doesn't want to experience jubilation in their life? Of course, we all do whether we know it or not. This is because there is a part of you that is connected to Source Energy at all times, yet most are not aware of it in the conscious state. The connection I am talking about could be described like this. Surveys have shown that well over 95% of the people alive today believe that when they die, there is something after death. So if you are in the 95%, you believe you are not just your body. This means that you believe part of who you are is not physical, or what many explain as the spirit being. That is where the term inspiration came from. When you are inspired, you are able to achieve great things.

When you are thriving in being happy and successful at the same time, you could say that your spirit is doing "the happy dance." Do you know what I mean by "the happy dance"? It is like the dance Snoopy does when he is dancing with his nose way up in the air and kicking his legs up and down like crazy. Your Spirit is singing and dancing just like that.

The thing that makes jubilation exciting is that when you are experiencing it, you automatically attract more things to be happy and successful about. As you experience this state, your spirit will direct you and provide you with inspiration to guide you to experience more great things in your life. Your spirit wants you to be happy and successful in whatever you try to accomplish.

Does this mean that you have to be successful at everything you do? Absolutely not! For me, when I have failed at something, it only drives me to look deep within myself and muster enough courage to take the challenge head on. While I might not have been successful in everything I tried, I always learned a lesson and worked harder the next time. Each time thereafter, I was successful when faced with a similar challenge.

I have found in my life that the fear of failure kept me from many successes. It held me back so many times that I could not begin to count them. There is one key series of events in my life that pushed me past that fear, and my life has not been the same since. These events have led me to experience life from a different point of view and challenged my core belief about success and happiness.

How to Start your Building Block Exercises:

- Meditate or quiet your mind for 2 minutes before starting
- For the next 3 minutes:
 - Reflect on the Building Block. Notice how you **feel** about it and what **emotions** are tied to it. What positive **emotions** or **feelings** could come out of the experience? What **actions** come to your mind as you think about applying the building block for the day?
 - Repeat the building block thought again and again, slowly, as you consider its meaning in your life.
 - Put yourself in a position of thankfulness. Have an expectation that great things are going to happen during the day.
 - Picture a successful event taking place in your near future. It is very important to visualize it and notice the positive feelings you associate with it. Positive feelings = taller building blocks which in turn = quicker results.
 - Start your day doing this and repeat before going to sleep at night.
 - Practice the 1st building block for 7 straight days before you start on the second one.

Throughout the day, you can use a piece a paper with the Building Block Exercise on it. Put it in your pocket or purse and read it often during the day

Building Block – Success and Happiness #1

Today, I am a magnet for success. With each success I experience, happiness flows to me with ease. As you go through your day, try to keep you mind open and positive. Look for any form of success you experience. It doesn't matter how big or small, accept it and say "thank you" each time.

Extension of Building Block - Success and Happiness #1

What qualifies for a success? I say that it is anything at all you accomplish. Here are a few examples of success you should consider:

1. Getting out of bed early
2. Having a positive attitude during the day
3. Doing a kind act for someone (no matter how small)
4. Doing something for yourself
5. Exercising
6. Eating healthy
7. Practicing forgiveness
8. Showing compassion to someone
9. Doing something for the environment
10. Following through with a commitment

The thing you have to realize is that you need to start with the small ones first. As you accumulate small successes, big successes will soon follow. This occurs because you are focusing your attention on being successful and accomplishing positive things in your life. You then start to attract more successes. Your spirit will guide you because this "attraction" occurs as you start to experience success and happiness on a regular basis. After all, your spirit wants you to be happy, and what better way to do this than to have you experience successes every day?

When you achieve a big success, be sure to celebrate them. Have a party, go out to dinner with your family, or do something fun. What I have discovered in my own life is that when I celebrate my successes, I acknowledge that I am a successful person with absolutely no limits. When others participate in my celebrations, it is as if they are giving me more energy and positivity to want to experience more celebrations in my life.

Success leads to more successes. With each success, my "happy meter" pegs out to the max.

If You Struggled Today:

Chances are that if you struggled today, it was due to some sort of negative thinking. Your negative self talk told you that this was a foolish exercise and a waste of your time. It probably told you something like, "getting out of bed early, getting to work early, or even doing a kind act is not a success." It probably told you that you really only care about the big successes such as graduating from college or landing a promotion.

I have worked on negative thoughts my whole life, worked on getting rid of them that is. I have always been a very positive person, but for some reason I still experience negative thoughts. Each time I get them now, I say, "Thank you for sharing." I then restate the thought verbally if possible to its complete opposite.

If you are struggling with negative thoughts, check out my websites: www.idontstink.com. The whole premise of the website is that negative thoughts STINK! The site consists of a quiz to determine if your thoughts STINK or not, more exercises like these, free stuff, newsletters, and my blog. Check it out when you have a few minutes.

Trust me, start with the small successes. Build upon each success and you will experience a life filled with success and happiness.



Building Block - Success and Happiness #2

Today, I am achieving everything I put my mind to. I celebrate each and every accomplishment. Each time you notice something positive, make a fist and say "YES!" If you can do it out loud that is best, but if you are in say a board meeting or if it would attract too much attention, just make a fist and say YES in your mind.

Extension of Building Block - Success and Happiness #2

The whole purpose of these exercises is to get you looking at all the positive things in your life. They are present each and every day, however, most of us tend to let the stress of the day change our focus.

A good idea is to start your day in gratitude. For me, I like to start with a few positive affirmations before I get out of bed. I then give thanks to God for all the wonderful things in my life. I also give thanks for all the amazing things I will experience during my day. When I do this, it puts me in a positive state of mind, and my day typically continues to confirm it

When you start your day that way, you will be more open to notice and experience your successes. When you notice them, a sense of excitement will soon follow. When happiness starts to set in, jubilation is sure to be just around the corner.

If You Struggled Today:

Whenever you are in a negative state of mind, this exercise can be difficult. This is the primary cause for this exercise not working like it was designed. Right now, think of some successes in your life. Are you married? Do you have any children? What about your parents? Where do you live? When was the last time you had a major success in your life? Did you have a great vacation? Did you make the sports team you tried out for? Did you graduate college? Did you graduate high school? Did you earn your GED? It really doesn't matter what the success is, just think of that success right now. How did you feel? What was special about it? Spend your time reliving the experience for a moment. For me, there is one event that I can always go to and feel encouragement and excitement.

Many years ago when I was in the ninth grade, I was a starter on my school's basketball team. At the end of the season, we had a student-teacher basketball game. You had to be in the ninth grade to participate, and for several years I had dreamed of being in that game because the entire school would be packed in the gym to watch it.

We won the opening tip off, and it landed right in my hands. I dribbled about twenty feet, stopped, and swished a 20-footer as all the students in the gym screamed and yelled in excitement. By the way, that bucket I made was the only time our team had the lead the entire game. For some reason, each time I think of that little, somewhat insignificant event, I get a sense of accomplishment. I use it when I am having a tough day or when I am about to do something scary.

Find at least one event like that in your life. I guarantee you have it in your experience, and you probably already have it in your mind now. Go back to that event and say, "YES!" Then use it each time you need a boost.

Try to journal at least 7 days during the month about your experiences. **Journaling** is a very powerful tool and acts as its own form of affirmation. It tells the universe that you are serious about your work. I journal **every** single night and suggest you do the same.

Fear of Failure - Then Success

Ever since I was ten years old, I have held a job of some sort. Whether it was a janitor on the weekends, mowing yards, or my own mini car wash company; I always had money. No one ever gave it to me; I earned it through hard work. I had always been told to find a good company with good benefits and stay there forever.

By 2005, I had been working on my self growth for ten years straight. I had begun meditating daily the year before and then started to twice a day. I did exercises to raise my awareness on a daily bases, and sometimes hourly to every fifteen minutes when the need arose. While during one of these morning meditations, I got inspired to write a book. I didn't know where it came from, but after struggling with it for a good fifteen minutes I stopped my mediation and pulled out my laptop.

As I began writing, the words just kept flowing. In only three days, I finished my first book and presented it to several young adults among our family and friends. I felt relieved, and thought I had done my good deed for others. As the months rolled by after the presentation, I kept adding to the book. I would be sitting down watching TV and get another great idea. Each idea flowed onto paper like nothing I had ever written before. After all, I was not a writer. I wasn't even good in English at school, so this was quite a change for me. This was because I entered an area I knew nothing about, and failure lurked around every corner. I decided to keep writing even though I had no idea where all of it was going.

In early 2006, my wife and I attended a workshop at a local bookstore. It was our first experience there, and I was a little nervous not knowing what to expect. The moment I sat down, I immediately received a message, "You need to teach your book here." Startled and confused, I instantly thought to myself, "YOU HAVE GOT TO BE KIDDING ME!" There was no way I would EVER do a workshop. A few minutes later, the same thought repeated, "You need to do this." I wasn't sure where this thought was coming from, but I did not like hearing it. Over the next several weeks, over and over and

over again, my mind would return to "You need to give workshops." My consistent response was always the same, "No way would I ever do this!"

It is funny how your mind will play tricks on you. Even though I was very successful while speaking at work, over the next three weeks my mind told me over and over that speaking at work was different. "You know the material and are an expert on at work, but this, this is different." "You cannot do this." "You are not an expert on this material." "You can offer nothing to them." "You do not know anything about giving workshops." "They would never have you give a workshop since you do not have the credentials." "You have no idea what you are doing." WOW! Having enough awareness about my self growth, I knew this self talk was not good. It felt like something was trying to keep me from taking on this challenge. I believe that it was the fear of failure. I knew I could not listen to all this negative self talk any longer.

It took me three more weeks to muster enough courage to send an email to the bookstore owner. I arranged a meeting and within a few minutes she put me on the calendar to give my first workshop. Within another month I was giving workshops twice a month.

As I looked back at this simple series of events, I realized they were a MAJOR turning point in my life. The way I look at things has changed, how I treat others and how I treat myself have changed. I learned very quickly that as you teach others, they teach you. Right after the first workshop, I started writing a second book geared for adolescents. Now I have a total of six books and am working on a few others. I give full day seminars to larger crowds than ever and have just designed a new series of workshops that consist of three separate full day programs. And now I have two websites: www.idontstink.com and www.posittract.com.

WOW! What an accomplishment! And it all started with a meditation, a workshop, and now the future holds endless opportunities for me. This all occurred because I was willing to face my fears, use techniques to overcome

them, and experience success even though my first reaction was a fear of failure. However, the story does not end here.

I had been in executive management at a large corporation enjoying the luxuries that it provided when once again a terrifying thought came up. I was attending Hayhouse's "I Can Do It! Conference" when it happened again. The thought this time was, "You have to quit your job." My first response was, "WHAT? YOU HAVE GOT TO BE KIDDING ME!" There is absolutely no way I am going to do that. For the next nine months, I was challenged with that same thought over and over again. Each time I would experience fear, and even a little nausea, at the thought of giving up such an honored position in my company. It was my "dream job" after all and one that I had worked toward for my entire life.

I did recognize that this thought was almost the same one that I experienced when I sat down at that first workshop. I thought about it some more and devised a plan. When my speaking and writing brought in the same amount as my regular monthly paycheck, I would go for it. I fooled myself with that notion for a while because each time I started to work on things to bring in money in the writing and teaching area, I was directed to continue writing. By this time, I had completed six books and had yet to even shop one of them to a publisher. So, I kept writing.

As I continued to get messages to quit my job, fear took on new levels. I called some very trusted friends in hopes they would discourage me. I really expected them to tell me I was crazy. Each and every one of them encouraged me to go for it. Once I got over the security blanket job and the fear of failure, I got a clear message that everything would work out just fine. It would not just be fine, it would be better than I could have ever dreamed of. Reluctantly, I finally decided to take the leap.

I had NO IDEA where money was going to come from. It was the first time in my life that I did not have a plan laid out. I had some ideas but definitely not the clear plan that I had used each time I left one job for another.

Each new job had a guarantee of being better than the one before. Not only would the money be better, the benefits and extras would also be better.

The day on which I had planned to turn in my notice came, and there was no guaranteed income the next month. I can honestly say that this was the absolute hardest thing I had ever done in my life. The amazing thing is that the day I turned in my notice, all sorts of doors started opening up. There was no way I could have ever anticipated the "coincidences" that started showing up. I believe that those doors would not have opened up if I didn't turn it over to a higher power for guidance.

"Money flows to me with ease" just happens to be an affirmation I do all the time but now, I am living it. It is so incredible that words cannot do it justice. I am enjoying success and happiness that I never thought I could possibly experience.

I feel compelled to mention that I could not have done this without my loving wife. The moment I mentioned to her the first time that I needed to quit my "day job", she said, "I know. You CAN do this, and you WILL be awesome." She supported me because she had faith in me. I had never had anyone show so much faith in me before in my life. She believed in me when I didn't even believe in myself. Even though I had accumulated thirteen years of focused self growth, I could not have done it with her.

Now, I experience success and happiness every single day. I give gratitude to God in the morning and each evening as well as throughout my day. When that negative voice pops up, I instantly change it to the positive. I always change it to "I CAN and I WILL do this." Start experiencing success and combine the successes with happiness. To help you get started achieving success and happiness, I have devised two building block exercises. These exercises are easy and require very little time. Start today. Your spirit deserves it.