

Enjoy what you do

If you don't enjoy what you achieve in your working surroundings you end up wasting half your life. If you are not able to enjoy what you do, you need to get your enjoyment in other ways. If you just can't enjoy anything, your quality of life will suffer. It's better to die with a smile on your lips than live a life of bitter regret.

Immunity against failure

Naturally our objective is to achieve success. What we achieve through our actions gives them a sense of purpose. If we don't achieve the desired effect we are better off doing nothing. That may all be true. We are being too harsh on ourselves, however, if we do not allow ourselves to enjoy the achievement itself. The salesman who wants to sell a new investment product to a customer is frustrated with himself if all he can think about from the start is selling the product. If he can't get any pleasure from engaging willingly in conversation. If he isn't wholeheartedly behind the sale. The pleasure we get from our achievements makes us immune to failure. That's not to say that I don't continue to strive for success. It just means that I will carry on even if I have to suffer temporary setbacks. It also means that I will carry on with pleasure. And that does me good and makes me strong.

Success and quality of life

The fact that I enjoy what I do makes me strong: if I feel strong I enjoy a higher quality of life. If I enjoy a higher quality of life then I approach my achievements and their potential effect with utter conviction. Then I'm genuine. Then I'm truly me. This quality of life can generate optimal success. If not today, then tomorrow.

The reverse shows it even more clearly: even if I achieve great things I can still only have a poor quality of life. This happens when I don't see this impact as something positive. And that happens when I don't enjoy what I do. That situation smothers true potential.

The way to the top

You will only make it to the top if you really enjoy what you do. If achievements are a real effort and it is only the hoped-for result that gets you through then you will stay on the middle ground forever. Erich Fromm said, "In this life it's not about only doing things that you like doing but more about doing things in such a way that you enjoy doing them." There isn't a lot to add to that. Perhaps just the question that can get me there: what can I do myself so that I can DO IT IN SUCH A WAY that I enjoy doing it?

You have to enjoy your achievements in order to cope well with failure. In order to recognise your true potential and put it to good use. In order to fully benefit from your own strengths. In order to get to the top and feel good about your life.