

## Flourish and Experience Wellbeing!

*'Ultimate wellbeing has nothing to do with what is outside us' – Daniel Goleman*

Wellbeing has struck me a deeper chord in the recent times. A few months ago, I had the benevolent opportunity to attend a certification course on Emotional Intelligence, conducted by Six Seconds. While the learning journey offered me a variety of understanding, discovery and unlearning we as practitioners were urged to explore four success factors, viz. Effectiveness, Relationship, Wellbeing and Quality of Life. The study and the learning researched by Six Seconds revolved around eight competencies, which would enable individuals to be emotionally intelligent by consistently practicing the same. Deliberately, I'm not delving into the eight competences, as it would need an entirely focus, than what I'm intending to script out here.

Suffice to say, the four success factors referred above are indicators of positive outcomes, for individuals to experience the joy of blending logic and feelings to achieve optimal outcomes, both at work and in life. After all, what do we live for, but for experiencing the true celebration of living itself? Merely existing in life is to go through the motions without being intense, focused and passionate in the moment and thereby in ongoing phases of life. On the other hand, joy of living and succeeding would rest on the inner wellbeing. The stronger the wellbeing, the stronger the vibrancy and energy in life!

Now, what is wellbeing? I've been in the quest myself and I'm attempting to do my best to offer you, in this note. Wellbeing is rather an elusive term to express or describe. To the best of my knowledge, it is difficult to have a single word to define this state of being active, vibrant, awake, attentive and fully present. At best, synonyms would include comfort, security and soundness.

Let me toy with the idea [without losing the intent] of diving deeper into myself, as to when have I felt at peace, harmonious, happy and calm. Multiple instances and phases of life come to my reckoning as I let my mind and heart run riot. As I zero down on plenty of times in the past, I have felt rejuvenated, buoyant and upbeat. Further, in all such times, the recurring feature, which I could sense within myself, was a state of feeling abundant, authentic and high self-esteem.

Whereas, when I did not feel the sense of inner security, harbored pain, carried past baggage, felt diminished in self-worth, the world at large was seemingly scary and intimidating. Time and again when such instances, incidents are phases of life appeared I felt low and empty. More often than not, I was in those times seeking approvals, recognition, appreciation and understanding from others. While reflecting about this, I realized that there is nothing wrong in expecting approvals and recognitions from others. Well, if it comes it is simply a bonus and one needs to just embrace the gifting from others, who had an eye for unbiased appreciation and unconditional love. Going one step further in moments of this nature, one needs to simply feel grateful to that other person/s and even express it to them, as to how much valuable you feel, by being a recipient.

On the other hand, whenever I felt intrinsically motivated, without scouting or being reliant on external recognition and approval from outside sources and others, there was an inner sense of joy, coming to terms with what I have and what I don't have as attitudes, behaviors and talents and that I'm neither less competent nor inferior to another being. Hence, wellbeing is a lot about, caring for oneself, realizing the adequacies even in the midst of inadequacies, resting on the inherent strengths, which are anyway and always available for oneself.

Another theme in relevance when it comes to nurturing a healthy state of mind is to experience the wellness even in the process striving for a goal or a dream. Undoubtedly, feats, successes, achievements and accomplishments do provide tremendous source of energy and boost. Nevertheless, being in the process of planning, organizing, strategizing to achieve the goals or dreams with attentiveness and love of doing, itself can enhance the wellness.

Positive psychology Guru, Martin Seligman describes the energy, spirit and the life giving forces that permeates into experiencing the state of wellbeing, as Flourishing. Quoting *Daniel Goleman* once again: 'Wellbeing is a state of being content with things, as they are'. Thus wellbeing is feeling adequate, in the way one is at any point of time, irrespective of whatever one undergoes in life. There

is no end to comparison with others from stand points of inferiority, envy or jealousy, as they bring in its own pitfalls and would act detrimental to the potential feeling of wellness, otherwise. The trap herein with inferiority, envy or jealousy, is the possibility to get into a vicious circle of unending comparisons, messed up energy levels, blame framing situations in others for one's own inadequacies and the like. While comparisons with others to be positively influenced, taking the right cues for inspiration, holding the others in high esteem, learning every single nuance of talents they possess, is a powerful roadmap to be guided by.

Essentially wellbeing is a state of happiness, stemming from within and dependent on external circumstances, on what someone else says or does. One is not a product of opinion of others. Of course, lest you ignore or lest I do not clarify, do not misinterpret what I am saying out here. Others' opinions, appreciative feedback, constructive assessments for improvements, ideas and suggestions, do matter for one's growth. Negating such valuable inputs would be to lose out from the potential growth possibilities.

To amplify further, wellbeing is an internal state which only one can state with authenticity and feel with honesty, wherein one ought to continuously remind yourself, that you are absolutely fine, okay, capable, happy, harmonious and peaceful, the way I am and way I am not. It is about coming terms with oneself, without feeling insecure, unhappy, uncomfortable or low – actually speaking, there need not be any reason/s, to feel that way, because each of us are unique and powerful, in our own divine and special ways. No one can take my liberty to feel special about myself.

I have intentionally titled this article, commencing with the word *Flourish*. This implies thriving and succeeding and when combined with wellbeing would connote someone successfully and consistently, nurturing a strong an inner self, available for changes, feedback from others yet resonating and singing the tune of one's own life. The spirits are to experience living in all its capacities of being melodious, reflecting the true spirits of an embellished or rather more beautified version of life. Such a life is defined by self, which seeks no approval from others around, yet being sensitive to others' contributions, their wellbeing, respecting what and how they are, regarding their support in whichever way it comes, be it hard or soothing.

Wellbeing therefore flourishes from inside out and never from outside in. We can't secure a flourishing wellbeing, by outsourcing, or acquiring on rent, or via a digital app on the smart phone. We would not be experiencing a flourishing wellbeing, by chasing, pursuing and scouting for it, in the external world, nor can be buy it. In fact, it's simply can't be bought, because there is no monetary value and ascribing a monetary value for an enhanced wellbeing, is stepping on foolhardiness. One simply can't equate a flourishing wellbeing with monetary or equivalent forms of wealth. *Wellbeing boils down to feeling immensely satisfied and fulfilled, in the way that I am, no matter what I am not, while still working and exploring towards, how I can be!*

*Here are some basic recommendations for a flourishing wellbeing:*

- Discover the goodness in you, there is plenty within to explore for the entire life ahead
- Derive joy in all the small activities and tasks, while performing it
- Let go the pressure of attaining and grant the fullness while doing whatever, to strive for the goals
- Practice reflection and give yourself self-strokes, every time and anytime
- Think about and observe the less privileged ones around you – how are they seemingly happy than you
- Strengthen yourself anytime - there are many revelations, deep down yet to be realized and expressed

Let me sign off, no one can grant you wellbeing – yes others certainly can contribute and support your wellbeing. To nurture a flourishing wellbeing, you need to do all the nine yards, yourself – remind yourself gently and firmly, that you are absolutely great and fine, the way you are while reminding yourself that there is a long way to go and I'm fully realizing that I'm on the way to a healthy flourishing wellbeing and the way itself is decorated with more and more wellbeing and the road is beautiful, though I'm on the road less travelled in life. *Wishing you just the very best, to nurture and care for a flourishing wellbeing, which is you!*