

Be Happy and Content

We can create happiness in our lives in order to enjoy our reason for living.

Bouquet on the Picnic Table



I had an accident that changed my life with a fright. I went through four years of recovery realizing I couldn't return to my previous life. I knew at that point I had to put reinventing into my sight. I spent a lot of time becoming self-aware as step one to repair. Then the process of learning to accept left me sad and feeling despair. I grew to understand it was my life even though others did care. They couldn't improve my life It was my job to reinvent because I really did care. After defining how reinventing would improve my newly formed life, I took action to make my journey better and seemingly more bright. Wanting to be happy and content 11 years into my journey Was like going to school to learn how to be happy and merry.

But, "take it on" I said courageously to myself as I trembled Because without reinventing, my life would be in shambles.

Bouquet on the Picnic Table is a 26"x20" mosaic that has been in several art shows. It has won an award and yet it still comes back to my home. With flowers that represent one's spirituality, a picnic table representing family gatherings, nature all around, and the dragonfly of hope, flitting around in the sky, this mosaic represents my defining what is important in my life. It honors the past with vintage jewelry, the present with a touch of shiny bling and the

future with a vessel of silver and gold. It lives in the summer, a reference to the hope that is where my life line is now.

I spoke with a couple at an artist reception who were interested in purchasing Bouquet on the Picnic Table. The wife was very interested in this piece. She said it made her happy to look at it. The husband on the other hand said this piece of art was too happy. And because they couldn't decide on the level of happiness they wanted to grace their living room with, they decided to not purchase this piece. I was not sad because I love this Bouquet. I did not feel gloomy that they didn't invite this art into their home as I would want this creation to live with those who love it. I chalked the experience up to the Universe sending this meaningful piece back to my house until the rightful new owner comes along who will love it as much as I do. In hearing people talk about some of my other pieces of happy art, I have come to realize that when I made happiness and being content my "new job" in life, it was bound to come through in my art and writings. And as a new job, I wanted a job description as to how I would become more content and happy. These are what I would try:

- Meditating
- Writing daily about what I am grateful for.
- Talking to others and reading about happiness.
- Going outside every day for at least 15 minutes.
- Smiling even when I didn't feel like it.
- Making an effort to socialize.
- Always looking for the good news and keeping a positive attitude.

It has been a long journey of learning to be happy when reinventing my new life seemed so difficult and grief and loss overwhelmed a lot of the time. Even the book about happiness that I had bought used a five year projection of how long this learning curve might take. But I was up for digging in and changing my life. Because no one else was going to be able to change it for me.

Journal Prompt: These are some of the things I would like to try in order to create more contentment and happiness in my life: _____

These are some of the people I can talk with about becoming happier in my life: _____

Affirmation: I can live my life in a more contented way through the process of reinventing myself through self-awareness, acceptance, improving my life, taking action and learning about and taking steps toward happiness.

To find more free, downloadable pdfs about reinventing oneself go to:
www.mozaicmama.com/blog.html