

We discussed how happiness seeds our joy. Misery, by contrast, comes along like a weed and threatens to take over unless we constantly make an effort to uproot it.

What is misery? The dictionary defines it as the state of being wretchedly unhappy, pitifully small or inadequate. Did you know that some people are addicted to misery? Imagine committing yourself to being wretchedly unhappy every day.

Misery can form your brain and change your view of the world, especially if you are exposed to it early in life. It becomes comfortable and you start to see unhappiness as your new "normal." Many miserable people say things like "I am just being realistic," when they are actually being pessimistic. They find themselves so consumed by guilt, regret, and bad decisions, that they believe they are stuck. They punish themselves and everyone around them with their toxicity. Sometimes, they take on other people's misery and amplify it. Have you ever found yourself reading comments on social media, and wondering how people can be so hateful to each other? Some people feed on making others feel small.

Let me tell you a secret - misery loves company, but so does excellence!

Align yourself with the things that you want.

Surround yourself with positive people that you look up to. Say no to pettiness and misery- it is not part of God's plan for your life!

AND YOUR ALIGNMENT ASSIGNMENT...

1. When you don't want to do something - do it anyway. Stop focusing on the problem... and how big it is... and how much you dislike it... and bla bla bla...and start focusing on solutions to the problem. This is how you uncheck the misery box in your life.
2. See the situation and the circumstances, but don't become emotionally invested in it. Stop investing your emotional capital in things that don't bring you a return!
3. Being analytical is always going to protect your emotions. If you're going to play in misery's sandbox, you're going to have to play by misery's rules. You can't deny your feelings, but you can choose your actions. It is okay to say "I feel XYZ, but I choose to act in ABC..."
4. Expect good things.
5. Believe that life is always working on your behalf- expect and embrace it. Visualize your future, and pursue it boldly.