

The Difference Between Happiness & Fulfillment

If we are to pursue a joyful, vibrant life, it's essential to distinguish between happiness and fulfillment.

Ed Mylett, a renowned motivational speaker, wisely states:

"The things that make you feel HAPPY are not always the same things that make you FULFILLED!"

This profound insight helps us understand that while happiness and fulfillment are related, they are definitely not the same.

Happiness is ***a fleeting emotion*** often linked to external achievements or possessions.

You feel happy when you buy a new car, move into a new home, or close a significant deal. However, this bliss is temporary. The initial excitement eventually fades, leaving you seeking the next source of happiness.

On the other hand, fulfillment comes from within.

It is a deep, lasting sense of satisfaction that arises when you use your unique gifts—such as intelligence,

compassion, creativity, determination, athleticism, or humor—to make a positive impact on others' lives.

Fulfillment is not only profound but also infinite, continually growing as you contribute to the world around you.

The Science Behind Happiness and Fulfillment

Research in positive psychology by Martin Seligman emphasizes that true well-being involves elements beyond mere happiness, encapsulated in the PERMA model:

Positive Emotion

Engagement

Relationships

Meaning

Accomplishment.

Neuroscience supports this by showing that altruistic behavior activates the brain's reward system, releasing dopamine and oxytocin, which promote long-term well-being and a sense of fulfillment.

Living in Full Bloom

To achieve a state of fulfillment, you have to live in Full Bloom.

This means embracing all aspects of yourself—heart, mind, body, and soul—and striving to reach your fullest potential.

Here are 5 practical steps to get there:

1. **Identify Your Unique Gifts:** Reflect on your strengths and passions. What activities make you lose track of time? What do people often compliment you on? These are clues to your unique gifts.

2. **Set Meaningful Goals:** Align your goals with your values and passions. Focus on long-term objectives that contribute to your sense of purpose. Ensure your goals are not just about personal gain but also about making a positive impact on others.

3. **Engage in Altruistic Activities:** Volunteer, mentor, or support causes that resonate with you. Helping others enhances your own sense of fulfillment. Studies have shown that acts of kindness and altruism significantly boost overall well-being—wholeheartedness.

4. **Build Deep Relationships:** Foster genuine connections with others. Strong, supportive relationships are crucial for

lasting fulfillment. Spend quality time with loved ones, and be open to forming new meaningful connections.

5. Practice Gratitude: Regularly reflect on what you are grateful for. Keeping a gratitude journal can shift your focus from what you lack to what you have, enhancing your overall sense of well-being.

Practical Exercise: Journal Activity

Spend a few minutes writing about a time when you felt truly fulfilled.

What were you doing? How did it impact others?

Reflecting on these moments can provide insights into how you can incorporate more fulfilling activities into your daily life.

Happiness is temporary and linked to external achievements, while fulfillment is deep, lasting, and connected to using your gifts to help others.

By focusing on fulfillment rather than just happiness, you can create a life of lasting joy and purpose. Start living in Full Bloom today by identifying your unique talents, setting meaningful goals, engaging in altruistic activities, building strong relationships, and practicing gratitude. This holistic

approach will help you differentiate between fleeting happiness and profound fulfillment, leading to a richer, more satisfying life.

References

1. Positive Psychology and PERMA: Seligman, M. E. P. (2011). "Flourish: A Visionary New Understanding of Happiness and Well-being."
2. Neuroscience of Altruism: Fehr, E., & Fischbacher, U. (2003). "The nature of human altruism." *Nature*, 425(6960), 785-791.
3. Ed Mylett's Philosophy: Mylett, E. (2022). "The Power of One More: The Ultimate Guide to Happiness and Success."

By integrating these principles into your life, you can transition from seeking temporary happiness to achieving lasting fulfillment, ultimately living a life in Full Bloom.