



# PSYCHOZOIC ERA GUIDE



## FINDING HAPPINESS



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Most of us believe that happiness is a final destination — one that can be reached if we make the right choices, learn from our mistakes, and keep pushing forward. We are taught that once we finally find happiness, we'll be forever satisfied in our lives, and so we live feeling overwhelmed or inadequate, chasing this dream, never stopping to question if it is, in fact, flawed.

Well, this is what I believed.

“Happiness” is not a destination. It's a state of mind, and you don't need to be in it for every second of your life. Not only it is impossible, but it's also unhealthy. Life is complex and uncertain. Ups and downs are normal. The day you land that promotion you've been longing for; it might also be the day you suffer your first heartbreak.

How do you experience happiness if you don't know sadness and pain?

It took me 41 years to understand this. Up until that point, I had believed that if I ticked a series of boxes (business, family, car, two-story home, travel) I would reach “success” and live my days out happy.

But once I arrived at that place, I still felt unfulfilled. I realized the way I had defined success was based on someone else's definition.

What was I missing? The things that made me truly happy — positively impacting the lives of others and being present — had been sidelined by my pursuit of success.

So, I decided to disrupt the status quo. I sold my business in 2019 with the sole intent to find happiness and inspire others to live a happier life. In 2022 the universe presented me Psychozoic Era.

Psychozoic Era - A new era of personal growth realized by expanding your mental boundaries.



Reach out for help and talk to professionals - Realizing and accepting that you can get help if you feel stuck with your problem - Often, I come across people who only talk to some of their friends or family members who have no idea about their problem. They try to solve the problem with the limited understanding and knowledge that they have. If you're struggling with mental health issues, you can get help. Where you're in your life right now doesn't have to be your final destination.

Don't give your energy to someone else. I want you to take responsibility for how you feel and reach out to the right professional who can really help you. If someone says there's no help available or you can't do anything about it, don't believe them... I started looking out for solutions and I'm glad I found the right coach to help me. Look for solutions, don't give upon yourself.

Transition periods can be challenging to cope with under normal circumstances, particularly if the end of one's journey (i.e., leaving a job or graduating) results in temporary stagnation. It is essential to recognize that, though these times are plagued with uncertainty, they allow for personal growth and an opportunity to prosper.

Take time for yourself to heal and to find the inner peace that is needed in the transition to improve your tomorrow. We need to work on ourselves there is too much negativity in our life that affect us. We need to take a step back and focus on our happiness above everything else.

To help you (and myself) out in this quest for continual self-improvement, I've come up with a couple of strategies that make staying on track with your better self a little easier.



## Introduction on Finding Happiness

Are you on a mission to find the ultimate happiness? Being happy goes beyond just pleasant feelings. Learning to remain happy even when the situation is not favorable for you can have an exceptionally positive impact on your mental health and your life. However, finding happiness in everyday life can be a challenging task for a lot of people. In this guide, we will explain how you can find true happiness with yourself in simple steps.

## BREAK THE NORM

You already know about the changes that you need to make in your life to find happiness. But sometimes, it's not easy to understand what's holding you back from your full potential.

The best way to figure it out is by trying different things. Make a list of tips to increase productivity that you've read or maybe think of a person that motivates you to achieve your full potential. It doesn't have to be big things, take small steps. For instance: Don't check your phone the minute you get up in the morning. Instead, get up, relax for five minutes, and plan your day.

If the first thing you do when you get to your office is going through your emails, you get occupied with different thoughts and forget about your main responsibilities. Instead, try spending an hour working on your big task for the day before you do anything else.

Not every change you make will be the one you want to continue with but experimenting like this will start to give you a sense of what's holding you back and what will help you move towards a better version of yourself.



# DO IT REGULARLY FOR A MONTH

Often times when people get excited about improving themselves, they'll think about all the things they want to do differently and make it a goal to change them all at once. I fall prey to this far too often, too. I decided that this week, I will go to stay organized at work, devote time to side projects, eat healthier, and exercise. It doesn't take a genius to figure out what happens in this scenario: Monday I'm gung-ho for all of the changes, but by mid-week, I'm back to my old ways.

Changing habits is hard, but it's nearly impossible when we overwhelm ourselves with too many changes at once. Instead, it's better to focus on one major change at a time and give yourself some time to establish this change as a habit. I find the most effective way to do this is to practise the new habit every day for a month. Even if you aren't looking for this to be a daily habit in the long run, doing it every day at the start makes it easier to condition the behavior as a regular part of your life.

For example, over the summer I was not working out that much. I wanted to get to the point where I was active three or four days a week. So, I made it a goal to work out every day in September. After spending a month focusing on how working out could fit into my life for every single day, doing it a few times a week is now a piece of cake.

This could apply to things at work, too. Want to start devoting more time to special projects at work? Devoting even 15 to 30 minutes a day to these projects for a month can help you get there. It may feel like slow progress, but trust me, you'll get closer to your best self by doing this.



# GIVE YOURSELF A PERFORMANCE REVIEW

Nothing makes a goal unachievable faster than not keeping yourself accountable. It's all well and good to say you'll wake up half an hour earlier every day, but if you're not checking in on yourself, you'll probably start hitting the snooze button again before you know it.

So, set up a regular time to check in with yourself on your goal. Every evening, once a week—whatever cadence you think you need to stay on track. Sit down and think about what you've been doing well and where your weaknesses have been, and then come up with an action plan for how you're going to overcome them.

And if you're still having trouble staying on track, find someone else to help you stay accountable. It could be your roommate, your best friend, or even your boss. For example, I had a goal to start writing more. After sharing it with my boss, we set up regular times during my work week and we blocked that time for writing, and she checked in with me at the beginning of each of the sessions to see what I'm working on that day. She's even started joining me at this writing time—meaning we're both making progress towards our better selves.

All of this is not to say that you should be constantly self-criticize and never be happy with where you are in your development. But it is to find ways that can change your habits to make your life a little easier. These strategies will do wonders.



# KEEP A JOURNAL

Keeping a journal is a great idea to stay on track to achieve your goals. It's a daily record of your experiences, observations, and achievements.

This type of journal is an unexpectedly great way to help you work through issues, analyze where you're in your life, and helps you grow in your career. This will help you to stay accountable and serve as a reminder of what you need to do to accomplish them.

I hope this guide will help you to find your way to happiness. If there's one thing to take away from this guide is to believe that you have the control and the power to find happiness. You won't find happiness through materialistic things, but from within you. Be the best version of yourself every day and try to build some habits to do things that truly make you happy. Look after yourself and be the change you want to see.

## **For more information:**

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