



# Live The Simple Life You Dream About: Finding Happiness Through Refocusing Your Priorities

*Mr. Bobby G. Muse Jr.*

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# Live The Simple Life You Dream About: Finding Happiness Through Refocusing Your Priorities

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Are you happy? Are you living the life you've always dreamed about? If you are like most people, you're probably not overly excited about anything and don't know why. You're stuck in a rut, drifting aimlessly through life. How can this happen? It's simple. We live life haphazardly. We never take the time or make the effort to define what happiness means to us. We try this or that hoping that one day we land on the thing or things that will bring us happiness. However, true happiness is almost impossible to find through trial and error. True happiness comes through thoughtful evaluation of our lives by incorporating the things that give us satisfaction and meaning into the way we live our lives. Clearly identifying our priorities and freeing up resources to be used on the things that are most important to us are essential to finding real happiness. By refocusing our priorities and our limited resources on the people, activities, and things that give our lives meaning, we can find the happiness we are seeking.

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