

## DISCOVERING YOUR GENIUS

# Becoming Alive

**“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.” -Aristotle**

What Aristotle said seems to make sense. I mean really, ask almost anyone what they want and the majority of the time you'll hear the same answer:

*“I just wanna be happy!”*

But now that we've looked at how happiness works, we know it's not all about baby shih tzus, sugar-coated candy, and sparkling seltzer water. There's much more to it than that.

Tim Ferriss, the author of ***The 4-Hour Work Week***, offers another idea.

He says the *“I just wanna be happy”* answer isn't good enough because happiness can be bought with a bottle of wine and a ticket to the movies. (*I suspect he was referring to Wedding Crashers.*) The phrase *“I just wanna be happy”* doesn't actually mean anything anymore because the word happiness has become ambiguous through overuse. It's lost its meaning.

It's the perfect cop-out from having to actually articulate ourselves. It allows us to deflect the deep, introspective questioning of *who we are* and *what we want*. My take is that people say they want happiness but never actually invest the time to figure out what happiness means to them. And I hate to break it to ya baby, but the only way we're gonna get past a shallow surface-level of happiness is by deeply understanding ourselves.

- What makes us excited?
- What are we great at?
- What means the most to us?

You don't need to answer those right now, but by the end of this guide, you'll know those answers.

Tim suggests an alternative idea. He says instead of trying to find what makes you happy, transition to focusing your attention on what makes you excited. What brings a big smile to your face and a thunderous thumping to your heart?

Parades of people walk around a passionless life lingering in zombie mode. They do the same shit, in the same way, each and every other day. I know – I was one of them. I think Tim's got a great point when he suggests that what people actually want is to be woken up. They wanna feel alive!

It's time we explore some ways to wake up without the alarm clock.