

7 Lessons About Life Success & Happiness

Success is meaningless when separated from happiness. While you earn success, you can also learn to have happiness. Save these lessons about life success & happiness.

The greatest thing about a life of success is a deep sense of conviction that you would do it all over again, mistakes and all.

[True success in life](#) lets you look back and accept your failures and stupidities as much as your triumphs and honors. It's the whole of you that gives [meaning to your life](#).



Success in life is also about a particular kind of happiness, the one that philosophers and psychologists call *eudaimonia*. This [happiness comes before success](#) and lasts long after the thrill of an accomplishment has faded.

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Success is not only something you earn, but also something you can learn.

The first step is to trust that your own process will bring you to the reality you desire from your ideas and ambitions.

The seven lessons below about life success and happiness are the way forward from there:

1. Let Yourself Be Happy At Your Successes.

Don't be [cherophobic](#), someone who is afraid of being joyful for fear of ruining the next one.

When success comes into your life, the best thing you can do is let it sink in. Feel the joy and allow the thrill of fulfillment to wash over you.

And don't wait to be happy until you get your success because one, you might be too old to relish things of enjoyment, and two, things you enjoy no longer exist.

So, it's important you [let yourself be happy](#) in between your work, and on your path to your goals. Do make happiness a part of the journey.

Sometimes, success may come at the wrong time in your life, when you are struggling with a thousand issues. Remember, even at such times, you are allowed to bask in it. Let yourself be happy, even if for only a little while.

2. Luck And Connections Matter A Lot.

Seneca, the famous Roman Stoic philosopher, famously remarked that *luck happens when preparation meets opportunity*.

He was quite right. Opportunity is being at the right place at the right time, but it is backed up by years of hits and misses.

When a person is seen as lucky for one of their successes, people fail to see that what made them lucky was years of preparation and [waiting for their moment](#).

Imagine, a chance presents itself, but you are not ready, then will not luck will pass you by? And if you are ready, but the opportunity does not show up, wouldn't success elude you?

Success in life is built on strong connections. Connections are important ingredients of success

because success is not standardized. One person's success is far too different from another's.

No matter how many people tell you that if you follow the same steps they took, you will reach the same success. They are fooling you, and you are letting yourself get fooled.

Following their steps may get you success, or may not. Everyone's success journey is unique. And what makes it really different is the connections they have in their life.

Success requires you to connect with influential people; don't skip that. People who have a strong social network *with people who matter* are more likely to be successful than those who do not.

Malcolm Gladwell's [Outliers: The Story of Success](#), the book that popularized the "*10,000 hours rule*," describes how successful people often receive advantages based on uncommon chance and criteria. It gives them unique opportunities to hone their skills until they become experts.

Gladwell classifies outliers as people who achieved extraordinary success, like Bill Gates and The Beatles.

3. Hard Work And Excellence Are Nonnegotiable.

Work hard, every day. When you work harder than everyone else, you see what makes things fail, and you learn to surpass them.

But unless it is extremely crucial, do not work hard on your days off. Burnout is a real thing, and once it strikes, it can render you unproductive for long periods. So, plan your breaks and holidays.

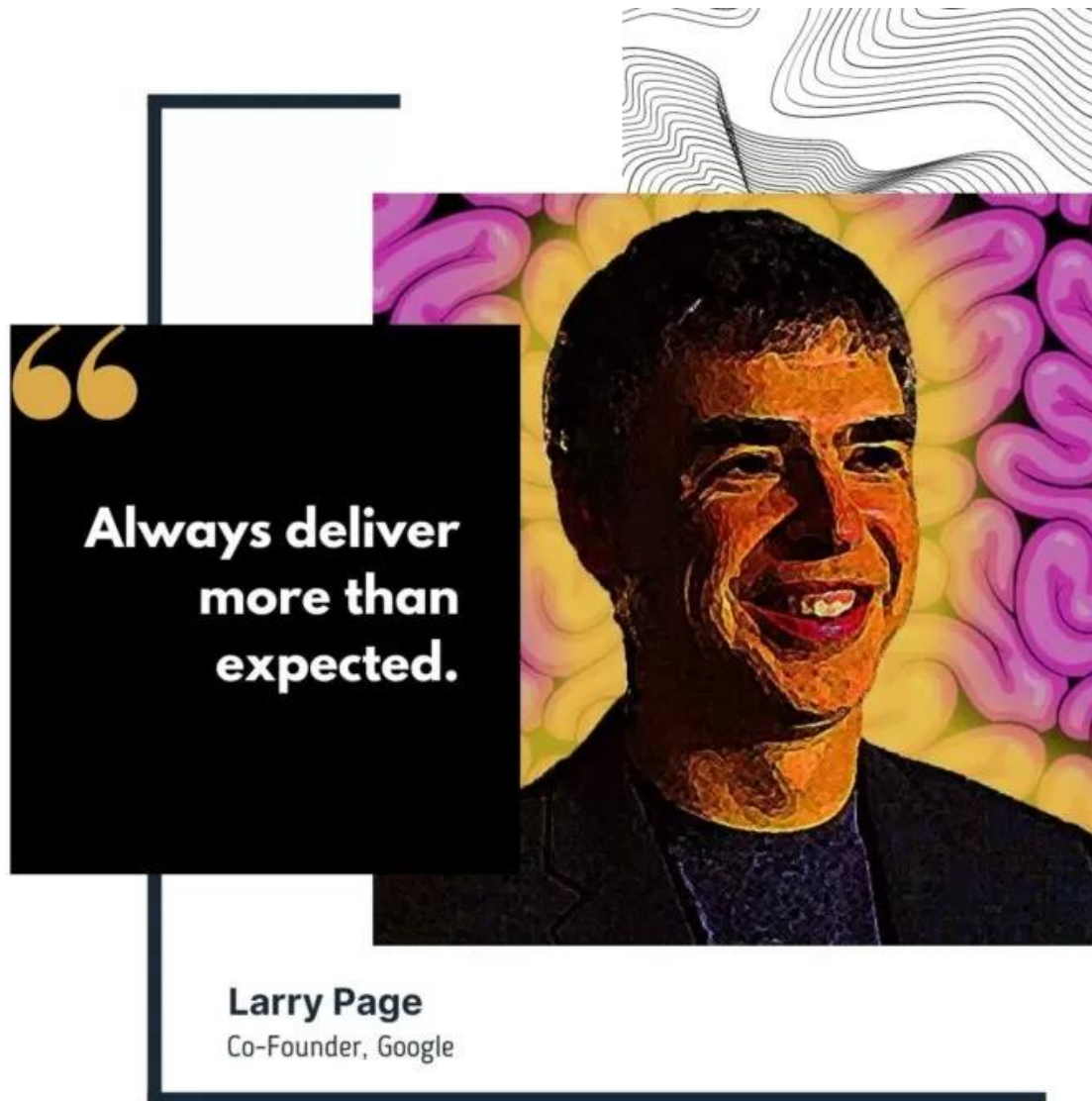
Set your goals to be great at what you do. Learn meticulously [how to set your goals](#).

Don't be afraid to challenge the competition, however big it is. When you vie to be the greatest artist of your work, you find a space opening up for you at the top.

To achieve your desired success in life, you also need to be excellent at what you do. Excellence begins with believing in yourself, your goals, and your processes.

Excellence is not just about being perfect; it's about striving for perfection with all one's might.

Excellence is the pursuit of the best, the utmost, and going beyond what is expected. It is not a static state, but a dynamic attitude to life. It's about being a person who looks for a better way to do things in every aspect of life.



Excellence is delivering more than you promise.

4. Keep Your Mind In A Mindfulness State.

Mindfulness is about living in the present moment and not worrying about the future or [overthinking the past](#).

Mindfulness helps people to be more productive because a mindful mind stays sharply focused on what we are doing in the present moment. It creates *process awareness*.

Mindfulness has been proven to help people achieve their goals faster and easier, and relieve them of [mind wandering](#).

Stay strictly focused on your process. Present focus gives you that mental field to dance. If you find your mind wandering, remind yourself why you started and put the spotlight back on [your goals](#).

Here's the [7-Step Beginner's Guide To Mindfulness](#).

Aloneness to Oneness - Life Changing Spiritual Documentary Film on Non-duality

5. Challenge The Limits While Staying Realistic.

Move beyond the set limits. Push all the established boundaries.

In fact, do not try to find out what the limits are in your domain. Set your own success perimeter, learn the ground rules, then break them whenever you find them caging you in.

But keep your dreams and aspirations realistic; don't be [grandiose](#).

Success in life does not always come easy. It can take years of perseverance and pushing the limits to achieve what you want in life.

- Steve Jobs, the Apple co-founder, said of this, *“Overnight success stories take a long time.”*
- Ray Croc, who bought McDonald's in 1961, says, *“I was an overnight success all right, but 30 years is a long, long night.”*
- Benedict Cumberbatch, who rose to fame playing Sherlock Holmes, says, *“I'm not an overnight success. I've been doing it for 12 years. It's been lovely and varied so far.”*

An undeniable fact about success is that it leaves you empty if you have no one to share it with.

Our greatest joys come from our cherished relationships. Don't sever those vital bonds so that you have no one to celebrate your journey's highlights.

Keep your vital bonds alive.

6. Resist And Persist On Your Way To Life Success.

This idea comes from [Stoicism](#).

Be persistent. Keep at it until your stipulated time for a break arrives. Take a breather. Then come at it again.

Be resilient and persistent in your efforts. If things fail, pause, think, re-evaluate, and then go at it again. Take setbacks in your stride and never dither from walking up to the challenge.

Success won't break you, in body or mind, if you think so.

More than a century back, Sigmund Freud proposed something peculiar that captured the imagination of people from the humanities, the popular press, and modern science.

Freud claimed that people were *"wrecked by success."*

In [a recent study](#), psychologists found that there was no link between a person's success and unhappiness in practically every manner they could think of measuring it.

The authors wrote:

Both studies found that exceptionally successful careers were not associated with medical frailty, psychological maladjustment, and compromised interpersonal and family relationships; if anything, overall, people with exceptionally successful careers were medically and psychologically better off.

– *Kell, McCabe, Lubinski, et al. (2022)*

7. Love Your Work. Achieve For Love.

Love is an emotion, but it is also a form of social behavior. It can help you become successful and happy in life.

When love is affection, it can mean a deep attachment to someone or something. When you love someone, you can strive to achieve things for them that you could never do for yourself.

Love takes you where nothing else can. (By the way, you can find your verve and [happiness after any breakup](#).)

Success, when achieved for love, multiplies your happiness many times over.

[Love can also give you](#) a sense of belonging, which is not only a feeling but also an action. Success becomes more meaningful and complete when it is supported by love.

Because love, you know, will exist even if you fail.

On its part, love can give you the strength to get back up and go at it again.

Love to bits the work you do. Think of what makes your work more fulfilling; do more than that. Love helps you stay on course longer when most have stopped or fallen by the wayside.

Final Words

Success is more about your ability to deal with failure. It convinces people to back you up.

Let happiness precede your success in life. Be happy while you are on your way. It will ensure you handle your success well without letting it go to your head.

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Following your passion isn't always the way to reach where you want to be. [What succeeds better is curiosity — find out why.](#)

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• Our story: [Happiness Project](#)

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