



Do You Want Your Teen To Be Happy Or Successful?

Many can argue "Why can't we have both happiness & success?"... aye, you can! Although having clarity on what these mean & their importance in your life can help you gain perspective when chasing your dreams & goals.

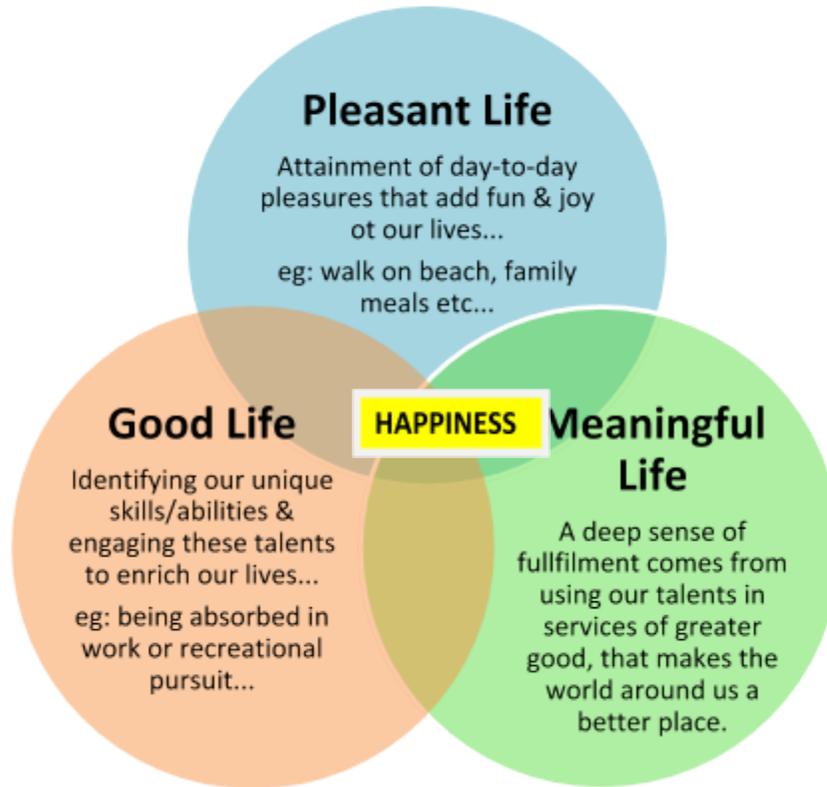
Definition of Success is subjective but many may agree that being successful is largely associated with tangible accolades/achievements. Happiness, on the other hand, is intangible & defined as a feeling/state of bliss.

We regularly come across news articles on successful celebrities - actors, singers or even sports personalities suffering from depression, a few of them even committing suicide. They "have all it all", so what do they lack that makes them depressed or suicidal? Maybe along the way, they lost their way to being happy?

As a society we presume that with wealth and popularity happiness follows, but that's just an illusion.

So the next question is, what is happiness?

Positive Psychology AKA "The Science of Happiness" describes these three elements that happiness comprises of:



In brief, happiness is an enduring state achieved by leading a long-term pleasant, good & meaningful life.

The aforementioned brings us to the conclusion that being happy can mean you are successful at your own terms, although being successful doesn't necessarily mean you're happy.

In the name of motivation, comparing your teen to another teen on grades, accomplishments or attitudes makes them feel underserved, plays havoc with their confidence & leaves them feeling extremely unhappy. Research shows that unhappy or depressed teens carry a lot of self-deprecating thoughts which are usually associated with childhood trauma/abuse.

As parents when we guide our teens to get good grades, win at a sport, work hard for an upcoming exam, get those SAT scores or admission in that Ivy League university... our first question to them should be - "do these choices make you happy?" If not, we need to mentor them to make informed choices between beneficial Vs pleasurable! We need to help them look at the macro while deciding on life's immediate choices & its impact in long-term, at all times keeping their happiness paramount!

Parents should be their teens biggest cheerleaders, cheering them for their efforts, celebrating every victory and failure! Celebrating failures helps your child relate to failures as a reflection journey to getting better at something rather than an end to it.

Motivate your teen to use the above Venn diagram on how can they incorporate all of the three elements in their daily life to finding their happiness.

Happy teens always manage to achieve their goals & dreams; success is just a by-product of their hard/smart work, talent & perseverance.

So do you want your teen to be happy or successful or a healthy balance between the two?

Ciao.

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