



Ten tips for inner happiness

Leading life coach and speaker, Rasheed Ogunlaru shares some insights into inner fulfilment.

Universally people – yourself included - seek lasting peace and happiness. We're usually encouraged to seek this fulfilment in possessions, status, people, fame, fortune and appearance. And low and behold, lasting peace and happiness are not found there. The search only prolongs the struggle and unhappiness. The way to lasting fulfilment is to stop being who you have been led to believe that you should be and be who you truly are.

1. Be kind and giving to yourself - and let compassion flow out to others.
2. Love *who* you are - happiness is *who* you are *within* not *what* you're *without*.
3. Work from your strengths - keep them in mind and see those in others.
4. See all in life as feedback/learning – flowers grow by both sun *and* rain.
5. Positive being - focus, act and move to what you DO want in life.
6. Build only rich relationships - let poor ones flow away – know we're all interconnected
7. Live in the present - the past is dead, the future is unborn. Live now.
8. Seek understanding beyond knowledge or judgement.
9. Look within - Spend time in silence, trust your inspiration and instincts
10. Acceptance - flow with life, don't fight it...and be generous of spirit.

Ultimately we are whole, inter-related and inter-dependent: one. This realisation is the end of inner, personal and global conflict and the birthplace of true liberation. Love you, love what you do and love others too. Embrace life – with all its ups and downs - and it will embrace you.

Rasheed Ogunlaru is a leading life coach, speaker and business / corporate coach. He helps people of all backgrounds achieve greater happiness, balance and success in all areas of their lives. He runs workshops and talks on personal, career, business and relationship growth. He is author of *The Gift of Inner Success*, *A Zest for Business* and is author of range of inspiring books, tools and downloads including *Become who you are* and *From Head to Heart ... Finding Your Path*. To find out more about life coaching, business coaching, seminars and talks, or to order or download a product visit www.rasaru.com.

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