

The secret to unlocking a successful life is to follow that which makes us happy. Have you ever noticed that most successful people, scientists, politicians and so on get to great heights not by doing what they hate doing but by doing that which is also their hobby - that which they would prefer to do whatever the circumstances.

So, you don't have to decide what you would really like to do, specifically, right now. You have to train yourself always, when you can, to do what you really want to do and to do it. No matter how small and insignificant it may seem.

For instance. What do you really want to do right now? Have a cup of coffee/tea? Go for a walk? Phone a friend? Watch TV?

Whatever it is, when you have finished this lesson, go and do it.

Then, when you have done that, do whatever else that you would like to do.

Make it something that you can do without it being impossible. To fly to the moon might not be possible but to make and eat a sandwich might.

Now, sometimes we have to do things we don't particularly like - like going to work. The trick with that is, no matter what job you have, do your best to do it with a light heart, being friendly to your co-workers. When we get home, we might have to clean the house. Once again do it with a light heart, not begrudging every swish of the duster.

Once your chores are over, start to do simple things that you really want to do, even if it is just sitting down and doing nothing.

The idea is that, gradually, if you follow doing things you like doing, the law of mutual attraction opens a door to bring you more of what you like.

Then, with the passage of time you will meet people and situations that will bring offers that might sound pleasing to you. Always choose the one that appears the most attractive to you and follow that until you don't want that any more. Then look out for the next pleasing event to turn up and follow that.

Keep going on like that and, eventually, you will be led into the field of activity that you really want to do for a living.

Because you will be doing what you want to do, you will do it well and be good at it so you will climb through the ranks without difficulty.

That is the secret of obtaining what we want from life.