

FULFILMENT

Fulfilment is the experience and appreciation of life being abundant and joyous. Enjoyment, gratitude, calm, enthusiasm and love are commonly felt emotions. Ultimately this is the purpose of life. Money can't buy it. There is huge scope to enlarge and enrich this state of being.



Remember, low fulfilment leads to frustration and disillusionment. While the feeling of fulfilment may come and go, we can seek out moments to deeply appreciate and enjoy. This may be a sunrise, a smile, a good joke, finishing a task or achieving success in an important goal.

1. Pause to savour the experience and lock it into memory.

2. Actively build positive emotions and celebrate small wins.

