

The Real Difference Between Success and Happiness

We place artificial demands on ourselves that undermine our happiness. These demands force us to work harder and harder to cross a finish line that keeps moving. Contrast this lifestyle with a life that's rich in purpose and in making a difference in others' lives. The bottom line: Happiness is a byproduct of a life well lived.

Here's a test to show how your motivations (drivers) impact your decisions, your friendships, your life. Which are you, a success-seeker or a happiness-hunter?

Drivers	Success-Seeker	Happiness-Hunter
Purpose	Securing wealth, power, and fame	Being rich in character and enjoying good health, meaningful relationships, and peace of mind
Rewards	More is always better	Enjoying the journey and achieving life balance
Satisfaction	Outdoing your neighbor	Being content with what you have and delighting in the happiness of others
Recognition	Gaining approval from others	Maintaining self-respect
Mindset	Taking care of "number one"	Being selfless, reflective, and humble
Priorities	Acting in your own self-interest	Making a difference in others' lives
Goal	Winning at any cost	Doing things the "right way" and having a clear conscience
Relationships	Having many acquaintances or shallow friendships	Enjoying quality relationships
Focus	Obsessed with material possessions	Keeping good karma front and center