

WHAT VALUES AND METRICS ARE YOU USING TO MEASURE YOUR LIFE?



Almost each and every life coach advises not to compare yourself to others, as that would be a sure way of avoiding happiness in your life. Funny enough we all know we need to be ourselves and act confident, but as humans, we thrive by comparison. “My car is bigger than his. She is less good looking than I am. I wish I made as much money as Dave.” These are the constant rushing thoughts in the human mind on a daily basis.

People always feel that their lives would be much better if they would have the lives of others. Sadly comparison and the drive to stress are parts of our daily nature, and that's unlikely to change any time soon. With people having instant access to social media and the internet, the comparison is much easier than ever before.

Though we can't stop comparing, we can change the metric in which we value those comparisons. For example, instead of comparing the negative aspects of our lives with the positive aspects of others, why not look at what we have and the impact our strengths have on other people's lives. Yes, it might seem as if it's

all sunshine on the other side of the monetary value fence, but in most cases, it's not always as simple as it looks. Some pleasures come at a high cost at times even that of degrading moral standards, which you might find as a price too expensive to exchange your morals for that corner office or that red Mercedes-Benz with nice mag wheels.



At the end of it all, it's all in how you choose to measure success. Are you like most people that measure success with monetary wealth, or maybe you might prefer to measure your success with social and global impact? How does your purpose impact the lives of others? Are you willing to make a difference or add value to someone else's life? Many give their lives to planting trees in whose shade they will not sit.

Most of our social systems are built with their own metrics and values on how the success of each individual is to be measured, which then everyone is forced to follow. What many people believe and follow comes from their parents, friends and our cultures which mostly includes what makes a person successful. Things like good grades. Make tons of money. Buy nice things. Raise a nice family. All men should watch football.

Some of our society's metrics are useful measurements for us. Many of them are not. Today's values are placed in a way in which you ought to gain something by following them. Nonetheless, we should not limit ourselves by such measurements. We can ultimately change most of these values and metrics if we choose to. Having money is nice, but one can choose to see it not as a measure

of wealth but as a means to help oneself and others which is real wealth. Relationships and family are important, but lacking them doesn't make you any less valuable as a person.

The beauty in all of this is that all humans are different which then should make our values and metrics different too. What I may view as important is not of that much relevance to you as an individual and your personality.

What metrics are you going to measure your life?

There's always a golden nugget when it comes to this. If your metrics and values require you to lie, cheat or deceive someone. That should give you a moral compass of where you are headed in life based on the GPS coordinates of your moral compass which are your values and metrics.

It is very sad that many people today think that relationships will make them happy, but emotional health should be the desired goal and have relationships as the side effect.

As human beings, we're all driven by happiness and meaning but we often get caught up in unnecessary status concerns and superficial comparisons. You may not be famous but still, improve people's lives. You may be single and alone but be happy and proud of yourself, to me that's a success.

The metrics we use to measure our success are always based on our values. Be very careful of what you value and put first in life. The metrics of success we choose lead to long-term real-life consequences and they determine everything.

Footnote: Mark Manson (Author & Publisher)
#1 New York Times Best Seller
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