

# Time to take back control over your life

Reflecting on our issues, needs, decisions and journaling our  
way to a better us and a better life.

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# Taking back control over your life

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# Introduction

Sleepless nights, empty days, draining people and moving forward while feeling like you're staying in the same exact spot in life. Sounds familiar, doesn't it?

Growing up I've been through a lot of changes. I've tried a lot, failed at most and succeeded in just enough for me to feel proud and confident in where I am in life and who I have become and am becoming. And my God, did it take a lot of times where I've felt stupid. But I did it pretty neatly, and so in the grace of that it only felt right to write a book detailing it all in hopes of helping someone else out there who needs a little bit of guidance in life.

Human beings are quite obsessed with control. We all are aware that by taking control, we are able to influence the outcomes of certain things in life. By doing that we are able to give ourselves a better life. A life in which we are able to enjoy our visions and expectations on real life situations. So, when we find ourselves losing control in life, how do we deal with that? When we fall into autopilot and lose our way towards happiness, confidence and fulfillment, how do we find our way out of those issues?

Please enjoy this book, and may it be of help to you if not today, one day.

## How happy and at peace are you?

American psychologist Martin Seligman is one of the most famous researchers when it comes to happiness and the search for it. He developed PERMA, which stands for the five main elements leading to a good mental health. According to Seligman would these elements lead us to a scientific model towards happiness.

**P**ositive emotions

**E**ngagement

**R**elationships

**M**eaning

**A**ccomplishments

Happiness and fulfillment are all about how you feel, the causes of those feelings and the awareness needed to work on changes. Most people would admit that they would love to be just a bit happier, but until they find the specific actions required to work towards happier times, they'll remain in a state of vague sadness and stress. Why don't we start by questioning what makes us the happiest and unhappiest right in this moment? Take those points and turn them into a "to do" list.

There will be a "happiness test" in the first page of the journaling part of this book, along with other reflective questions to answer for your own personal gain. This will give you a chance to put everything on paper for yourself to reflect back on right after reading the key aspects to a happier, fulfilling life in which you take back control over it.