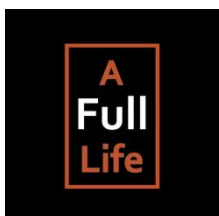


The Fullfilmment Project Resources

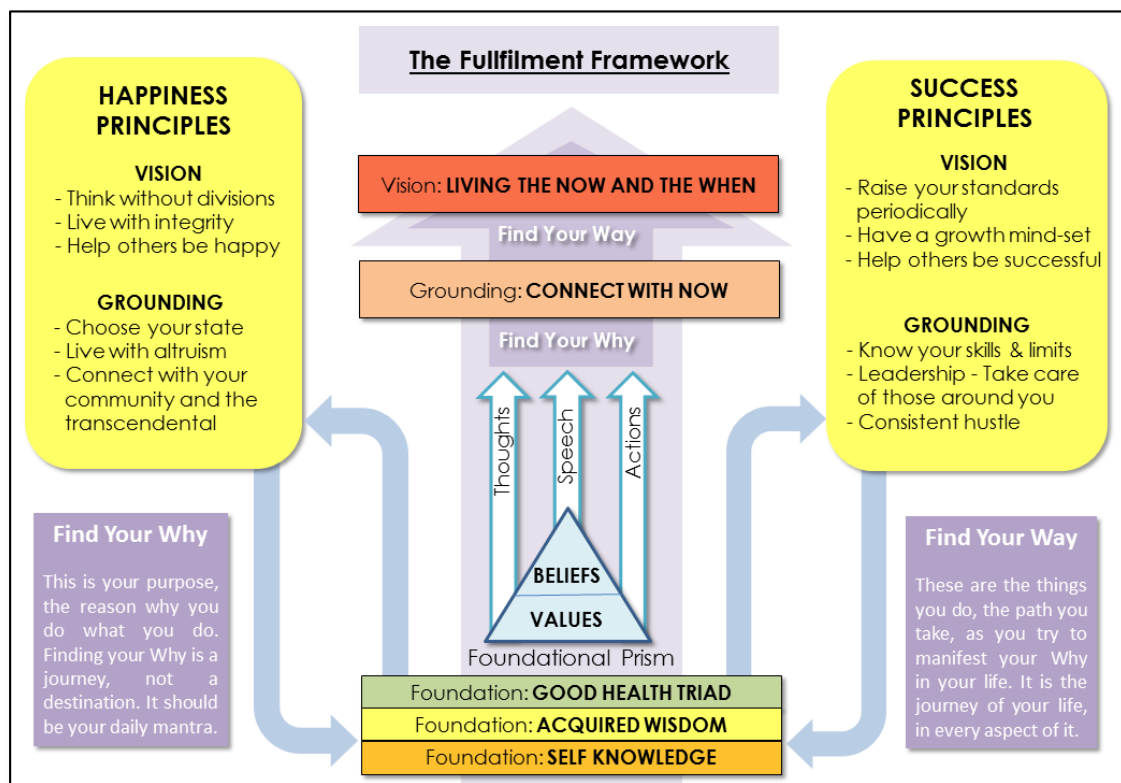
The Fullfilmment Framework



Blog website: www.thefullfilmmentproject.wordpress.com

Facebook Community: [The Fullfilmment Project Community](#)

The Fullfilment Framework



Summary Explanation

When talking about happiness, success or fulfilment the subject of setting goals is often centre stage, it is often seen as a pre-requisite of achieving these things. However, while setting goals is important, I believe that none of these three are things that can be 'achieved'. Instead, I believe that they are states of being that are a result of living life well.

"Those who help others be successful become successful as a result."

Breaking it down further, fulfilment itself is dependent upon the pillars of happiness and success, and each of these is dependent on how we live, rather than having these as the goals we set ourselves. Those who help others be happy become happy themselves as a result, partly due to the body releasing oxytocin when we do something to help someone else. Those who help others be successful become successful as a result, because they are trusted, respected and recommended by their peers. In other words, both happiness and success are reciprocal states of being, you cannot be happy or successful alone.

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To be truly happy we need to belong to a community, made up of family, friends and a spouse. To be truly successful, even if we are a lone salesman, we still need someone to sell to. Human beings are built to collaborate and cooperate and become happy and successful in a way that can only happen if we help each other be the same.

“Setting the goal to be happy or to be successful is self-defeating.”

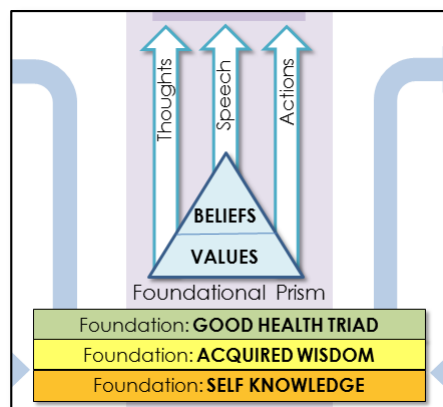
So, it makes sense to take actions every day that are in keeping with this philosophy. In fact, many religious, philosophical and secular texts from around the world back this up, which I and many others consider to be wisdom. This is why I believe it is so important to actively acquire wisdom from such sources, on a daily or weekly basis, to steep ourselves in wisdom so that we can live wisely and live well.

I’m not saying that we should not set goals, of course we should, but the goals should be focused on the betterment of ourselves and others; living with integrity in our words and our actions is an example of this. Setting the goal to be happy or to be successful is self-defeating, because these are states that we cannot go out and get, they are states of being, they are ways of living and to a large degree they are states of mind.

An example of this is being content with what we have, which is a catalyst for being happy in our lives. I believe that to be happy, to be successful and therefore to be fulfilled we have to break things down to key elements, which I define as our Foundation, our Why, our Way and our Happiness and Success Principles, which I will explain below.

Foundation

It is important to have a deep knowledge of ourselves. To know thyself is an age-old command and one that will allow us to act in our best interests and to live a good life. Our Foundation is the combination of self-knowledge, the acquiring of wisdom and good emotional and mental health, physical health and energy health (Good Health Triad).



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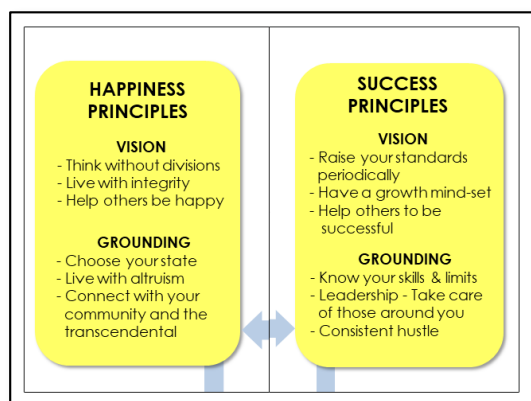
This Foundation then allows us to discover and decide on what our beliefs and values are. This is who we are at our very core, and that which dictates what we think, say and do every day, based on our self-knowledge and acquired wisdom, or lack thereof.

Our thoughts, speech and actions open or close doors, they create or obscure opportunities. Being the captain of our soul and the master of our fate, to paraphrase lines from the famous poem *Invictus*, means that we have a solid foundation, beliefs and values that we live by every day of our lives. Our beliefs and values are what I call our Foundational Prism, through which we see, understand and interact with the world.

Success and Happiness Principles

Our Foundation and Foundational Prism feed directly into the two pillars of happiness and success, and the principles I have associated with these pillars. The Happiness and Success Principles in the Fullfilment Framework have come from wise sources and are some of the things which I believe will result in happiness and success respectively. They are not a complete list, but, if acted upon, will help build the basis of a life lived well.

“Our thoughts, speech and actions open or close doors, they create or obscure opportunities.”



I have split them into actions focused on the present moment, which I refer to as Grounding and into actions focused on the present and the future, which I refer to as Vision. This is intended to be used as a way of being grounded in the present, in order to be mindful of what we are doing in any given moment, and a vision of living our legacy today, by living the life we want to have lived at the end of our days by acting accordingly today. It is living our legacy in the present moment.

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Find Your Why and Your Way

There is an important step that comes between the Foundation and the Grounding, and that is the finding of our Why. This is a concept popularised by Simon Sinek's book *Start With Why*, which is about finding the reason why we individually do what we do, finding our reason for being. Your Why or my Why is the star that guides us on our life long path.

Mine is that *"Fulfilment is a path we all walk together, by helping each other be happy and succeed."* Finding our Why can be hard, it takes a lot of soul searching and self-discovery. We have our Why formed by the time we get to our 20s, but many of us spend most of our lives not really identifying what it is. Finding our Why, however, is vital to living a happy, successful and fulfilled life. Once we know our Why the next step is to find what I call our Way.



"We have our Why formed by the time we get to our 20s."

Our Way is the thoughts, speech and actions we make every day to manifest our Why in our lives, and this is helped by living the Happiness and Success Principles, and other acquired wisdom, as well as being true to ourselves, being true to our Why. Living the Happiness and Success Principles, and other acquired wisdom, each day also feeds back into our self-knowledge, because every day of our life long adventure we learn something new about ourselves, and the cycle continues. All of this, I believe, will result in a life well lived, a life lived deeply, a fulfilling life.

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Conclusion

This may seem like a lot to be able to do, but if you start small, by ensuring that your emotional and mental health, physical health and energy health are good, by understanding yourself and by reading, watching and listening to the wisdom of others every day, soon you will have your Foundation from which to build and to live your life well.

This is not about being the best or the brightest, it is about finding what you were meant to be doing in this life, as well as the fact that a human life is a wonderful opportunity to make the lives of those around you better, to help them live fulfilled lives by helping them be happy and successful, to make the world better for the generations that will follow us, and for setting an example for them to continue in the same way. This is deep living, this is the path of fulfilment that we can all walk together.

Always strive to be inspired and inspiring.

#LiveDeeply