



Nurturing Your Success Publications
Presents:

Life, Liberty
and
the Pursuit of Happiness

A Special Report
by Julie Fuimano

Life, Liberty, and the Pursuit of Happiness

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Life, Liberty, and the Pursuit of Happiness By Julie Fuimano, Personal Development Expert

The Constitution of the United States affirms that each person is endowed with the inalienable rights to Life, Liberty, and the Pursuit of Happiness. This is true for everyone in the world, not just people residing in the United States; although in this country, you are provided with the freedoms necessary to enjoy these rights.

Many people living in so-called free societies, however, do not take advantage of these rights but rather take them for granted. Many people have not yet learned how to live, how to be free and how to pursue true happiness. In this special report, we will explore the meaning of these three inalienable rights and the gifts these men were trying to impart to us when they wrote the Constitution.

~ Life ~

“Living” merely implies surviving. At the most basic level, to live is to breathe in air, eat, sleep, be clothed, and have shelter. You have the right to live, to be at peace, to be free from harm from others. Perhaps this is what our forefathers had in mind. But “life” can be so much more than just surviving.

To take the concept deeper, if you can accept that you are here, born into this family, at this time in history, to make a difference, to have an impact in the world in some way, then the word “life” has greater meaning. “Life” becomes more than merely scraping by. Yes, you need to survive. You need to make

money in order to feed, clothe and shelter yourself and your family. Survival is important. But how you choose to spend your time and energy in order to get the things you need to survive makes a huge difference in whether your life is spent *surviving* or *thriving*. Living your life just to survive may not be enough to bring you true happiness. Is a life spent focusing only on surviving a full life? Is it joyful? Will it bring meaning to the participant? Is this all there is?

Most of us would say “no”. Spending a lifetime dedicated to survival is not a full and rich life. It is full of effort, struggle and stress and would not be joyful.

The first step in creating change is to identify what needs changing. Awareness is powerful. In what ways are you focusing on survival? Are you living paycheck to paycheck? Are you living in fear of how your spouse, parents, boss or other person will react to what you do or say? What would happen if you were wildly successful and financially independent? Whenever you live hidden under a rock, shrinking in order to protect yourself from someone else or something that you believe has a hold over you, you are not living; you are surviving (or trying to!). In hundreds of ways, each day, many people live in survival, barely getting through the day: living in fear, living with anger and resentments, living in the past, living with emotional pain, and blaming their suffering on other people or events from their past. In this way, you keep yourself imprisoned and so long as you continue to allow this behavior to continue, you will continue to experience these results and you will continue to feel powerless.

You do have the power to change your circumstances. You need to identify those things that hold you back from living a life that is extraordinary, one

that unleashes your greatness and allows you to experience joy and fulfillment. Once you become aware of your current reality, next you need to envision how you want life to be. What would living an extraordinary life be like for you? What would you be doing? Where would you live? Who would you spend time with? How would it *feel* to live beyond survival? You are limited only by you and your beliefs about what is possible for you to experience in this lifetime.

Third, you need to learn to make choices that honor your new vision and that will move you closer to achieving it. And, you need to say “no” to everything that does not fit with the vision you have for living an excellent life.

Sounds simple, right? Well it is! But it’s not so easy in practice which is why many people find partnering with a coach so beneficial.

In the book, *The Journey Called YOU: A Roadmap to Self-Discovery and Acceptance* (available in bookstores), the prescription for living a great life is outlined in three simple steps: know yourself, accept whatever you discover to be true about you and your life, and then make choices that honor you. Tools are introduced to teach you how to do that so you can move from living a life of survival to creating a life that brings you the joy and happiness that comes from living responsibly and on purpose. (More information about *The Journey Called YOU* is available on the last page of this special report.)

I cannot close this section of the e-book without addressing the other side of survival: in what ways are you not even surviving? In what ways are you not caring for yourself: eating the wrong foods, smoking, not seeing the doctor and dentist regularly? Are you financially healthy? You are responsible for your life experience. Being irresponsible in any number of ways does not

support your path to “Life, Liberty, and the Pursuit of Happiness” because you are not fully living, but rather hiding behind a shield of denial, avoidance or fear.

No longer is it acceptable to live this way. Decide today, right now to accept responsibility for the quality of your life and choose to live an extraordinary life. Is it hard? Yes, it’s challenging to do often the opposite of what everyone else is doing, since most people are barely surviving. But to break free is to liberate yourself. You need to know what keeps you stuck in survival such as old beliefs, patterns, and habits; eliminate or change these things to positive and empowering beliefs and habits in order to create a life that brings you joy and fulfillment while maximizing your skills and talents. Creating anything extraordinary is challenging but oh, so rewarding. And the alternative? The alternative is to continue to live, day in and day out, doing what you have been doing and continuing to struggle to survive, to maintain the status quo. The status quo is your comfort zone; it’s familiar regardless of how uncomfortable it really is. You must believe that whatever is on the other side – the possibility for an extraordinary life – is worth the effort of doing the work to make it become your reality. If you need a partner to show you the way, consider hiring a coach. After all, this is not a practice run. Take your life seriously, give up struggling and start living your full potential today. What are you waiting for?

~ Liberty ~

The American Heritage Dictionary defines liberty as “the condition of being free from restriction or control; the right to act or believe as one chooses.” We

have the *right* to act as we please, but are we really *free* to act as we please? With so many people and institutions telling us how to live, how to be and what to do, are we free to make our own choices?

"To be nobody-but-yourself in a world which is doing its best, night and day, to make you somebody else - means to fight the hardest battle which any human being can fight; and never stop fighting."

~ e. e. cummings

We are free inasmuch as we accept responsibility for that freedom. Our forefathers *reminded* us of our right to freedom but each of us has to see it and taste it and touch it for ourselves. You must acknowledge your freedom and allow yourself to live free by identifying the ways in which you are not free and then liberating yourself.

What impinges upon your freedom? Are you in a relationship that does not offer you the option for making your own decisions? Are you in a job that is less than fulfilling or where people do not treat you respectfully or who do not value your brilliance? Do you tend to look to others for attention, to feel loved or needed, for direction or answers, or to be rescued? In what ways do you live where you feel as though you have no choices?

You always have a choice, even if other people try to make you think that they know better how *you* should live. You can learn to make good choices for yourself and take back your power.

Where are *you* on your list of priorities? Do you put other people's needs first before your own to the point of neglecting what you know you need to do for yourself? Do you feel guilty when you consider taking care of yourself? For

example, how do you feel about staying home from work when you're sick? There is no one more important to you in your life than you. *Without you, what do you have?*

Anytime you place something or someone before your own needs and before your own ideas of right and wrong, you are out of integrity. Anytime you go to sleep wishing things were different in your life, you are recognizing your own little prison. You are not free. And only *you* can set yourself free.

In a recent conversation with a client, she admitted that she has never had a massage or manicure, or done anything related to a spa treatment because of the beliefs instilled in her growing up. The belief was that people who did those things were rich and full of ego. This way of thinking limited her ability to enjoy some of the wonderful things life has to offer for beauty, relaxation and renewal. Beliefs such as this control you as you act in ways to avoid being "like that" rather than just behaving in ways that honor you. For this client, it was a belief that went unchecked all these years. As she examined this belief, she realized that she had known many people who did these things and they were not "rich". She also realized how she was judging people blindly and limiting her ability to enjoy herself in this way. I wonder how this limiting belief shows up in other areas in her life. She is now wondering this for herself. Awareness is very powerful and is the basis for freedom. And with this newfound awareness, she can choose new beliefs to guide her behavior in the future.

Fear. Guilt. Shame. Anger. Living in the past. Lack of integrity. "Shoulds" and societal expectations. Habits and bad patterns of behavior. Old beliefs or paradigms that no longer serve you. Your ego. Needing approval from others.

People-pleasing. These are all examples of things that encroach upon your freedom – your freedom to simply be YOU.

In order to live completely free, you must accept responsibility for yourself and for your life. Completely. You are responsible for your body and your work and how much you work and your relationships with your children, spouse, coworkers, friends and family. This is *your* life and everything you do, everything you say, every emotion you experience, is *yours*. You can do what you want with your life. If it's not happy for you, *you* are responsible to do something differently. At the end of your life there is no one for you to answer to for the quality of your life experience...except *you*.

I have found that many people first need permission – permission to be free, to be themselves, to pursue their dreams. You have it! You have permission to be YOU! Just believe it – if you think it, then start acting on those thoughts, ideas and beliefs, then you will show up or present yourself differently and you experience different results.

Treat yourself to a small pleasure – a walk in the park, a bubble bath, or sit by a lake, a stream or at the beach. Communing with nature offers you grounding, peace and serenity. There is so much you can learn from Nature as she needs no permission to do what she does! She displays all of her glory and splendor because that is what she is meant to do. She doesn't hide her greatness or hold back in any way. Gifting yourself time for quiet contemplation is necessary for personal renewal and offers you the opportunity to reflect on other areas of your life you would like to change.

Take an assessment of your life. How are you living in a prison? In what ways are you not free? Are you in a bad relationship or unhappy in your career?

Are you pursuing outdated or unrealistic goals? Or living by someone else's rules or expectations? Do you continue to do things the same way or follow traditions because you've always done it that way and, like many of the clients I work with, never question whether it makes you happy to do so? Are you holding onto the past, living in fear or living to gratify your ego? (Ego gratification only brings illusionary and temporary satisfaction; true happiness remains elusive since the chase is never ending. *The ego is a fool's master.*)

The first step is to *see*, to awaken to the reality, to stop living in denial, and to acknowledge the truth – *your* truth. Awareness is the key to unlock your prison door. You must decide to free yourself and commit to learning whatever you need to learn in order to live free.

“When you start asking yourself the tough questions about yourself and how you want to live, you reclaim your power and open the door to the possibilities that life has to offer.”

~ from The Journey Called YOU

In the book, *The Journey Called YOU: A Roadmap to Self-Discovery and Acceptance*, you learn the prescription for freeing yourself to live a great life: know who you are, accept whatever you discover about yourself and your life without judgment, and then honor yourself by making choices out of love and respect *for YOU*. This process is how we all must learn to live if we are to live free and fulfilled lives. It is about taking yourself seriously and honoring the wonderful person you are simply because you *are*.

There is no one holding you back but you, no one in your way but you. You must learn to forgive the past, move into the present reality by accepting

what is, and create a great future for yourself by envisioning what you want and then taking the necessary steps to get there.

Life is a wonderful journey. And wherever you are right now is a great starting point for you to change course. Your vision for your future must be more compelling than the thought of things remaining the same. You must be willing to let go of what *is* as well as what *was* in order to allow yourself to dream of other possibilities. And it is possible to dream and to create something better for yourself. Only you can give yourself that gift – the gift of freedom. You don't need to chart your course alone; hire a coach to partner with you, support you and keep you focused on what you want to achieve.

So although our forefathers reminded us of liberty and our right to be free to make choices for ourselves, it is each of us who is responsible for choosing to be free by making choices that honor ourselves. The more you trust in your own ability to choose what's right for you, the less you need to look outside yourself for answers. In fact, you learn that no one has your answers to life's questions. They can only share their own answers with you. You alone must define success and happiness and your own level of integrity. You alone can make choices that move you in the direction of your vision for how you want your life to be. Others can act as guides, mentors, coaches, but you alone must discover the answers that serve you in your life. When you know yourself – all the wonderful things there are to know about you and how you think – and when you learn to make choices that honor your highest self, then you truly live. When you free yourself from living a life according to other people's standards and expectations and chart your own course, you truly live. It's not easy and yet, when you learn to live by your own sense of right and wrong, and use your intuition or your own sense of knowing to guide you, then you at least live your life your way. And that's extraordinary!

~ The Pursuit of Happiness ~

Benjamin Franklin said, “You have the right to pursue happiness but you have to catch it for yourself.” What he means is that although you have the right to pursue what makes you happy, you have to determine what happiness means to you and go after it.

The *pursuit* of happiness may or may not actually make you happy. Many people miss the fundamental truth of what happiness is. People who pursue happiness through external means like fame, fortune, material accumulations, or the right job or mate, soon find that once they’ve attained the thing they thought they wanted, happiness does not come or if it does, it does not last. They may have experienced feelings of accomplishment or perhaps what they truly enjoy is the chase itself, which means that once caught, the thrill is over. It is often our disappointments or tribulations that force us to ask and answer the questions, “Is this all there is? What makes me happy?” for you cannot pursue happiness if you don’t know what it is you are looking for.

The fact is that happiness is a state of being. It is something you *are*. Therefore, you cannot find happiness outside you. It will not be found in the attainment of goods or material things, or in finding the “right” mate, job or community. *You cannot have enough stuff to make you happy.* Happiness is only to be found within you. It is experienced in your travels along your life journey. It is in this moment, right now, if you choose it. So there is a

distinction to be made between the “pursuit” of happiness and the “inner experience” of happiness.

Perhaps what the founding fathers meant was that you have the right to live your life in a way that brings you joy and happiness. Interesting that they identified Life and Liberty before the Pursuit of Happiness, isn't it? Can you be happy if you are struggling to survive? And can you pursue a life that makes you happy if you are not free to make choices that honor you?

If your energies are focused on surviving or swimming around in the muck – guilt, fear, people-pleasing, burdens from your past, etc. – then it is very difficult to have room for happiness, contentment or peace. Once you achieve a level of survival and after you free yourself to be your authentic self – free from the bondages of self- and other-imposed prisons – then you are free to create environments that will bring you joy and support your happiness. You build a life where each day you choose to spend your time in ways that add value to you and make you feel good: doing work that is meaningful, fulfilling and rewarding for you; living in the geographic location that best serves you; driving a car that you enjoy; respecting your body in every way; mastering and maximizing the use of your mind; spending time only with people who support your best you. This is the path to a great life. And this is the prescription for happiness. We create external environments that support our ability to thrive as a human being. This naturally leads to happiness. Because in the end what makes us most happy in our lives is living a life with meaning, knowing that we have used the gifts we were given to do all we could to make the world a better place.

What gets in the way of your pursuit of happiness? In my work coaching clients, several obstacles have been identified including complacency,

ambivalence, never stopping to ask if they were happy, not knowing what makes them happy, always looking to someone else for the answer to their puzzle, people-pleasing, putting everyone before themselves, hiding in addictions such as work or care-taking, and thinking they “should” or are “supposed to” be doing a particular thing without ever stopping to question it. In other words, they are programmed to believe that this is all there is. They are thinking small about what is possible to experience in their lifetime and their old beliefs no longer serve them. One client spent so much of her life, time and energy caring for others, she admitted, “I have become an empty shell who does the laundry.”

Are you caring for others first because it is all you know or it’s what you were taught? Are you scared to care for yourself because you think it’s wrong? Or perhaps you feel guilty about challenging the ‘rules’ by which you’ve been conditioned? Are you fearful of what others might think if you start to do things that bring you joy? (“What will they ever do without me?!”)

Many people hide in doing for others because it’s easier to look outside yourself than to do what is best for you. Are you scared of what living a truly happy life would be like? It may very well be a stretch for you and way outside of your comfort zone to be happy and in joy everyday.

Are you scared of your current reality and acknowledging it, concerned about the changes that would need to be made if you awakened from your denial? If so, you are living in prison and are not free to pursue happiness...yet!

In the book, *The Journey Called YOU: A Roadmap to Self-Discovery and Acceptance*, you learn the art of self-wonder and take a journey within so that you can identify what happiness means to you and chart your course to

achieving it. The book also takes you on a journey through the obstacles that life places in your path so that you can achieve peace and the freedom to just be you.

You deserve to be happy. You have the right to be happy. You need to explore what happiness means to you. You also need to let go of everything that impedes your experience of happiness. You make choices about how to think about life and events. Everything is a learning experience. We create our own unhappiness when we refuse to let go, when we insist upon attempting to control things over which we have no control, and when we are not honest with ourselves about reality. And when we create unhappiness, we are not free, and we struggle to survive.

I want for you to discover happiness, to enjoy all the wonders that life has to offer. Be willing to ask the questions about what brings you happiness and joy and go catch some happiness for yourself. It is everywhere along your journey. It's not a destination; it's a state of mind. To fully express who you are, to engage in activities that support your values and maximize your strengths, and to be with others who stretch you and support you to live your greatness, this is happiness. And this is my wish for you. Happy living!

~*~

Continuing on Your Path to Success

If you have found this e-book helpful and you have a desire for more, I suggest that you:

- ✓ Explore my empowering website www.NurturingYourSuccess.com where you'll find a plethora of resources for your self growth. And while there, sign up to receive a free, empowering monthly e-newsletter.
- ✓ Sign up for my blog at www.NurturingYourSuccessBlog.com for strategies to achieve greater success in business and life.

- ✓ Purchase your copy of my book, *The Journey Called YOU: A Roadmap to Self-Discovery and Acceptance*, available in bookstores such as Barnes & Noble and Borders, and through the web, on [Amazon](#) and [Google Book Search](#).
- ✓ Partner with Coach Julie to support you in achieving your personal goals and YOUR highest potential. To learn how coaching would work for you, contact Julie at (610) 277-2726 or Julie@NurturingYourSuccess.com.



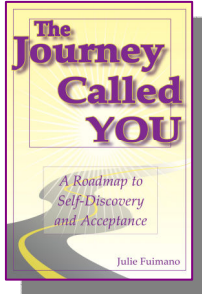
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Julie Fuimano has over 15 years experience in psychiatric nursing and has been dedicated to advancing human potential throughout her career. Her background blends business and leadership acumen with human resources, training and development, recruiting, and psychology.

She began Nurturing Your Success Inc. in 2001 in order to create a forum for helping people harness their personal power and develop their natural strengths. Julie empowers your personal best by teaching you simple, practical tools for meeting your goals, communicating effectively, establishing good boundaries, managing your emotions, and enjoying yourself at work and at home. Through her Success Coaching, Julie integrates Neuroscience and Value Science providing people with an intense learning and personal development experience. Clients experience dramatic and profound results in their productivity, level of confidence, and their relationships.

Julie is a popular and dynamic motivational speaker and educates using transformational, inspirational, and educational articles and books to empower your personal best. She is the author of *The Journey Called YOU: A Roadmap to Self-Discovery and Acceptance*, as well as over 100 articles on personal leadership topics published worldwide. For her work, she is recognized as one of the TOP 100 THOUGHT LEADERS in the field of PERSONAL LEADERSHIP DEVELOPMENT by *Personal Excellence Magazine*.

Julie brings her wisdom, experience, and education to her work. She is a Certified Six Advisors Coach (CSAC). She has an MBA, two bachelor's degrees and she is a registered nurse. She is known for her compassion and is direct in her communications. Her passion is to unleash your brilliance. To learn more, visit Julie online www.NurturingYourSuccess.com. Contact her at Julie@NurturingYourSuccess.com, 610-277-2726 or on her blog at www.NurturingYourSuccessBlog.com.



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“This book shows how to live a life that empowers you to be who you really are. A mixture of teaching tales, coaching tips, journaling exercises, and narrative divided into eight chapters, this eloquently written, easy-to-read book is designed to help you understand and accept yourself so you can make decisions every day that move you closer to the happy and fulfilled life you desire. You will learn how to use your personal power to free yourself to be you. After all, the author points out, you are the most important person in your life! Without you, what do you have?”

If you are looking for meaning in your time on this earth, you will find this book inspiring, informative, and reflective. *The Journey Called YOU* is highly recommended therapy for anyone searching for his or her own truth.”

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