

Kako povećati osjećaj sreće i naći unutarnje zadovoljstvo i mir?

How can you boost your happiness and find inner contentment and peace?

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Kako povećati zahvalnost i osjećaj sreće? Kako izbjeći razočarenje u sebe i druge? Koliko puta ste se u nekoga ili nešto razočarali? Koliko puta ste se zbog toga osjećali frustrirani, ljuti ili tužni? Kako biste isto izbjegli ključno je znati kako upravljati svojim očekivanjem, a ono se odnosi na svjesne strategije, tehnike i pristupe koje koristimo za učinkovito usmjerenje svojih aktivnosti i ponašanja. Sposobnost samoupravljanja i preuzimanje osobne odgovornosti za vlastitu budućnost jedna je od najvrjednijih stvari koje možete učiniti. Trebali biste biti sposobni postaviti realne ciljeve i nastojati ih postići. Jednom kad shvatimo da naša vlastita očekivanja nisu ništa drugo do naša najbolja nagađanja isklesana u teoriji.¹ Ova najbolja nagađanja doista su u svojoj srži – naša duboko ukorijenjena uvjerenja pomiješana s velikom tračkom nade.

Predavanje ima za cilj osvijestiti nesusjesne strategije i mentalne obrasce koje nas mogu dovesti do razočarenja, narušavanja odnosa prema sebi i drugima. Svrha predavanja je usvojiti načine kako možemo povećati slobodu izbora i izabrati strategije koja će nam pomoći da upravljamo očekivanjem na našu i dobrobit drugih ljudi.

How can we increase our gratitude and happiness? How can you avoid disappointing yourself and others? How often have you been let down by someone or something? How many times have you become frustrated, angry, or sad as a result of it? It is critical to understand how to manage your expectations in order to avoid it, and it refers to the conscious strategies, techniques, and approaches they use to effectively direct their activities and behaviors. One of the most valuable skills you can have is the ability to self-manage and take personal responsibility for your own future. You should be able to set and strive for realistic goals. When we realize that our expectations are nothing more than our best guesses carved in theory.¹ These best guesses are, at their core, our deeply ingrained beliefs mixed with a glimmer of hope.

The purpose of the lecture is to raise awareness of unconscious strategies and mental patterns that can lead to disappointment and disrupt relationships with ourselves and others. The goal of the lecture is to adopt strategies to increase our freedom of choice and to choose strategies to help us manage our own and other people's expectations.

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LITERATURE

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