



## Episode 165: What's Your Flight Plan?

Without realising it, we allow others to design our lives. Their expectations and ideals become ingrained in our minds, so much so that their idea of success becomes the success we strive for.

In this episode, Rachel reflects on how to design the kind of life we want instead and the importance of dictating our flight plan in life.

Rachel further explores how working happier leads to true success. There is no meaning to achievements and material gain if you are miserable. Discover your journey and seek a meaningful life through your version of success and happiness.

If you want to take control of your life, free from the design of others, this episode is for you. Help yourself find happiness so that others around you will benefit as well.

### Podcast links

Check out our [Permission to Thrive CPD membership](#) for doctors!

Learn to work happier with the [Thrive Week Planner](#).

Find out more about the [Shapes Toolkit Training](#) programme.

Join the [Shapes Collective FB group](#).

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).



### Quote to remember:

*'All the research shows us, that actually, in order to be successful, we need to be happy. The question is: how do we get to that point where we're really happy on the journey as well?'*

## What You Will Learn

People work hard to achieve their goals. But how often do they think about how they will achieve them? How often do they reflect on whether it is what they truly want? If they take a moment to ponder, others have determined their goals for them.

This activity serves as a wake-up call to help you avoid a potentially stressful and miserable life. If you feel you are not in control of your life, that someone else is designing your flight plan, then it's time for you to take control.

Our society can define being successful as having many achievements and great material wealth. It leads to people working so hard that they sometimes put aside what makes them happy: their well-being, hobbies, and family. It becomes necessary we take a step back and reflect on these things.

This activity will help you re-evaluate your life and realise what you want. In doing so, you can begin to plan how you go about your life - especially with work. Learn to work happier and not harder.



## Activity: Flight Plan Towards Happiness

**Q1. Describe an experience when you felt someone else was controlling your life. What emotions and thoughts did you have?**

**Q2. What are your goals in life? How much effort do you put into achieving them?**

**Q3. How close have you come to burning out? Explain how you deal with the challenges of stress and overworking.**

**Q4. How does society view success? What does it mean to be successful for you?**

**Q5. What makes you happy? List your interests, inspirations, hobbies, loved ones, etc.**



Q6. How can you incorporate your happiness with your life goals?

Q7. What must you do to achieve a happier life? What are your key takeaways from the quote above?

What are the benefits of re-evaluating your life and goals?

What's your flight plan?

**CPD time claimed:**

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