

Tip #8: Stop Looking Out There! #parentingtips

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=SVSVPDUSBWI](https://www.youtube.com/watch?v=SVSVPDUSBWI)
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SUMMARY

The speaker emphasizes that true peace, happiness, and worth are not found in external achievements or possessions but must be cultivated internally in the present moment. They argue that the pursuit of happiness through future goals is an illusion and that fulfillment comes from recognizing and nurturing what is already within.

- *Happiness and peace are not dependent on external circumstances or future achievements.*
- *The belief that fulfillment comes from the next relationship, job, or financial gain is misleading.*
- *True worth and joy must be developed from within, in the present moment.*
- *The speaker shares personal experience of chasing external validation and finding it unfulfilling.*
- *Cultivating inner peace and happiness is essential, regardless of external situations.*
- *The message encourages self-reflection and internal growth rather than external pursuit.*

whatever peace happiness joy worth you think you're going to get after the next best thing whatever that is the next relationship the next child the next ten thousand dollars the next job the next passion the next career is an illusion it's an it's a trick of your mind whatever you believe you're going to get next out there after something on the external is never going to come if it already

isn't experienced by you in the here and now right here as you are there is no peace out there there is no worth out there I promise you I've been down that rabbit hole thinking that it was after the next interview after the next book after the next achievement it doesn't exist I promise you it's either in you right here right now or it isn't so what this means is stop waiting

stop looking stop fantasizing that the next peaceful moment the next worth that you feel is going to come from the outside develop it right here within you it's in you you just need to cultivate it right here right now Wherever You Are by the ocean or not it's all within you as you are