

Gross National Happiness

GNH. What a super idea! Bhutan rates their country by its Gross National Happiness. Who knew there were humans so enlightened that happiness was there one of their big markers of success.

That is a mind blowing concept to me! My head is spinning just at the idea of people thinking happiness is SO important that they put out a rating. Have you ever stopped to ask yourself how different our Nation would be if we, the United States, were rated by GNH instead of GDP (gross domestic product for those not in the know) or even worse GDI (gross domestic income)? I never did until this week. Of course, although I am very worldly in some ways, I had never heard of GNH till just now; therefore, it would have been difficult to ask myself how my country would be different if we had used Gross National Happiness to rate ourselves year to year. But things might be a changing.

I realize Bhutan is not perfect. Human right issues, throw like 100,000 people out with no real reason, extreme poverty, and a whole host of other issues. But they did something that the 'First World' has yet to figure out. They made happiness part of their culture, their way of doing business, their way of life, so important that the whole country gets a grade for happiness.

I know I cannot change this country to a GNH system overnight – BUT – I can start with the woman in the mirror. The Bhutan government has the following seven indicators: Economic Wellness, Environmental Wellness, Physical Wellness, Mental Wellness Workplace Wellness, Social Wellness, and Political Wellness (per Wikipedia).

So starting with their idea, I looked around my own life and made a startling discovery. My Gross Personal Happiness was relatively low! NOT GOOD! How can I ask others to improve their GPH if mine is low? How can I go to a Nation that is suffering and in turmoil and

www.missadixon.com

say, "Rate your happiness!" I would have tomatoes thrown at me as I was tarred and feathered and run out of nation. And worst I would be hypocritical. So I will now work on my own personal GPH. Live by example. You have to fight less when people see it in action. Keeping in mind the power of America turned toward happiness and not just profit.