

Reaching The Finish Line Author Condemns United Nations' Day of Happiness

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CARBONDALE, CO, UNITED STATES OF AMERICA, March 13, 2018 /EINPresswire.com/ -- Since 2012, the United Nations has recognized March 20th as the International Day of Happiness. It was founded by UN advisor, Jayme Illien, and celebrated for the first time on March 20, 2013. Its proclaimed intention is to recognize "the relevance of happiness and well-being as universal goals and aspirations in the lives of people around the world." The organization has dedicated [a website to encourage people to take action in observance of the day](#).

"This single day does not encourage and assist humanity in developing a personality trait that we desperately need in our daily lives," says Kallen Diggs, an African-American author.

So, what are these action steps that the UN is suggesting to people? The first step is to complete a written form as a pledge to create more happiness in the world. The next step is to share your happiness with the world through the use of photos and social media hashtags. Lastly, the organization suggests that people do what makes them happy, spread happiness, tell everybody, celebrate the day, and support their campaign partners.

"A batch of written pledges will not effect change in the world. While a designated social media campaign may raise awareness, how do you measure the number of supporters that remain committed after the holiday? This is the problem with these holidays. There are nothing more than "feel good" days. Most people wait for holidays to be giving or show gratitude. I am not against anybody's desire to feel good. Although, this holiday appears to be no different than many of the other ones," says Mr. Diggs (Author of [Reaching The Finish Line: How to Thrive in the Generation Y Era](#)).

In 2014, Kallen Diggs started Reaching The Finish Line to help people reach the finish line in their personal and professional life. He has written two books and hosts a podcast. He advocates that people can only reach the finish line through strengthening habits on a daily basis.

"A common example is that most people wait for New Years Day to start their goal of losing weight or something else. Unfortunately, many people have already given up by Valentine's Day. Waiting for a holiday to commit to losing weight, being a happier person, or form whatever other habit is just a terrible waste of time. Life is too precious to be waiting," says the African-American podcaster.

Kallen recognizes the contributions that the United Nations has done for the world. However, he disagrees with the use of their "international days" as a way to effect global change. He believes that their "international weeks" are a better step towards effecting change.

"The National Institutes of Health discovered that [it takes an average of 66 days to form a habit](#), which proves why a designated day does not usually help people commit to their personal goals," says Kallen Diggs.

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