THE HAPPINESS ADVANTAGE

TODAY YOU’RE GONNA...

- Directly experience a variety of methods for increasing happiness. YAY! 😊
- Identify a variety of activities that support your happiness
- Create a personal plan for incorporating more happy-making activities into your life.

HEY, LET’S WATCH THIS VIDEO...

“The Happiness Advantage: Research linking happiness and success” - Shawn Achor
http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work.html

KEY POINTS AND INSIGHTS FROM VIDEO

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________________________________________________________________________
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________________________________________________________________________
________________________________________________________________________

The public library is the center of public happiness first, of public education, next.

John Cotton Dana
3 gratitudes

☐ Each day, write three things for which you are grateful.

September 18
1. ________________________________
2. ________________________________
3. ________________________________

September 19
1. ________________________________
2. ________________________________
3. ________________________________

September 20
1. ________________________________
2. ________________________________
3. ________________________________

September 21
1. ________________________________
2. ________________________________
3. ________________________________

September 22
1. ________________________________
2. ________________________________
3. ________________________________

Happiness is not a goal...it's a by-product of a life well lived.

Eleanor Roosevelt
ingredients for happiness

☐ Write down one positive experience from the last 24 hours
________________________________________________________

☐ Write down three things that inspire a feeling of gratitude.
________________________________________________________

☐ Exercise
________________________________________________________

☐ 3-5 Minutes Meditate/Pray/Mindful Breathing
________________________________________________________

☐ Perform an act of kindness or express appreciation to someone
________________________________________________________

☐ Stretch
________________________________________________________

☐ Pet a pet (a furry pet!) or hug or cuddle with a friend or loved one
________________________________________________________

☐ Spend time with someone you feel good around ("resonant relationship")
________________________________________________________

☐ Dealer’s Choice: What else facilitates your happiness?
________________________________________________________

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.

Marcel Proust

The happiness of your life depends upon the quality of your thoughts.

Marcus Aurelius
insights and inklings

KEY CONCEPTS, INSIGHTS, AND TAKEAWAYS

1. ___________________________________________
   ___________________________________________
   ___________________________________________
   ___________________________________________
   ___________________________________________

2. ___________________________________________
   ___________________________________________
   ___________________________________________
   ___________________________________________
   ___________________________________________

3. ___________________________________________
   ___________________________________________
   ___________________________________________
   ___________________________________________
   ___________________________________________

4. ___________________________________________
   ___________________________________________
   ___________________________________________
   ___________________________________________
   ___________________________________________

Action may not always bring happiness, but there is no happiness without action.

William James
my happiness plan

List four things you CAN do that will promote happiness in your life. Circle one (or two) that you WILL do tomorrow.

1. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

3. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

4. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi
happiness materials

Achor, Shawn

Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change (2013)

Emmons, Robert A. and Michael E. McCullough (editors)

Gilbert, Daniel

Stumbling on Happiness (2007)

Haidt, Jonathan


Hanson, Rick


Lyubomirsky, Sonja

The Myths of Happiness: What Should Make You Happy, but Doesn’t, What Shouldn’t Make You Happy, but Does (2014)

Rath, Tom and James K. Harter


Reivich, Karen and Andrew Shatte


Ricard, Mathieu and Daniel Goleman

Happiness: A guide to Developing Life’s Most Important Skill (2007)

Seligman, Martin

Learned Optimism: How to Change Your Mind and Your Life (2006)
The Optimistic Child: A Proven Program to Safeguard Children against Depression and Build Lifelong Resilience (2007)

The most miserable people I know are those who are obsessed with themselves; the happiest people I know are those who lose themselves in the service of others...

I have come to see that if we complain about life, it is because we are thinking only of ourselves.

Gordon B. Hinckley