

3 gratitudes

2

happiness advantage

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

3

happiness advantage

- 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

- S t r e t c h

- 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?

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

Marcus Aurelius

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

Marcel Proust

insights and inklings

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happiness advantage

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

6

happiness advantage

Achor, Shawn

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

The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work (2010)

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

The Psychology of Gratitude (2003)

Gilbert, Daniel

Stumbling on Happiness (2007)

Haidt, Jonathan

The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom (2006)

Hanson, Rick

Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom (2009)

Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence (2013)

Lyubomirsky, Sonja

The How of Happiness: A New Approach to Getting the Life You Want (2008)

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

Wellbeing: The Five Essential Elements (2010)

Reivich, Karen and Andrew Shatte

The Resilience Factor: 7 Keys to Finding Your Inner Strengths and overcoming Life's Hurdles (2003)

Ricard, Mathieu and Daniel Goleman

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

Seligman, Martin

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment (2004)

Flourish: A Visionary New Understanding of Happiness and Well-being (2012)

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