



What is Happiness? And Why Is it Important?



HAPPINESS MYTHS

Myth #10:
**It's selfish to try to be
happier.**



HAPPINESS MYTHS

Myth #8:
**You'll be happy as
soon as you...**



HAPPINESS MYTHS

Myth #4:

You'll be happy if you
insist on the "best."



HAPPINESS MYTHS

Myth #3:
Venting our anger
relieves it.



HAPPINESS MYTHS

Myth #6:
Money can't buy
happiness.



HAPPINESS MYTHS

Myth #2:
**Nothing changes a
person's happiness
level much.**



HAPPINESS PARADOXES

“There are trivial truths and great truths. The opposite of a trivial truth is plainly false. The opposite of a great truth is also true.”

~ Niels Bohr

HAPPINESS PARADOXES

Accomplish more by working less.

Accept yourself, and expect more of yourself.

Succeed by failing.

You can be generous by taking.

Think about yourself so you can forget yourself.

Silence is sometimes the best reply.

Flawed can be more perfect than perfection.

HAPPINESS PARADOXES



What other
paradoxes can
you think of?

NEXT WEEK



commandments

Gretchen's Twelve Commandments

1. Be Gretchen.
2. Let it go.
3. Act the way I want to feel.
4. Do it now.
5. Be polite and fair.
6. Enjoy the process.
7. Spend out.
8. Identify the problem.
9. Lighten up.
10. Do what ought to be done.
11. No calculation.
12. There is only love.

My Twelve Commandments

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

JANUARY'S RESOLUTIONS: Clear My Closets (boosting my energy)

"Order is Heaven's first law." —Alexander Pope

	Clear my closets	Tackle a nagging task	Keep a food diary	Restore, maintain, organize	Use my to-do list	Identify the problem	Follow the "one minute rule"	Observe the evening tidy-up
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Please visit The Happiness Project / www.happiness-project.com



Tigger



or Eeyore?