

What is Happiness? And Why Is it Important? Part 2

Now includes a Start Your Own Happiness Project Guide



HAPPINESS MYTHS

Last week we popped some happiness myths...



HAPPINESS MYTHS

It's selfish to want to be happy.

You'll be happy as soon as you...

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

Venting our anger relieves it.

Money can't buy happiness,

Nothing changes a person's happiness level much.

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.

WHY HAPPINESS?

"Contemporary research shows that happy people are more altruistic, more productive, more helpful, more likable, more creative, more resilient, more interested in others, friendlier, and healthier. Happy people make better friends, colleagues, and citizens. I wanted to be one of those people." - Gretchen Rubin



HAPPINESS IS A PRACTICE

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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January: Boost Energy

February: Remember Love

March: Aim Higher

April: Lighten Up

May: Be Serious About Play

June: Make Time for Friends

July: Buy Some Happiness

August: Contemplate the Heavens

September: Pursue a Passion

October: Pay Attention

November: Keep a Contented Heart

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JANUARY

January: Vitality

Boost Energy

Resolutions:

Go to sleep earlier.

Exercise better.

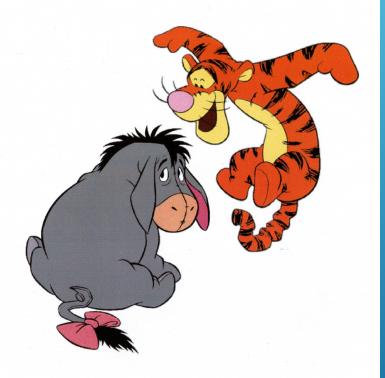
Toss, restore, organize,

Tackle a nagging task.

Act more energetic.

HAPPINESS IS A MINDSET

Tigger



or Eeyore?

"Our thoughts are one of the few things truly within our control. Even if it is challenging to completely control what comes to mind, we can certainly learn to control the thoughts that stay in our minds, the thoughts we focus on, dwell on. Thoughts create world paradigms, impact our energies, and drive our actions...

Even if a negative thing is true, does it serve you to focus on it? ... odds are there are many positive things that also are true or could become true about a person or situation and your thoughts and energies may better serve you focused on the solution rather than on the problem." – Nathan S. Collier

Are you a Tigger or an Eeyore?



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.
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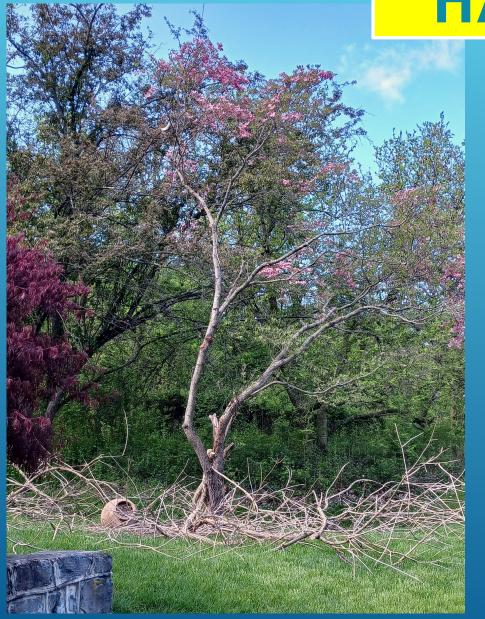
HAPPINESS IS CLARITY

"The Twelve Commandments would help me as I was struggling to keep my resolutions."

What are your happiness "commandments"?

What makes you happy?

HAPPINESS IS PERSONAL



"We must exercise ourselves in the things which bring happiness, since, if that be present, we have everything, and, if that be absent, all our actions are directed toward attaining it." - Epicurus