



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



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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Please visit The Happiness Project / www.happiness-project.com



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

JANUARY

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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?



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

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- 2.
- 3.
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- 6.
- 7.
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- 9.
- 10.
- 11.
- 12.

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