Learning Objectives

INCREASE SUCCESS WITH

THE POWER OF
HAPPINESS

- Recognize why happiness is the key to success.
- Perform simple tools to increase your happiness.
- Choose the happiness activities that fit you.
- Recognize the importance of happiness in your work and personal life.
Happiness creates success

Change is possible
Happiness Baseline – take it 3 times

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For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:
   1 2 3 4 5 6 7
   not a very happy person
   a very happy person

2. Compared to most of my peers, I consider myself:
   1 2 3 4 5 6 7
   less happy
   more happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characteristic describe you?
   1 2 3 4 5 6 7
   not at all
   a great deal

4. Some people are generally not happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characteristic describe you?
   1 2 3 4 5 6 7
   not at all
   a great deal

Add up your scores divide by four  Score of 4.5 to 5.5 is average

The power of habit.
Take a baby step…
What changes can you make in your routine?

My Current Routine

What I will Change?
The more you repeat any activity, the easier it becomes. How can you use the 20 second rule to make something harder/easier?

Add 20 seconds  
Take away 20 seconds

Intentional Happiness Boosters  
Which of these will you do?

_____ Meditate  
_____ Something to look forward to  
_____ Acts of kindness – get out of self  
_____ Create positive surroundings  
_____ Remove negative things  
_____ Exercise  
_____ Spend money on experiences, not stuff  
_____ Do more of what you are good at
Changing your perception – move your fulcrum

What have you have been unintentionally affirming?
How do you want to affirm that now?

Use adjectives and descriptive words to make the affirmation meaningful.
I am - I am willing to - I am open to – I am creating - I am starting to believe. – I am beginning - I am choosing – I am committed to- I am inspired – I am Focused

I want to ___________________
I am ______________________________
Name a story you have been telling yourself
How can you change it – use an affirmation

I am - I am willing to - I am open to – I am creating - I am starting to believe. – I am
beginning - I am choosing – I am committed to- I am inspired – I am Focused

I want to ______________________
I am __________________________

List some areas in your life that you can tackle three things at a time:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
Social Investment

The most successful people and companies focus on social support

Who will you reach out to?

How can you utilize your lunch and breaks to create connections?

Which happiness activities will you try?

_____ Focus on Happiness
Happiness habits
Use affirmations

_____ Do more of what are you are good at?
Do more of those things – delegate other things

_____ Intentional happiness habits
Repetition - 20 second rule
Meditate - Something to look forward to - Exercise
Add happy things - Remove Negative things - Get out of self

_____ Change your perspective
Fulcrum and the leaver
Affirm a new story

_____ Avoid feeling overwhelmed
Use the zorro circle - Do three things

_____ Spend time with family and friends
Be intentional – time with family/friends/co-workers
Bibliography


