

FIVE HABITS for HAPPINESS



1st Habit for Happiness FREEDOM FROM JUDGEMENT

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Exercise

Write down an event/situation of happiness you've experienced

- What was the event or situation?
- How did you feel?
- How did you respond?

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Exercise

Write down an event/situation of adversity you've experienced

- What was the event or situation?
 How did you feel?
- How did you respond?

Exercise

REDO - EXERCISE on Happiness

Write down an event/situation of happiness you've experienced

- What was the event or situation?
- How did you feel?
- How did you respond?

6

REDO - EXERCISE on Adversity

Write down an event/situation of adversity you've experienced

- What was the event or situation?
- How did you feel?
- How did you respond?

Exercise

2nd Habit for Happiness DECIDE TO LOVE

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EXERCISE ON 2nd Habit for Happiness

8

Exercise

Think of someone and write down ...

3 things that you like about that person

3 things that you don't like about that person

EXERCISE ON 2nd Habit for Happiness

Write down about yourself ...

3 things that you like

3 things that you don't like



9

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REDO - EXERCISE ON 2nd Habit for Happiness

Think of someone and write down...

3 things that you like about that persons

3 things that you don't like



10

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REDO - EXERCISE ON 2nd Habit for Happiness

Write down about yourself...

3 things that you like

3 things that you don't like



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3rd Habit for Happiness EMOTIONAL HONESTY



3rd Habit for Happiness

OUR DEEPEST FEAR by Marianne Williamson

13

Our deepest fear is not that we are inadequate Our deepest fear is that we are powerful beyond measure It is our light, not our darkness, that most frightens us. We ask ourselves: "Who am I to be brilliant, gorgeous, talented, fabulous?" Actually, who are you not to be? You are a child of God! Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear our presence automatically liberates others. B-Empowered



4th Habit for Happiness GRATITUDE



EXERCISE ON 4th Habit for Happiness

When you look at the world what do you see?
When you look at your life what do you see?
When you look at your work what do you see?
When you look at your family what do you see?
When you look at your friends what do you see?



Exercise

16

REDO - EXERCISE ON 4th Habit for Happiness

When you look at the world what do you see?
When you look at your life what do you see?
When you look at your work what do you see?
When you look at your family what do you see?
When you look at your friends what do you see?



Exercise

5th Habit for Happiness BEING PRESENT



18

EXERCISE ON 5th Habit for Happiness

When you think of the past, what do you feel?

When you think of the future, what do you feel?

How do you feel at the present moment?





19

REDO - EXERCISE ON 5th Habit for Happiness

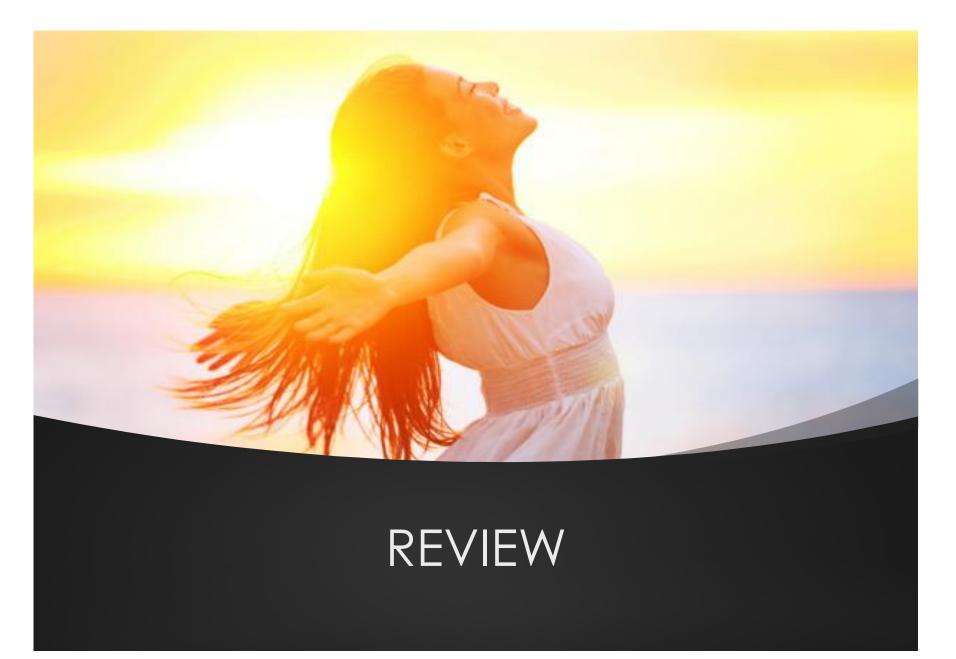
When you think of the past, what do you feel?

When you think of the future, what do you feel?

How do you feel at the present moment?







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SUMMARY 5 Habits for Happiness

- Freedom from Judgement
- 2. Decide to Love
- 3. Emotional Honesty
- 4. Gratitude

1.

5.

Being Present

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Now ... Go out and BE HAPPY !!!

Based on the book

'The Spirit of Joy' by Carl R. Nassar

Photo