



FIVE HABITS for HAPPINESS



1st Habit for Happiness

FREEDOM FROM JUDGEMENT



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?

A woman with dark hair, wearing a grey zip-up hoodie and patterned leggings, is running on a paved path in a park. The path is surrounded by green grass and trees. The background is slightly blurred, suggesting motion. A large yellow starburst graphic is overlaid on the image, containing the word "Exercise".

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?

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?



Exercise

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

EXERCISE ON 2nd Habit for Happiness

- ▶ 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

EXERCISE ON 2nd Habit for Happiness

- ▶ Write down about *yourself* ...
 - ▶ 3 things that you *like*
 - ▶ 3 things that you *don't like*



Exercise

REDO - EXERCISE ON 2nd Habit for Happiness

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- ▶ Think of **someone** and write down...
 - ▶ 3 things that you **like** about that persons
 - ▶ 3 things that you **don't like**



Exercise

REDO - EXERCISE ON 2nd Habit for Happiness

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- ▶ Write down about yourself...
 - ▶ 3 things that you like
 - ▶ 3 things that you don't like



Exercise



3rd Habit for Happiness

EMOTIONAL HONESTY

OUR DEEPEST FEAR

by *Marianne Williamson*

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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.



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

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

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?



Exercise

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?



Exercise



REVIEW



SUMMARY

5 Habits for Happiness

1. **Freedom from Judgement**
2. **Decide to Love**
3. **Emotional Honesty**
4. **Gratitude**
5. **Being Present**

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



Based on the book
'The Spirit of Joy'
by Carl R. Nassar