

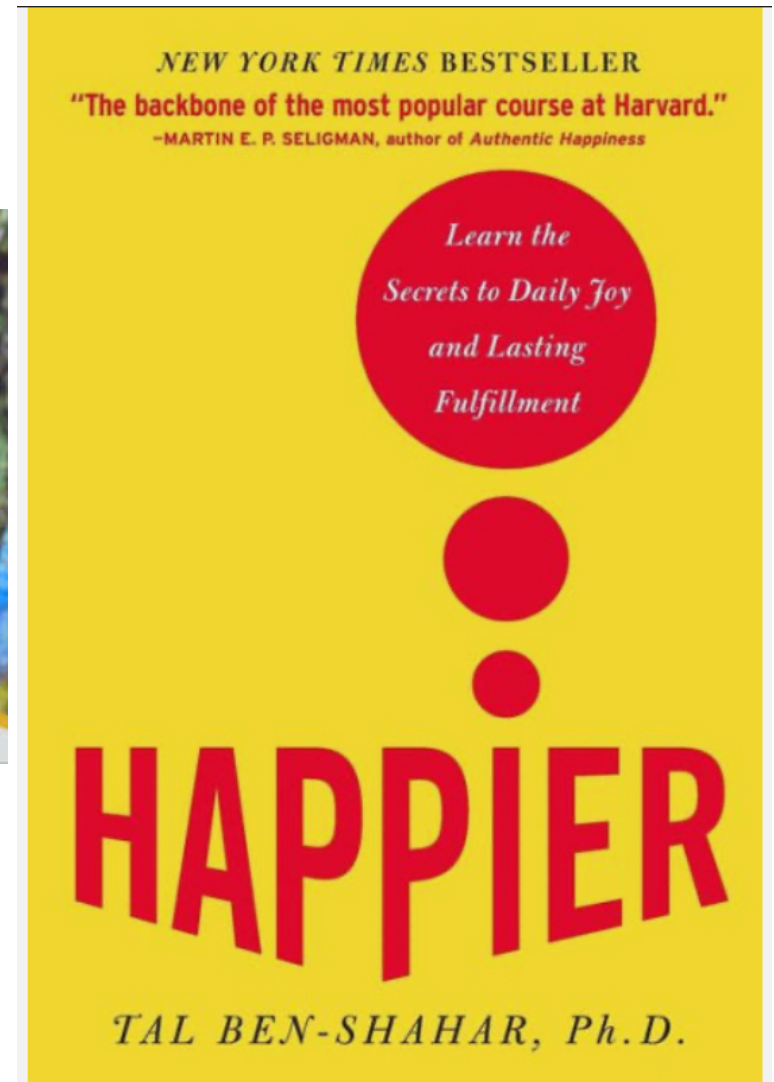
Defining Happiness

Insightful Reflections to Increase Happiness by 5%

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Happier

By Tal Ben Shahar



Learning Objective:

Learners will define a definition of happiness and locate opportunities to intentionally increase enjoyment

Happiness = Life Contentment

Survey #1

Do you believe it is within your control to increase your life contentment?

Common Misconception about Happiness

More money will make you
happy.



Psychotherapist Nathaniel Brandon

**Incomplete Sentence
Technique**



Incomplete Sentences (Sentence Stems)

- If I bring 5% more awareness to my life...
- The things that make me happy are...
- To bring 5% more happiness to my life...
- If I take more responsibility for fulfilling my wants...
- If I bring 5% more integrity to my life....
- If I were willing to say yes when I want to say yes, and no when I want to say, no...
- If I breathe deeply and allow myself to experience what happiness feels like....
- I am becoming aware....

Survey #2

How Would you rate your overall happiness?

Incomplete Sentences (Sentence Stems)

- If I bring 5% more awareness to my life...
- The things that make me happy are...
- To bring 5% more happiness to my life...
- If I take more responsibility for fulfilling my wants...
- If I bring 5% more integrity to my life....
- If I were willing to say yes when I want to say yes, and no when I want to say, no...
- If I breathe deeply and allow myself to experience what happiness feels like....
- I am becoming aware....

Survey #3

What is your level of confidence you are able to find opportunities to increase your happiness?