Happiness Course ("YOU are the Project!")

Course Outline - there is much more detail provided during each class

WHAT IS HAPPINESS? (Zero to Ten Happiness Scale)

- What are the BENEFITS OF BEING HAPPY? (like better health & better relationships)
- Are the rich and famous really happy? (What does Happiness research tell us)
- Feeling happiness is a skill
- What is HQ- Happiness Quotient?
- Why NOT being number one is often the happiest- (The realities of fame and a higher profile job)
- Comparing yourself to the "Jones" (how does it makes us feel)
- Why we are notoriously "poor predictors of our future happiness levels
- Our baseline happiness "set point"
- How Heredity plays a role in our happiness
- Does an object or situation actually cause us to feel happy? (Various examples)
- Your mind, thinking and attitude's effect

So, who are the happiest people in the world? (What makes them different?)
THE 10 HABITS OF HAPPY PEOPLE- (for example, "**ACT like/imitate happy people")**

- Becoming happy is our NUMBER ONE RESPONSIBILITY
- The 6 IMPORTANT AREAS of BALANCED human happiness
- Become a "HAPPINESS PRO"
- How to change our negative feelings in minutes rather than hours or days
- True Independence = high HQ- Happiness Quotient/high happiness skills

THANKFUL COMPARISONS

- Putting things in perspective
- The powerful role of gratitude/thankfulness

EFFECTIVE OWNERSHIP

- Do you really own/enjoy what you already have?
- Life is a journey (how to savor each moment)

PRODUCTIVITY (Productivity is the basis of morale")

- Taking control of your life- Concentrate on "A" Activities and the 10/90 rule
- Time and Progress Chart

SUPER HEALTH

- Example- 70% of age (6 week experiment in envisioning self as 20 years younger)
- Importance of listening to the body signals

SPIRITUALITY

- The spiritual component of happiness
- Studies have shown that a regular spiritual practice equates to more life happiness