





"The foolish man seeks happiness in the distance; the wise grows it under his feet."

- James Openheim



What is happiness?



What does it mean to you?



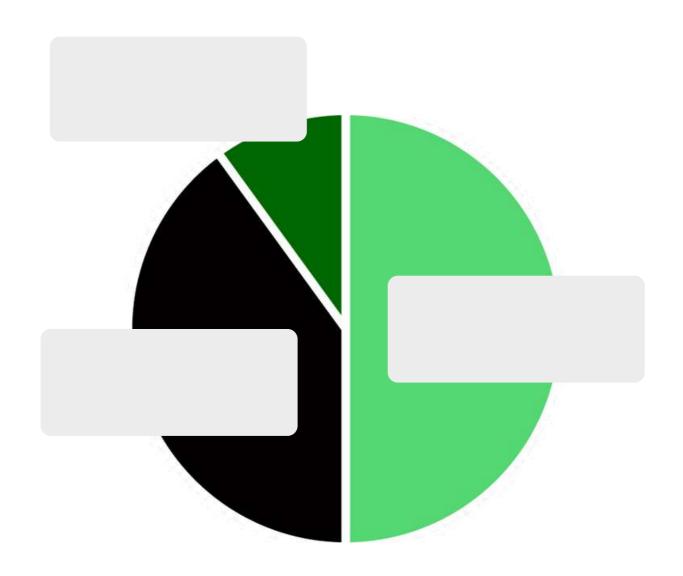
Happiness Myths



Myth #1	
Fact	
Myth #2	
Fact	
Myth #3	
Fact	



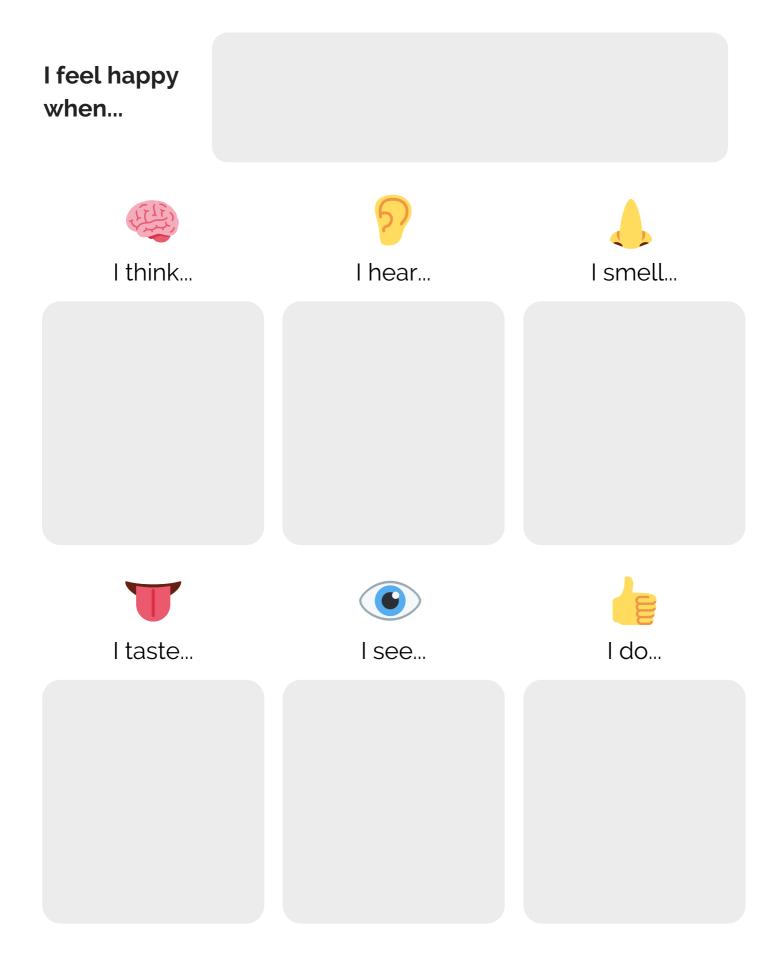
Happy Habit #1: Highlight Your Happy



The Happiness Pie



The Happy List





Happy Habit #2: Sort Your Self-Talk



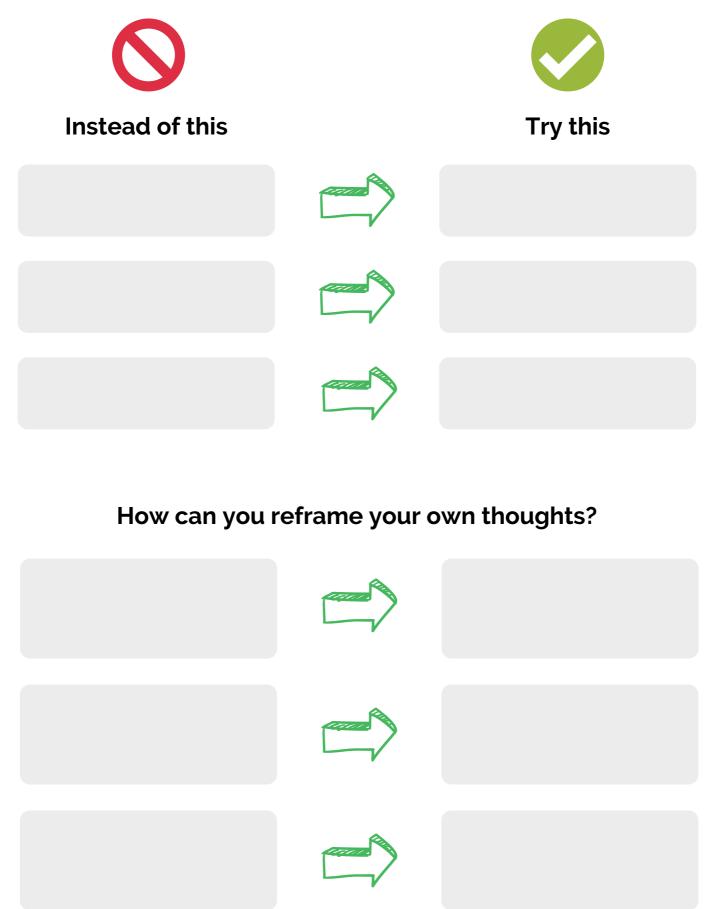
What things does your brain say about you?)



Caveman mind



Language Shifts





Happy Habit #3: Go For Gratitude



3 things I'm grateful for



3 things I'm proud of

2. _____

3. _____

1		
_		

2. _____

3. _____



Notes of appreciation



Takeaway I...

Takeaway 2...

Takeaway 3...