

The background of the entire page is a close-up photograph of several yellow smiley faces (like the classic 😊) scattered on a grey, textured surface. The smiley faces are partially visible, with some showing their eyes and others showing their mouths. The central text is overlaid on a white rectangular area.

Presented by BU Happiness College

The Habit of Happy

www.buhappinesscollege.com





"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?

A large, empty, light gray rounded rectangular box intended for a user to write their response to the question above.

Happiness Myths



Myth #1

Fact

Myth #2

Fact

Myth #3

Fact



Happy Habit #1: Highlight Your Happy



The Happiness Pie



The Happy List

I feel happy
when...



I think...



I hear...



I smell...



I taste...



I see...



I do...

Happy Habit #2: Sort Your Self-Talk



What things does your brain say about you?



Caveman mind

Language Shifts



Instead of this



Try this



How can you reframe your own thoughts?





Happy Habit #3: Go For Gratitude



3 things I'm grateful for

1. _____

2. _____

3. _____



3 things I'm proud of

1. _____

2. _____

3. _____



Notes of appreciation

Large empty rounded rectangular box for notes of appreciation.

A photograph of a person's hands holding a pen and writing in a notebook. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains. The overall tone is warm and focused.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...