

The Happiness Creed

by BJ Gallagher

I believe that happiness is my birthright, as well as my responsibility; and I commit to claiming it.

I believe that happiness is here and now; and I commit to awakening to it.

I believe that happiness is a choice; and I commit to choosing it.

I believe that happiness is a habit; and I commit to cultivating it.

I believe that happiness is free, like rainbows, sunshine, and air; and I commit to reveling in it.

I believe that happiness is always available, no matter what others are doing; and I commit to creating it.

I believe that happiness is an inside job, not dependent on money, fame, or possessions; and I commit to living it.

I believe that happiness is an attitude of gratitude; and I commit to giving thanks.

I believe that happiness is in action; and I commit to generating it.

I believe that happiness is contagious; and I commit to sharing it.

I believe that happiness is a prayer, uniting me with the universe; and I commit to offering it.

I believe that happiness is my calling -

I must BE the happiness I wish to see in the world!



14 WAYS TO JUMP FOR JOY!

1. Make happiness your goal - Having a can-do mindset!
2. Know what makes you happy - Reflect on things that make you come alive!
3. Prioritize it - Don't fit joyful activities in your day - fit your days around the joyful activities.
4. Savor the small things - The act of savoring pleasant moments for their joy.
5. Ration your time - Allocate wisely so you can max out time for pleasure.
6. Think happy thoughts - Recall something that made you happy.
7. Buy some happy - Spend money on experiences not purchases!
8. Play around in Love – Playfulness energizes both of you and gets your brain in sync.
9. Have a back-up plan - Know how to think on your feet.
10. Find Purpose in Pleasure - You need a mix of activities that give you joy and a sense of meaning.
11. Make Time - Both "Me Time" and "We Time".
12. Go off the Grid - When is the last time you had a spur of the moment weekend getaway?
13. Be Nicer - Doing good for others, nice gestures each day can increase your general level of contentment.
14. Make Sunday your future FUN DAY!



KEY POINTS ROADMAP TO HAPPINESS

- ◆ Taking personal responsibility
- ◆ Be fit for life
- ◆ Be the best you can be
- ◆ Manage stress
- ◆ Be present
- ◆ Embrace change
- ◆ Bounce ability
- ◆ Balance your life
- ◆ Make a positive difference
- ◆ Develop an attitude of gratitude



LENSES LIMITED



By BJ Gallagher

Imagine a world in which everyone is issued a pair of glasses at birth. No one thinks anything about it — it's absolutely normal.

These glasses all appear to be the same, so people assume they are. They assume that the world they see through their own lenses is the same world that everyone else sees.

But alas, everyone's glasses are not the same.

They are each just a little bit different from one another.

For instance, perhaps through my lenses I can see only certain colors — red, green, purple, white and gold — but not black or blue.

Through your lenses you can see blue, black, purple, red, and green — but not white or gold.

Depending on what we're looking at, we might see something quite different from each other — even though we're looking at the same object or situation.

Since I can see white and gold, but not black and blue, I will describe things one way.

Since you can see black and blue, but not white and gold, you will describe things another way. And then we argue about who is correct.

We get upset because we each know that we're right — and we can't understand why the other person doesn't see it the way we do. It's all because of those darn glasses ...

What can we do to keep our glasses from becoming blinders?

We can share ...

"This is what I see through my lenses."

We can ask ...

"How does it look through your lenses?"

We can strive to understand ...

"Tell me more."

We can listen and learn, discuss and discover, explore and explain.

We can look for common ground and still appreciate uncommon differences.

Let's not let our lenses limit our lives.



REMEMBER YOU ARE GOOD ENOUGH

EVERYONE IS DIFFERENT

STOP COMPARING YOURSELF

INDIVIDUALITY ROCKS

LEARN SOMETHING NEW DAILY

INVOLVE YOURSELF IN WHAT YOU LOVE DOING

ENJOY THINGS THAT MAKE YOU HAPPY

NOT EVERYONE CAN BE 1ST, 2ND, OR 3RD

CARE ABOUT YOURSELF AND OTHERS

EXPECT THAT SOME DAYS WON'T BE GREAT



8 WAYS TO BUILD RESILIENCE

1. Be optimistic
2. Take care of yourself
3. Live to learn
4. Self discovery
5. Make connections
6. Embrace change
7. Hang on to humor
8. Create obtainable goals

