

“Happiness isn’t la-la land. It’s not for the weak or lazy.” ~ Dan Baker

Happiness is not finite unto itself, but the sum of the 12 most important qualities of happiness:

Love	Security	Health	A sense of freedom	Optimism	Pro-activity
Courage	Spirituality	Perspective	Altruism	Humor	Purpose.



The 6 Happiness Tools

1. Appreciation- 1st and most fundamental, the purest strongest form of love. It is a neurological fact that the brain cannot be in a state of appreciation and a state of fear at the same time. The two states alternate but are mutually exclusive.

2. Choice- The father of freedom and the voice of the heart. NO choice is like being in jail

1 Option is NO option

2 Options is a Dilemma

3 Options is a choice ~ Anthony Robbins

3. Personal Power- An almost indefinable proactive force, similar to character, that gives you power over your feelings and owner over your fate.

The 2 parts: 1.Taking responsibility and 2. Taking Action

4. Leading with your strengths- Giving into the automatic “fear” response, you naturally focus on your weaknesses. Fixing weaknesses seldom works, it’s painful. Focus on strengths is simple- it works.

5. The power of language and stories. Language is the fundamental force of the human intellect. We see the world we describe; we do not describe the world we see. We respond to stories and anecdotes that have meaning. We choose the stories we tell and *we are the authors of our own life story!*

6. Multidimensional living. Relationships, Health and Purpose- the 3 main components of life. The key is to find balance among the 3, rather than investing all of you into one area.

The 5 Happiness Traps

- **Trying to buy happiness-** When people yearn for money... they are being driven by an innate sense of scarcity. Leisure, possessions, status and security- the things people assume money will bring- it does not. Happy people know this and science proves it.
- **Trying to find happiness through pleasure**
- **Trying to be happy by resolving the past**
- **Trying to be happy by overcoming weaknesses**
- **Trying to force happiness**

Participation in your own destiny can help make you happy. But struggling for power, perfection, control cannot. Millions of people toil their whole lives away in the pursuit of power, perfectionism, control status and possessions. There’s one word for these people: UNHAPPY.