

Lesson 1

Your Happiness

Introduction

Like everyone else, you'll have a baseline of happiness, or a 'set point' as it's sometimes referred to, as your genes dictate it to a certain degree. However, there's much you can do to raise your happiness level and what's interesting is that it doesn't take much effort, money, or time.

Your current happiness level is a benchmark from which you can transcend above or slide below it and can be largely within your control, if you allow it to be.

Being happy is much more than wearing a smile on your face and feeling good. When you're happy, you tend to attract more positive attention from others and socialise more. You engage in more healthy habits, such as eating healthily, ensuring a great sleep routine, and taking regular exercise.

Your life expectancy can be extended by being happy.

Happy people view their lives as one of opportunity and see the glass half full, not empty.

If you frequently feel like life is happening to you and you're unable to enjoy the little moments in life that can make you feel happy, taking the time to create a happier you can really change your life for the better.

Science

Research has found that happiness has a major impact on your health. It helps combat stress, boosts your immune system, protects your heart, reduces pain, speeds up recovery from surgery and illnesses, and increases your life expectancy.

What's great about happiness, is that enjoyment or happiness can be upheld and improved by simple-to-follow techniques that encourage motivation. What's more is that once practiced, it can be sustained by your daily habits.

Value

Feeling happy can help you become better at decision making and problem-solving, as you tend to focus more on opportunities and solutions and improving processes and relationships rather than the negative side of problems.

At work, it helps you optimise your productivity individually and within a team, cultivate customer relationships, and maximise your earning potential.

The great news is that you can learn to be happier by doing just a few practices each day. The best thing of all is that once you've learned these simple exercises, they'll serve you well for the rest of your life and ensure your default position is one of happiness, rather than satisfaction.

Is being happier, more productive, and better at relating to others important to you?

Exercise

For this exercise, you will need 10 minutes. With 1440 minutes in a day, how can you say no?

Step 1

Place a tick on the line between unhappy, neither happy or unhappy/mixed, and happy, or if you prefer, circle a number below the faces.

Step 2

In the My Happiness Table Results, record the domains you scored a rating of 4 and below in the 'Areas to work on' and the domains that were a 5 and above in the 'Areas to carry on and keep happy.'

How happy are you with...? ☹️ 😐 😊

Dimension	Rating ☹️- unhappy 😐- neither happy or unhappy/mixed 😊- happy
Your interest in other people	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your closest relationship	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your family relationships	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your friends	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your work colleagues	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your acquaintances	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Where you live	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your living standards	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
How you spend your leisure time	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your health	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your physical fitness	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your appearance/ Shape	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your level of intelligence	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10
Your sense of meaning	☹️.....😐.....😊 1 2 3 4 5 6 7 8 9 10

and purpose in life	
Your ability to see things as amusing	☹️.....😊 1 2 3 4 5 6 7 8 9 10
Your control and influence over your life	☹️.....😊 1 2 3 4 5 6 7 8 9 10
Your feeling of being able to take challenges on	☹️.....😊 1 2 3 4 5 6 7 8 9 10
The natural beauty of the world	☹️.....😊 1 2 3 4 5 6 7 8 9 10
Your life in general	☹️.....😊 1 2 3 4 5 6 7 8 9 10

My Happiness Table Results

Dimension	To work on (4 and below)	To carry on with and keep happy (5 and above)

I'd like you to see that those dimensions you rated as a 4 or below as opportunities that you can explore further to help increase your happiness.

As you can see from the exercise, happiness is multi-dimensional and so can't be measured easily by using one questionnaire or another. The good thing about this though, is that a rise in one dimension can positively affect another dimension, so it's a win-win situation.

Wrap

Investing time to do activities that promote enjoyment can sway us into the direction of happiness.

By just devoting 10 minutes a day to yourself, you will see how attractive the prospect of focusing on being happier in your life is. You'll enjoy better relationships, greater productivity, and a healthier lifestyle.

Think of yourself for once, you deserve it.