

# How to be happier



1. **Stop** worrying about your weaknesses
2. **Don't** try to get motivated to exercise
3. **Stop** trying to find friends
4. **Don't try** to feel happier
5. **Celebrate failure**
6. **Don't do anything you don't want to**
7. **Don't endure** to the end

# 1. Stop worrying about your weaknesses

- People get more happiness from building on strengths.
- Try it!
  - What are your strengths and spiritual gifts?
  - What is a new and creative way you could use your gifts this week?



# What are your strengths and gifts?

- **Curiosity**
- **Love of Learning**
- **Open-mindedness**
- **Creativity**
- **Perspective of big picture**
- **Bravery**
- **Perseverance**
- **Honesty and authenticity**
- **Zeal and passion for life**
- **Self-discipline**
- **Caution**
- **Forgiveness**
- **Humility**
- **Kindness and generosity**
- **Social skill to fit in, connect**
- **Loving and accepting love**
- **Teamwork loyalty**
- **Fairness to all**
- **Leadership**
- **Appreciating beauty, excellence**
- **Gratitude to others**
- **Humor and playfulness**
- **Religiousness**
- **Optimism**

# What are your strengths and gifts?

- Asking
- Listening
- Using a still, small voice
- Being able to weep
- Avoiding contention
- Being agreeable
- Avoiding vain repetition
- Seeking righteousness
- Not passing judgment
- Looking for God's guidance
- Being a disciple
- Caring for others
- Being able to ponder
- Bringing calm
- Offering prayer
- Bearing a mighty testimony
- Receiving the Holy Ghost

Elder Marvin J. Ashton,  
October 1987 Conference

## 2. Don't try to get motivated to exercise



- Motivation *follows* action.
  - Trick your energy-conserver
  - Try two minutes
  - Make it a social event
- Try it!
  - 2 minutes today?

# 3. Stop trying to find friends

- Instead, develop the skills of friendship
  - Friend or foe?
  - Happiest had 6 hours of social contact daily
- Try it!
  - Make and respond to “bids”
  - 1 meaningful conversation daily



## 4. Don't try to feel happy



- Try to feel grateful
- Try it!
  - Gratitude exercise ([heartmath.com](http://heartmath.com))
  - Write down three good things that happen each day and *why they happened*

## 5. Celebrate failure

- If a thing is worth doing, it is worth doing \_\_\_\_\_
- Failure often means we are taking the necessary risks to grow, stretch, serve
- Try it!
  - What is a failure or difficulty you've faced?
  - What do you feel best about in how you responded?
  - What did you learn?



## 6. Don't do anything you don't want to



- Instead of fighting against your own will, pray for the desires you need
- Instead of feeling guilty for not doing enough, pray about your priorities for the day

# 7. Don't endure to the end

- “Life is to be enjoyed, not just endured”
- Savor everyday delights
  - loved ones
  - good food
  - nature
  - comforts
  - home
  - music, art
- Try it!
  - Brainstorm five tiny pleasures you could savor this week



# One thing you'll try this week to cultivate happiness?

1. **Build on your strengths** in new and creative ways
2. **Exercise**, remembering that motivation follows action
3. **Meaningful conversations**
4. **Feel grateful**, solutions will follow
5. **Celebrate failure**: if it is worth doing it is worth doing badly
6. **Pray for the right desires**
6. **Savor delight** in tiny pleasures



**“Life is to be enjoyed,  
not just endured!”**

slides available at  
**[sixteenstones.net](http://sixteenstones.net)**

