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

authentichappiness.com

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



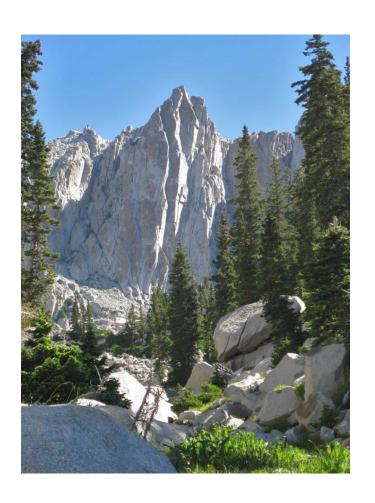
- Motivation follows action.
 - Trick your energyconserver
 - Try two minutes
 - Make it a social event
- Try it!
 - 2 minutes today?

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

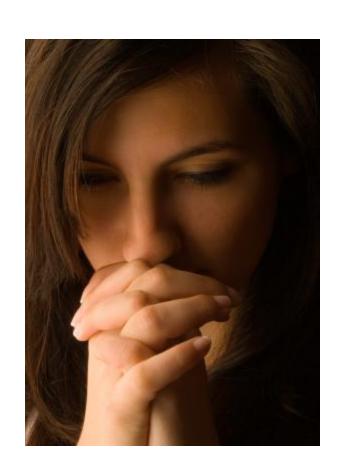


- Try to feel grateful
- Try it!
 - Gratitude exercise (heartmath.com)
 - Write down three good things that happen each day and why they happened

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 onesgood food
 - naturecomforts
 - home– music, art
- Try it!
 - Brainstorm five tiny pleasures
 you could savor this week



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

- 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

