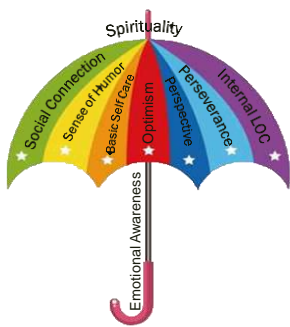


MORE ACCESS TO NOW

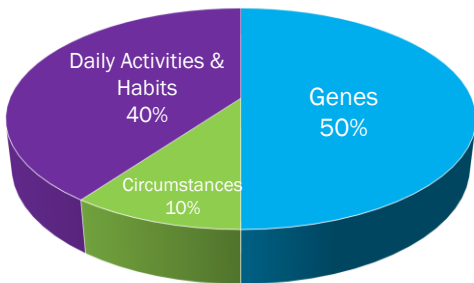
HOW TO MAKE HAPPINESS STICK!



Emotional Resilience: Our ability to weather the storm



Resilience Make-Up





Happiness Flavors

- Grateful
- Excited
- Playful
- Delighted
- Loving
- Satisfied

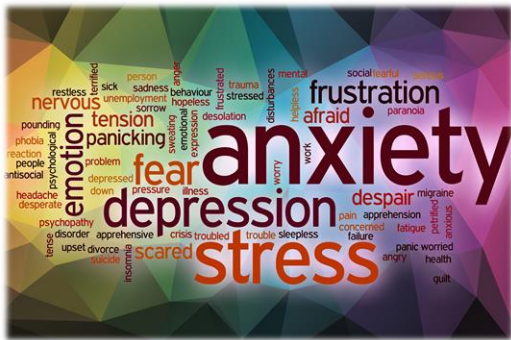
Why do we avoid happiness?

- Messages from childhood
- Not safe to show happiness
- Comparing ourselves to others
- I'll be happy when...
- Upper limiting problems



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Costs of avoiding happiness



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Why practice happiness?

- Good for health
- Good for relationships
- Make more money
- Cope with stress & trauma



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2 Ways to Practice Happiness

1. Choose things that make you happy
2. Taking in happiness when you feel it



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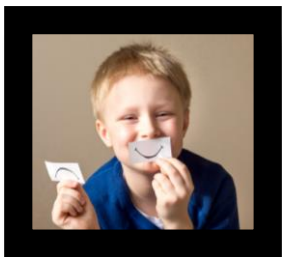
Ways to Practice Happiness



- Smile therapy
- Laughing Meditations
- Happiness Menu
- Flavor of Happiness Journaling
- Compliment Others

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- Next MAN Talk: August 4th 11 am PST
- Comfy Chair Coaching
- Sherrie@EffortlessMomentum.com
- Choose to feel HAPPY!

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