

The Creating Happiness Seminar: The Sheer Joy of Being Alive

SESSION #3 – ASSIGNMENT

ASSIGNMENT ONE:

- Continue to notice times when you are happy and times when you are not and notice what is happening around you.
- When you are happy, get fully present to the experience. When you are unhappy, get fully present to the experience.
- Notice times when you are concerned for happiness and times when you are not. Do so with a commitment to move up the scale.

ASSIGNMENT TWO, Part A:

- Practice generating your experience of happiness. At least two to three times a day, practice generating your happy state. To do this assignment, you will first have to notice when you are unhappy.
- You can use the handout to continue to distinguish the thoughts that are there and the body sensations.
- What's the best part of your experience of happiness? What's the picture of that? Practice bringing that to your ordinary moments of life.

Part B:

- As you practice generating happiness, begin to extend your practice to include other experiences.
- This exercise works with any contrasting experiences.
- So start playing around; see what you create.
- You may want to take on generating the experience of love versus upset, anxiety versus peacefulness, fulfillment versus wanting, or being empowered versus being invalidated.

BONUS OPPORTUNITY:

- Between now and next session, use the WebMedia Feature of this seminar.
- Engage with the material, and share something on the Exchange HotSpot.
- Be prepared to share your experience at our next session.

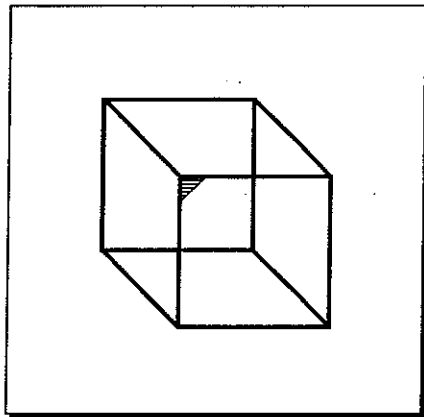
INTENTION OF THE CREATING HAPPINESS SEMINAR:

To radically develop your capacity at any time and under any circumstance to have a say in your experience of life, and to "blow the roof off" living true to your transformation

INTENTION OF TONIGHT'S SESSION:

To bust the myth that your circumstances dictate your experience

"Choosing Happiness" Exercise



Unhappy State:

Body Sensation(s):

Emotion(s):

Thought(s):

Worst Part of this experience:

Happy State:

Body Sensation(s):

Emotion(s):

Thought(s):

Best Part of this experience: