



DR JOHN IZZO

The Habits of Happy People

! Key Ideas



The goal is to be happier – feeling happy more often as well as increasing your baseline level of happiness.



Disconnect happiness from the happenings and events in your life. Happiness comes from your inner state and impacts how you react to circumstances.



We can TRY to be happier. Adding new practices and disciplines have been shown to increase happiness.



Judgment is the enemy of ALL change. If you have a less happy day, don't judge yourself – be aware of what you are experiencing. If you fall down on key habits, don't beat yourself up – instead do better today.

Explore the Five Thieves of Happiness

Control
Coveting

Conceit
Consumption

Comfort

Use the online quiz to identify the thieves of happiness in your life.

<https://drjohnizzo.com/five-thieves-happiness-quiz/>

"A thought-provoking guide to sustained happiness."
—STEVEN SEIGAL, author of *Right Brains*
& *The Happiness Advantage*

Bestselling author of
*The Five Secrets
The Most Successful
People Use Daily*

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JOHN IZZO PhD

Foreword by MARSHALL GOLDSMITH



Happiness Habits

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Daily reflection time. Take 5 minutes at the same time every day. Ask yourself what made today happy, and what made it less happy. Be specific. Pick one thing you can do differently tomorrow - one thing you might do or NOT do that would make you a little happier.

Find a happiness ritual that help you to reset. What is your theme song?

Use meditation to train your mind towards positivity and happiness.

Daily gratitude. Identify three new things you are grateful for every day. What you focus on grows. Research shows writing down the three new things adds benefit.

Stay in the now.

Some thought patterns are not a friend to your happiness. Be aware of them and gently brush them aside.

Surrender to anything happening that you cannot change.

Let your negative thoughts be just thoughts. Don't judge them.

Ask yourself – what is one thing that will make you happier today?

Stack habits – add a new habit at the same time as you already do something else.

20 minute rule: The minimum daily dosage of happiness is 20 minutes of an activity you enjoy. Must be daily - you can't do it all once a week.

Incorporate regular movement in your day. Even seven minutes of movement each hour can make a big difference. Aim for 10,000 steps a day but mostly keep increasing and progressing. Try the New York Times Seven Minute Workout App.

Practice acts of kindness deliberately, perhaps setting a goal of one each day.

Notice – stop- replace when you encounter a thief of your happiness.

Ask yourself daily yes/no questions. (e.g. Was I generous today? Did I move enough today? Did I get x hours of sleep?)

Follow the path of least resistance to do the right thing. (e.g. Don't keep Cheetos in the house, Arrange to walk/run with a friend)

Apply the atomic habits rules for incremental change. Be 1% better in every aspect.

Make serial changes, not parallel. Work on one habit for 60-90 days, then work on another for 60-90 days instead of making multiple changes at once.

Be accountable to someone about changing a daily habit.

Connect with someone who is also making changes. Ask them their daily questions and they will ask you yours.

For more information and event bookings

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