



CORE DAILY PRACTICE

Spend ten minutes each day reflecting:

- What made today a happier day?
- Which people, activities, and mindsets lifted me up — and which pulled me down?
- What is one thing I want to change or be aware of tomorrow?

This is the foundation of the course.

WHY THIS COURSE MATTERS

- Happiness is a skill you can practice.
- Most people want happiness but don't train for it.
- Productivity supports happiness: more done, less stress, clearer priorities.
- This course focuses on habits, not theory.

FOUR KEY IDEAS ABOUT HAPPINESS

1. **Happiness Is a Portal**
A state you step into often — not a place you live permanently.
2. **Happenings ≠ Happiness**
External events don't create lasting happiness. Happiness is largely an inner construct.
3. **Happiness Requires Discipline**
We train for money and health — but rarely for happiness. Ask: *How am I trying to be happy?*
4. **Some People Find Happiness Easier Than Others**
Temperaments differ, but everyone has inner capacity for joy. Your starting point doesn't limit your potential.

THE FIRST PRACTICE: REFLECTION

Reflection reveals your personal “happiness formula.”

Notice:

- People — Who energizes you? Who drains you?
- Activities — What boosts your mood? What diminishes it?
- Mindsets — Which thoughts help you? Which ones hurt you?

Two goals:

1. Understand your patterns.
2. Make small daily changes that compound over time.

THE TWENTY-MINUTE RULE

- Shawn Achor’s research shows that about twenty minutes a day spent on an activity that makes you happy or “feeds your soul” raises your baseline happiness.
- Small daily habits matter more than big occasional efforts.
- Like vitamins — you can’t save them up for Sunday.
- Consistency beats intensity.

SMALL GROUP REFLECTION PROMPTS

- Why did you sign up?
- What happiness habit already works for you?
- What do you notice about your happier vs. less happy days?
- When could you naturally reflect each day?
- What small change could you try this week?

A CORE TRUTH

100% of the habits you don’t practice will not make you happier.