

1000 Ways to Happiness

One Evening webcast class with John Morton

August 7, 2007

Partner Exercise

- 1. In what area or situation in your life would you like to experience more happiness?**
- 2. How do you inhibit your expression of happiness in that situation?**
- 3. Choose one of the "ways to happiness" below (or describe one of your own "ways to happiness"). Describe how you could use that "way to happiness" in this area or situation in your life.:**

Find the Humor

Think Happy Thoughts

Do Happy Things

Turn on the Light

Look for the Good – See with your Heart

Focus on Gratitude – A Great Attitude

Choosing a Positive Interpretation – Happiness Mental Diet

- 4. Close your eyes and imagine yourself using this "way to happiness" in this situation or area of your life. See it or imagine it as clearly and as detailed as you can.
(PAUSE)**

Share how you experience yourself in this situation or area of your life now.

If you complete the questions before time is called, begin at question number 1 again with a new area or situation.