



HAPPINESS

Awakened

**TRANSFORMATIVE PRACTICES FOR A
LIFETIME OF HAPPINESS**



HAPPINESS AWAKENED ©

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INTRODUCTION & COURSE OVERVIEW



Think back to one of the happiest times of your life. Did it appear out of nowhere, or did you plan for it? Often, life decides to reward us unexpectedly. We enjoy a delightful experience that catches us off guard.

Then there are times when life wakes up on the wrong side of the proverbial bed and decides to take its frustrations out on you. You suffer an insurmountable loss or otherwise encounter sadness, frustration, stress, and anxiety.

Look at those two scenarios. Wouldn't it be great if you could have more of the former and less of the latter each day? Who wouldn't sign up for that reality?

The problem here is that most people wait for the universe to align in their favor. Instead, they must take the reins of their destiny and path to happiness.

That's what this course is designed to teach you - how to take control of your happiness.

You learn specific habits to guide you towards more happiness and fewer negative emotions. You can use these proven methods for creating contentment in all personal and professional areas of your life.

The human mind has the incredible ability to transform your life and even to create the reality you experience every day. Once your frame of mind is focused on a path of contentment, we'll give you the tools you need to be happier now and maintain happiness for the rest of your life.

The course is divided into four modules. Each module contains tips for creating a happier and more positive life experience. You are given a short list of bullet points to drive home the important lessons you learned.

Each module closes with a few exercises designed to give real-world examples of how you can practice what is taught in each module. Make sure you act on these exercises. They can help you create and maintain personal happiness throughout your life.

Your journey begins with **Module 1: The Foundations of Happiness**. It is here that we define happiness from both personal and psychological viewpoints. You'll discover the role of emotions in dictating your happiness and how gratitude, mindfulness, and compassion lead to a more enjoyable experience.

In **Module 2: Positive Thinking & Mindset**, we explore the truly transformative power of positive thinking. You'll learn that even in the most trying times, when negative thoughts and beliefs are plentiful, reframing these feelings



into positive thoughts and attitudes can deliver happiness where you didn't think it was possible.

You may have developed belief systems that sabotage your attempts to create an enjoyable life. This module discusses overcoming these and other common mental barriers to happiness.

In **Module Three: Lifestyle & Happiness**, we look at how simple daily choices impact your level of contentment. This includes discussing how important physical health boosters like a smart diet, regular exercise, and restful sleep can also deliver emotional rewards.

Stress is the enemy of happiness, as you well know. This module gives you some tips for managing stress so it doesn't rob you of happiness. This includes establishing fulfilling routines and devoting time to hobbies you are passionate about. Module three closes with a look at the many benefits of healthy relationships, both personal and professional.

Module Four: Sustaining & Sharing Happiness, looks at the big picture. How can you use the happiness-generating techniques in this course for lifelong benefits? We will discuss strategies for sustaining happiness over time, including developing resilience and coping skills to help you recover from life's difficulties.

This course is all about taking control. You consciously take steps to create happiness in your life rather than hoping for the best. If you're ready, let's get started.