

FOUNDATIONS OF  
Live   
MORE™



Happiness

# Happiness

## Life Assignment

Track yourself through your week and discover your habitual relationship with happiness. Also, discover if taking any of the tips below supports you to shift!

*Have more of the Happiness/Flourishing burger!*

*Stay present in the moment while orienting toward your desired future!*

*Step into the Lovemaking model!*

## What's It To Me?

**REACT:** What strikes me?

**DIGEST:** What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

**APPLY:** What are the implications of this in my life?

**ENVISION:** What long-term influence could this have?



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## Understanding Happiness

### What Happiness Isn't

### What Happiness Is