

THE SECRET TO BEING REALLY HAPPY



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KSL Studio 5 Interview
September 25, 2017

How do we make ourselves happy?

Research shows that happiness doesn't come from money, success or smarts.

STRONG RELATIONSHIPS

Having social support: Love & be loved.

MEANINGFUL WORK

Find whatever your life's work is to make it really meaningful so that it really matters. Incorporate service. A study found that people who served about 2 hours/week were happier & felt more satisfied with their overall life.

BE GRATEFUL

It should become a frame of mind, a way of thinking & living. Being grateful everyday doesn't come naturally for everybody. Recognize & develop a daily practice.

JOURNAL GOOD THINGS

Capture when things are going well. It allows your brain to relive the positive experience again.

USE YOUR SIGNATURE STRENGTHS

Do more of what you're good at. Do them with an eye toward helping the world.

SCHEDULE TIME FOR HAPPINESS

Don't wait for happiness to show up like a surprise visitor. Make sure your happiness list lines up with your planner.

reflections:

Do you feel happiness in your life?

What is something keeping you from feeling happy?

What are your signature strengths?

How can you develop a daily practice of gratitude?

What are the things that bring you happiness?

How can you align your life to do more of the things you love?

Notes:
