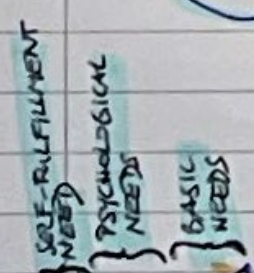


Joy de vie
Joy of life

EXULTATION & SPIRIT



- 1 PHYSIOLOGICAL NEEDS: breathing, food, water, shelter, clothing, sleep
- 2 SAFETY + SECURITY: health, occupation, property, family
- 3 LOVE + BELONGING: friendship, intimacy, sense of connection
- 4 SELF-ESTEEM: confidence, achievement, need to be a unique individual
- 5 SELF-ACTUALIZATION: morality, creativity, spontaneity, acceptance, experience purpose, meaning, inner-peace

Happiness today means mainly CHEERFULNESS.
Happiness though is a mix of BEING, this comes closer to CONTENTMENT.

SELF EMPOWERMENT
ACCOUNTABILITY

- 1 FOCUS ON WHAT YOU CAN CONTROL: Home/Environment, do better project, waste trash, choose + how you spend energy, decide if it is worth it or not.
- 2 Like do you spend your energy on: by 5 mark
- 3 daily habit: healthy or unhealthy
- 4 create your social media - 44 page!
- 5 don't be passive, start that book club!
- 6 trust your thoughts + feelings: room for improvement?

- 7 VIRTUE DO GOOD TO FEEL GOOD (Volunteer? help grandparents?)
- 8 TAKE A WALK ENDORPHINES! CLEAR HEAD, MOVE STUCK ENERGY
- 9 DO LESS full to do less create a WANT TO list but no now + again, plan your day TIME! your now presence!

- 10 GRATITUDE PRACTICE for the daily gratitude journal to a LIFESTYLE!
- 11 CONNECT WITH OTHERS alone you is ok + needed, if you don't see LOOKING?

- 12 EXERCISE ENDORPHINES AGAIN! whatever it is movement will bring stuck energy, stuck thought connects to move, dance, disrobe
- 13 LAUGH MORE A funny movie or stand-up special or at yourself when you are clumsy ENDORPHINES!

PENDULUM



- EXERCISE 'Pendulum' QUESTIONS
- Journal the following
 - How do you center + balance your self?
 - How do you center + balance your self?

- If the MEMORING OF LIFE is why it TO THE FULLEST
- What does that mean to you?
- What people / situations make you bring left or right?
- Who keeps you centered on middle ground?

- GREYHEN REVIEW 'The Happiness Project'
- DAILY STOIC.COM
- MARCUS AURELIUS 'MEDITATIONS'

STOICISM 'EUDAIMONIA'

- 1 AN INTERNAL STATE
 - ↳ IF... THEN... // WHEN... THEN...
 - ↳ CONDITIONAL HAPPINESS ISN'T HAPPINESS WITHIN!
 - ↳ IT'S A DIRECTION, NOT A DESTINATION.
- 2 OF BEING ACHIEVED THROUGH COMPOSED REACTION + CONTENTMENT
 - ↳ Stoicism IS NOT THE ABSENCE OF FEELINGS/EMOTIONS
 - ↳ Stoicism IS ABOUT FEELING POWER OVER ALL THAT'S INSIDE YOUR CONTROL.
 - ↳ our attitudes, wants, desires, opinions, triggers
- 3 IN THE PRESENT MOMENT - BONG PRESENT
 - ↳ IN ORDINARY THINGS MADE SPECIAL BY OURSELVES
 - ↳ being present with people that are special for us
 - ↳ AWARENESS, MINDFULNESS, SPONTANEOUSLY RELAXING
 - ↳ it's in being faithful in yourself + trust that LIFE HAPPENS FOR YOU + NOT TO YOU

- EXERCISE 'The Happiness Project'
- ↳ Choose 1 of the 8 suggestions from the middle section's considerations.
 - ↳ Journal on HOW you choose this one.
 - ↳ Keep track + give yourself a REWARD when you stick to consistent practice ONCE PER DAY (...at least).
 - ↳ Journal at the end of the week:
 - What happened, if anything?
 - Do you feel different?
 - Did you experience surprises/drop-offs/breaks?
 - Did you stick with it for longer?
 - If no - why? If yes - why?
 - Will you choose another + keep trying?