



*Cultivating Happiness: How to Create
Your Own Happiness Regardless of
What Life Throws at You*





“You can dance in a hurricane, but only if you’re standing in the eye.”

~Brandi Carlile



THE ONLY THING
CONSTANT IN LIFE IS
CHANGE

Objectives

During today's webinar, you will learn:

- A basic understanding of Emotional Intelligence - how to manage your emotions before they manage you.
- The relationship between thoughts and feelings - how to change your mind and change your world.
- Daily practices that promote happiness - what sets you free.



VS.





LIFE IS 10%

WHAT HAPPENS TO YOU

AND 90%

HOW YOU REACT TO IT



There is nothing
Outside of yourself
That can ever enable you
To get better, stronger, richer,
Quicker or smarter.
Everything is within.
Everything exists.
Seek nothing
Outside of yourself.
~Miyamoto Musashi

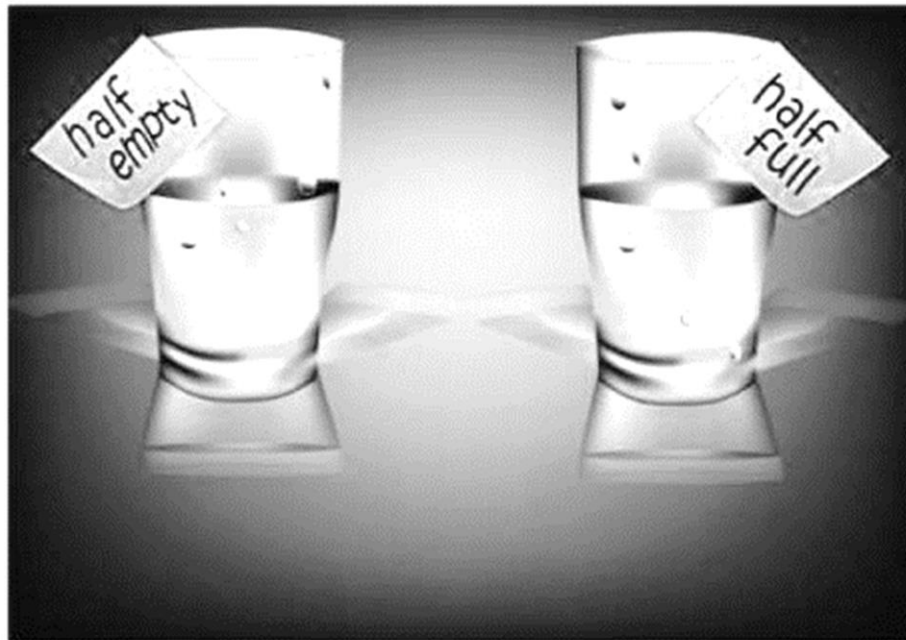
Top ten emotions

1. Amusement
2. Interest
3. Surprised
4. Happiness
5. Delight
6. Pleasure
7. Joy
8. Hope
9. Affection
10. Excitement



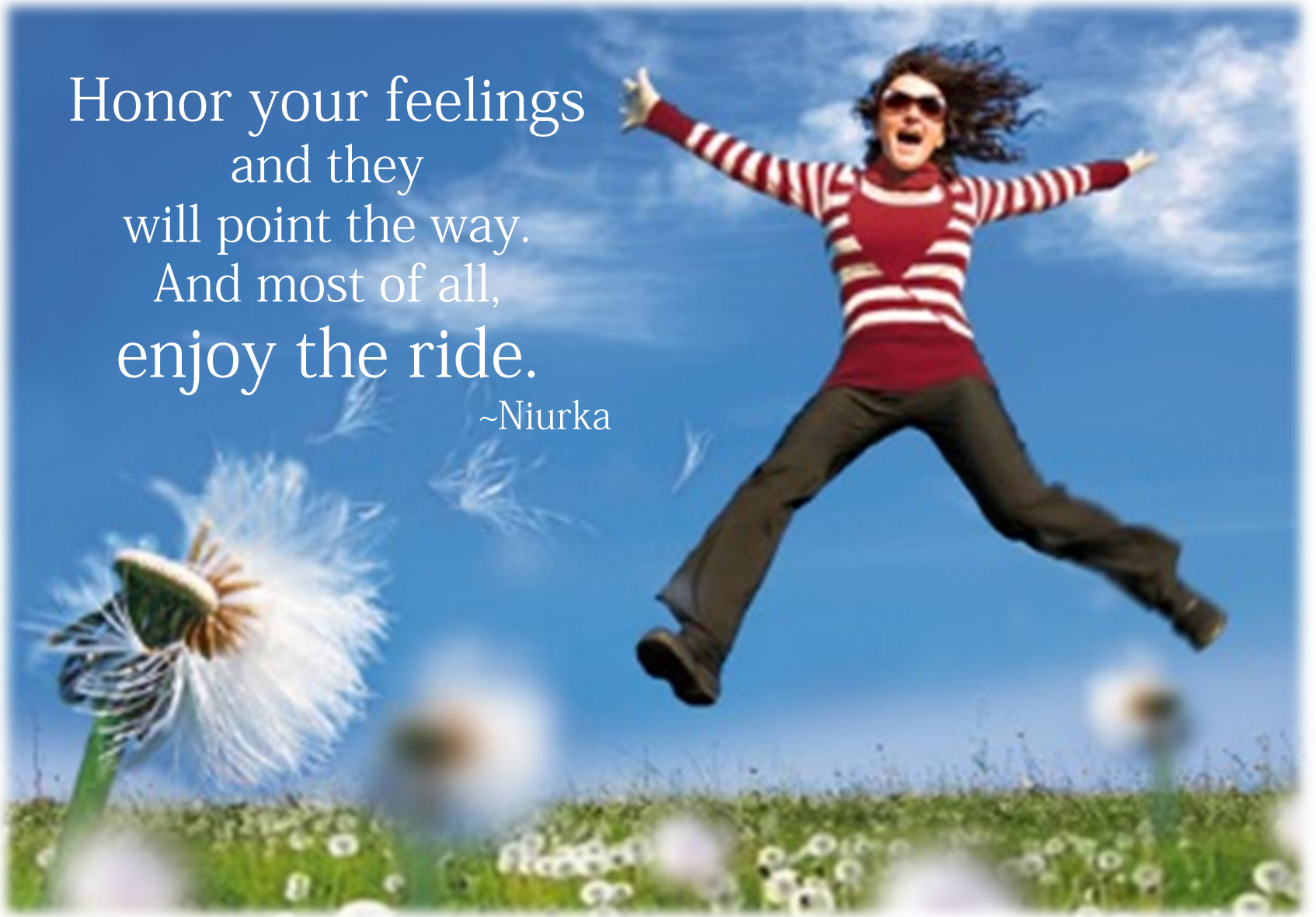
"There is nothing either good or bad but thinking makes it so."

~William Shakespeare



Honor your feelings
and they
will point the way.
And most of all,
enjoy the ride.

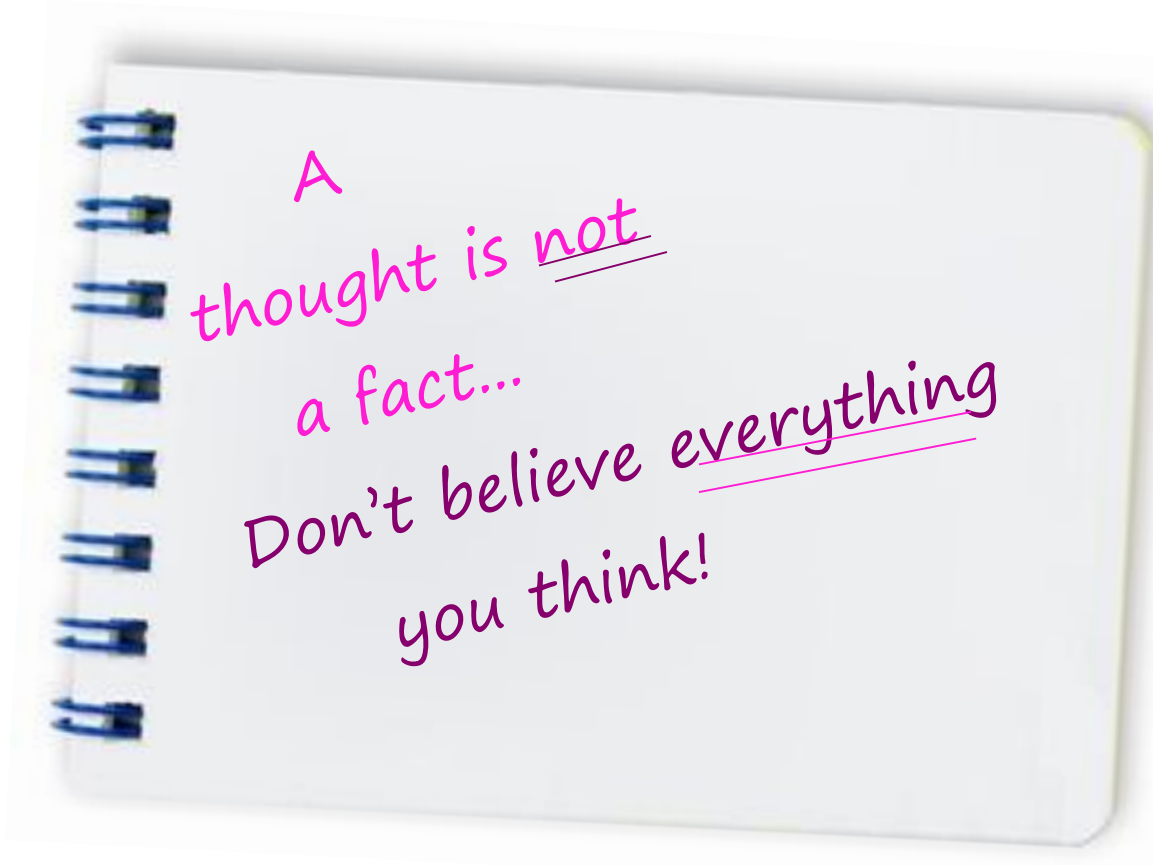
~Niurka











A
thought is not
a fact...

Don't believe everything
you think!

Ten common cognitive distortions

All or nothing thinking

Overgeneralization

Mental Filter

Discounting the positive

Jumping to conclusions

Magnification or minimization

Emotional reasoning

Should statements

Labeling

Personalization and blame

Ten ways to untwist your thinking

Identify the distortion

Examine the evidence

The double-standard method

The experimental technique

Thinking in shades of grey

The survey method

Define terms

The semantic method

Re-attribution

Cost benefit analysis



**KEEP
CALM
AND
GO
PRACTICE**

Behaviors that promote happiness

Meditation

Practicing mindfulness

Exercise

Pursuing hobbies

Psychotherapy

Rest

Flying kites

Eating healthy

Making new friends

Taking positive risks

Joining support groups

Volunteering

Creating art



You should sit in meditation for 20 minutes per day. Unless you're too busy; then you should sit for an hour.

~Zen Proverb



*“The thought manifests as
the word; The word
manifests as the deed; The
deed develops into habit;
And habit hardens into
character; So watch the
thought and its ways
with care, And let it
spring from love Born
out of concern for all
beings As the shadow
follows the body, As we
think, so we become.*

~Buddha



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