

Finding Happiness

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Three Sources of Happiness



Three Sources of Happiness

- ▶ **Genetics**
(Temperament and Personality)


Three Sources of Happiness

- ▶ Life Circumstances
(Health and Wealth)

Three Sources of Happiness

- ▶ Personal Choices
(Thoughts and Behavior)

10 Strategies to Cultivate Happiness

- ▶ Find what makes you happy
 - ▶ Enhance positive emotions (3:1 ratio positive to negative)
 - ▶ Have meaningful goals
 - ▶ Favor experiences over possessions
 - ▶ Cultivate a spirit of gratitude
 - ▶ Value relationships
 - ▶ Spend time in nature
 - ▶ Dispute negative thoughts
 - ▶ Practice kindness and forgiveness
 - ▶ Develop your character
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