



## Episode 2 – **Where does our happiness come from?**

The purpose of The Happiness Show is to help you grow the good in your life.

Right now, LET’S SLOW DOWN, AND TAKE SOME TIME TO REFLECT – IN A VERY MINDFUL AND APPRECIATIVE WAY, ASK OURSELVES SOME QUESTIONS ABOUT what truly makes us happy.

We are doing a lot that is right – and when we become more aware of what that is, and accentuate it, we can bring it to life even more. I invite you to take an inventory of what is working. To reconnect with what gives you life and what is truly, deeply important to you?

The following questions are taken from a wonderful book called “52 Lists for Happiness” written by Moorea Seal.

Ready?

1. **List what makes you happy right now?** The challenge here is to try to let go of the things that society has told us should make us happy. If being married or having a big house or a big career feels more like an *expectation*, and not something you truly desire, let go of it. Try your best to unhear what advertising and social media, and well-intentioned friends & family may have been suggesting. Be true to your heart.

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2. **List the things that made you happy as a child.** This is SO telling. These are things that you loved before someone labeled it for you as worthy or unworthy, when we did not care about appearances, when we did not worry about whether or not we were good enough at it. They are likely simple, but probably haven’t changed much – or we may have grown into a bigger version of it. This helps us get to the core of why things make us happy.

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3. **List the things that you are really good at.** Happiness is already within you – it tends to bubble out when we're doing something we are good at.

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4. **List the things that get you out of your head.** Think of those activities where you totally lose track of time – you forget about eating or drinking – you are totally absorbed. This is called being in FLOW and in this state, we are at our happiest. What are those activities for you?

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5. **List the people that make you happy.** And ask yourself - What is it about these people that makes you feel good?

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6. **List the best choices that you have made in your life so far.** This list is something that we should reflect on often. It helps us realize that we ARE doing things right, it helps us trust our inner wisdom AND be grateful for those decisions and the outcomes WE created.

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