

Mike Duffy's Happiness Formula

Purpose + Progress = Happiness

Purpose

(Ex. Be a great spouse.)

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Progress Steps

(Ex. Date Nights.)

You must take action to be happy!

Eudemonic happiness is the happiness that you receive when making others happy.

Did you like my talk? Please email me a testimonial of my talk to:

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