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BULOVA

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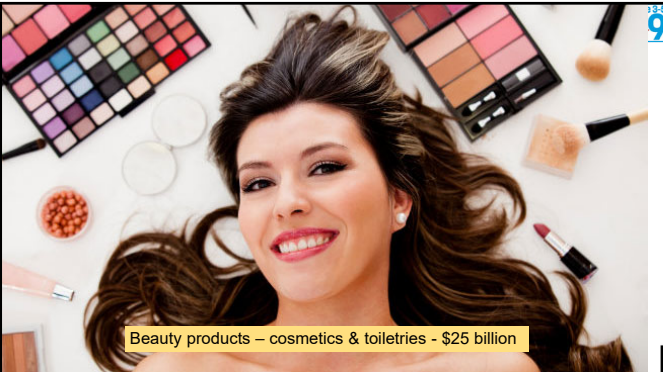
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Name things that people *"think"* make them happy.

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Beauty products – cosmetics & toiletries - \$25 billion

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EXPO **19**

Average Home Square Footage

1973: 1660 square feet 2016: 2687 square feet

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Vacation Homes: 6.8 million,
Median price: \$717,000

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Collectibles – just on ebay: \$1 billion

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Things People THINK Make Them Happy

- Bottom line – American consumers have increased the annual growth on consumable expenditures in 8 years from 2.2% to 3.9%.
- However, real prices are 50% less than a century ago.
- National Organization of Professional organizers saw 50% rise in membership in just 1 year.



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We seek ways to manage clutter

- Introducing TV Shows like “Hoarders” and “Clean Sweep”
- Magazines like “Real Simple”
- Best-selling Book & TV Show: The Life-Changing Magic of Tidying Up by Marie Kondo




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“U.S. is unhappiest it has ever been”

Fortune Magazine, May 2019

The [2019 World Happiness Report](#): U.S. drops to No. 19, its worst ranking ever (it was No. 18 in [2018](#) and No. 14 in 2017).

At No.15., even the Brexit-divided United Kingdom ranked higher than the U.S.

Scores are determined by GDP per capita, Life expectancy, Social support from friends and family, Freedom to make life choices, Generosity to charity, Perceptions of government corruption






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EXPO  



However... depression rates and the use of antidepressants, tranquilizers and sleep aides has *risen 10 X's* since 1993.

Despite more treatments for depression, suicide rates have NOT dropped at all.

Conclusion?

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Things are just THINGS and don't make you happy.


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What is happiness?

- Deep sense of contentment
- Deep sense of comfort
- Peacefulness
- Centeredness

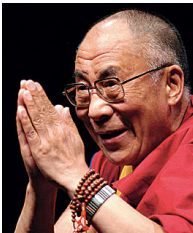


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Seeking Happiness



"I believe that the very purpose of our life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believes in this religion or that religion, we all are seeking something better in life. So, I think the very motion of our life is towards happiness."

Dalai Lama




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Cloistered Nuns

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Hope & Optimism

"God started my life off well by bestowing upon me grace of inestimable value... The past year which I spent as a candidate studying at Notre Dame has been a very happy one. Now I look forward with eager joy to receiving the Holy Habit of Our Lady and to a life of union with Love Divine."

Cecilia O'Payne, 1932


"I was born on September 26, 1909, the eldest of seven children, five girls and two boys... My candidate year was spent in the motherhouse, teaching chemistry and second year Latin at Notre Dame Institute. With God's grace, I intend to do my best for our Order, for the spread of religion and for my personal satisfaction."

Marguerite Donnelly, 1932




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Results?

- 90% of the most cheerful quarter alive at age 85
- 34% least cheerful quarter
- 54% most cheerful alive at 94
- 11% of least cheerful




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Mayo Clinic Study

- Researchers selected 839 consecutive patients – 40 years ago.
- 200 died by the year 2000
- Optimists had 19% greater longevity in terms of their expected life span (similar to the nun study)
- Optimists will usually live LONGER!



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EXPO 49

4 Secrets to Achieving Happiness

1 - LOVED ONES.
Surround yourself
with those you love
and/or those who
love you.



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EXPO 49

Ability to Love or Be Loved

- Relationships with other people are what make us happiest.
- Studies show that all happy people have had good friends.
- The more close friends women have, the less likely they are to develop physical impairments as they age.




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EXPO **49**

A Partner & Happiness



- Every person in the top 10% of happiness in Martin Seligman's Positive Psychology studies was currently in a romantic relationship.
- Married people are happier than anyone else. 40% call themselves "very happy" – every ethnic group in 17 nations.
- Married people also suffer the least depression. Married people best survived rural poverty, the Great Depression and wars.

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EXPO **49**

The Most Important Thing

"The most important thing in life is to learn how to give out love, and to let it come in."

Morrie Schwartz
Tuesdays with Morrie



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EXPO **49**

4 Secrets to Achieving Happiness


2. DO WHAT YOU LOVE:

- Seek joy... whatever that means to you
- Have an engaged life. "Flow" – losing yourself into a passion or activity




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Zest/Curiosity

- How refreshing is it when you meet someone who...
 - Is passionate about something?
 - Takes great pleasure in their job?
 - Is a voracious reader, gardener, musician...?
 - Is a life-long learner?
- What happens when you ask a question or for advice?



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4 Secrets to Achieving Happiness


3. SERVICE

The more you do for others, the happier you will be.


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"So many people walk around with a meaningless life. They seem half asleep, even when they are busy doing things they think are important. This is because they're chasing the wrong things. The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."

Morrie Schwartz
Tuesdays with Morrie





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4 Secrets to Achieving Happiness

4. GRATITUDE.
The more grateful you are, the happier you will be.

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Gratitude

Being thankful for...

- what you have
- your strengths
- what you did right
- what went right
- expressing that gratitude to the people who need to hear it



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Toll Takers

"Vertical Coffins"





"Dream Job with a View"



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The Gratitude Assignment

- Select a person who made a positive difference in your life who you have never properly thanked
- Write a one-page testimonial
- Deliver it face-to-face
- Do not tell them the purpose in advance
- Read aloud slowly, with eye contact, allowing them to react unhurriedly
- Reminisce together about the events that make this person important to you.

What happened?

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The happiest people don't necessarily *have* the best of everything. They just **MAKE** the best of everything.

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Three Happy People

1. _____
2. _____
3. _____

What makes you different from them?

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What if you're NOT naturally happy, hopeful, optimistic, having a tough time?

Happiness is a CHOICE.

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Pre-Determined Happiness?

*It accounts for only
40-50% of our happiness.
No matter who we are,
we can achieve more happiness.*

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EXPO 19

Negative Thoughts



- Like a puppy, you can retrain them.
- Stop and make a different choice.
- It takes practice.
- Reflect on what happened; don't beat yourself up.

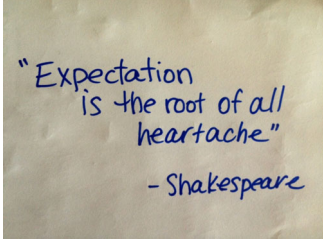
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EXPO 19

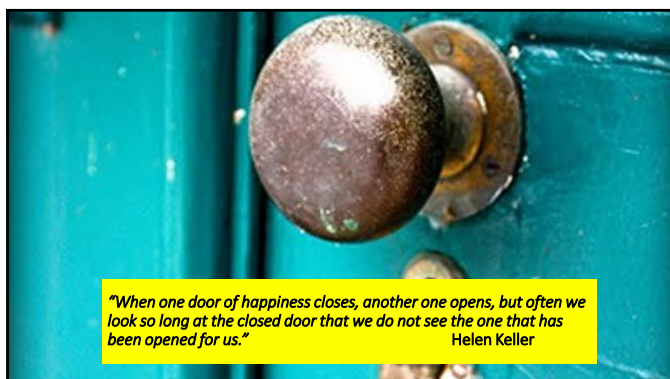
Expectations get in your way?

- Expectations KILL happiness whether you get what you want or not.
- "Conflict arises when expectations are different."
- The only person we can set expectations for is... OURSELVES.




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"When one door of happiness closes, another one opens, but often we look so long at the closed door that we do not see the one that has been opened for us."
Helen Keller

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Focused on the closed door?

- Happiness can be defined as the wholehearted willingness to seek and find the open door, again and again.
- *"All endings are also beginnings. We just don't know it at the time."* - Mitch Albom, *"The Five People You Meet in Heaven"*
- If you regret old choices deeply – you have no idea where those choices would have led.



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What are your closed doors?




- What closed doors have you been staring at?
- What would you do if you weren't afraid?

Write down 1




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Celebration of Life

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The Banjo

- What I thought I needed
- Dream expressed
- Reality?
- Guess what resulted


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Creative Writing EVERYTHING

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Writing your own "Celebration of Life" Story

Your Homework Assignment



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Your Celebration of Life Plan


Hundreds of family and friends gathered today to celebrate the extraordinary life of _____.

Best known for _____,
she/he lived life to the fullest and ended life as spectacularly as she/he lived it.

She/he was beloved by family, _____, and was
affectionately called _____ by _____.


The family joyfully recounted, "We will especially miss her/his _____ and
_____ and _____."

This was a person of great _____ and _____ and
_____.



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The community will best remember _____
_____.

Her/his greatest successes were _____.


He/she surprised even herself, when he/she learned to _____,
something he/she always wanted to learn to do.

And late in life, he/she set the goals of _____ and
_____ and accomplished every one
of them.



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In the winter of his/her life, he/she spent most of her time in _____,
doing all the things he/she loved most, like _____.

Her/his favorite saying was... _____.

_____, which sums up his/her
whole philosophy on life.

This person made the world a happier place.



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