



**Can Fit Pro 2017  
Session 3334  
The Happiness Epidemic**

*“Happiness is not steady state training, it is interval training for life”*

**Reflection**

1. Why are you here?
2. List a teaching strength that you embody?
3. What is it that your students / clients appreciate about you?
4. What is one thing you would like to strengthen in your teaching/training?

**Today I Am Looking Forward To:**

- 1.
- 2.
- 3.

**Where Your Attention Goes Your Life Flows**

1. Where is your focus?
2. Where is the flaw?
3. Where is the flip?
4. Where is your future?

## A Course In Questions

1. What are some of the things in your past that you are most proud of?
2. What energizes you in the present?
3. What are you looking forward to in the near future?

## Reflection:

What is one thing you could do today to be 5% happier?

*“Watch your thoughts they become words  
Watch your words they become actions  
Watch your actions they become habits  
Watch your habits they become character  
Watch your character, it becomes your destiny”*

-Frank Outlaw

Our reality comprises of both objective (what is out there) and our subjective (our interpretation) observations.

## Top Three Beliefs

- 1.
- 2.
- 3.

*“Whether you think can or think you can't. You're right.”*  
- Henry Ford

### **Recalibrating Our Beliefs**

- The Negativity Bias
- The Reptilian Brain
- Spiraling up v Spiraling down

### **PERMA – The Foundations to Flourishing**

Positive Emotion

Engagement

Relationships

Meaning and Purpose

Accomplishments

Out of all the tools we have to elevate our happiness, gratitude comes at the top. Gratitude has been called the moral memory of mankind and it turns what we have into enough.

### **Gratitude Has Two Key Components:**

1. Affirmation of goodness in the world
2. Source is outside of our selves

*“When we appreciate the good the good appreciates.” – Tal Ben-Shahar*

### **Ways to Create an Upward Spiral Through Gratitude**

1. AM – list three things you are looking forward to that day
2. PM – write down three things you are grateful for from your day
3. Gratitude needs to be heartfelt
4. Seek the moments
5. Write them down
6. Share them with others

### **Today I am Grateful For**

- 1.
- 2.
- 3.

## 10 Happiness Hacks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

### Reflection:

#### **Best Possible Future Self – Laura King**

*Imagine yourself five years from now. Everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your goals. Write in the present tense about your life.*

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