

12 Steps to Greater Happiness



CREATING A HAPPIER WORLD TOGETHER

Join the movement. Be the change

ACTION FOR HAPPINESS

ACTION FOR HAPPINESS



BUILDING A HAPPIER SOCIETY TOGETHER

THE ACTION FOR HAPPINESS LAUNCH
Jarwood Hall, LSO St. Luke's, London

12 APRIL 2011

ACTION FOR HAPPINESS

www.actionforhappiness.org



Dalai Lama

"There is no way to happiness. Happiness is the way."



'Our vision is a happier world, with fewer people suffering with mental health problems and more people feeling good, functioning well and helping others.'

Patron of the movement – Action for Happiness



Our personal happiness -
What we have learned from
life?

Have you found your
own 'sacred' place that
you 'own.'

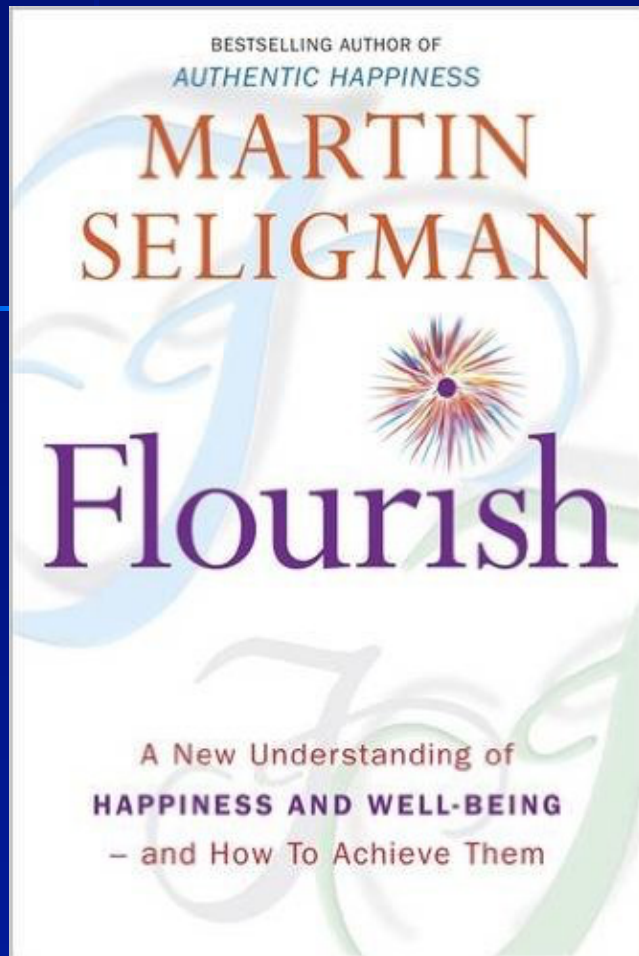
Toni Morrison – born 1931

*Nobel Prize for literature in
1993 – 'Beloved' – inspired by a
true story of a runaway slave.*

Authentic
Happiness

Positive Psychology

Martin Segilman 2001



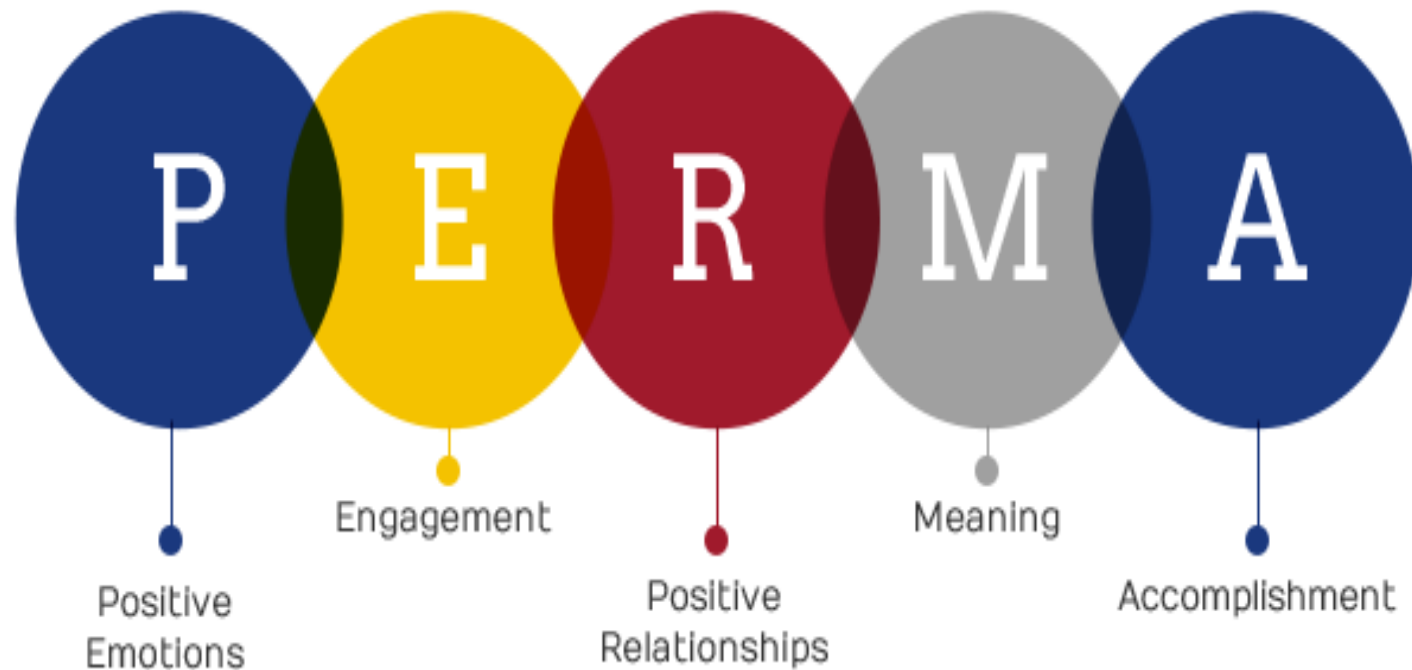
The
'father' of
positive
psychology

<http://www.ppresearch.sas.upenn.edu>

Measuring
'wellbeing'

Positive Psychology
Martin Segilman 2001

Introducing a New Theory of Well-Being

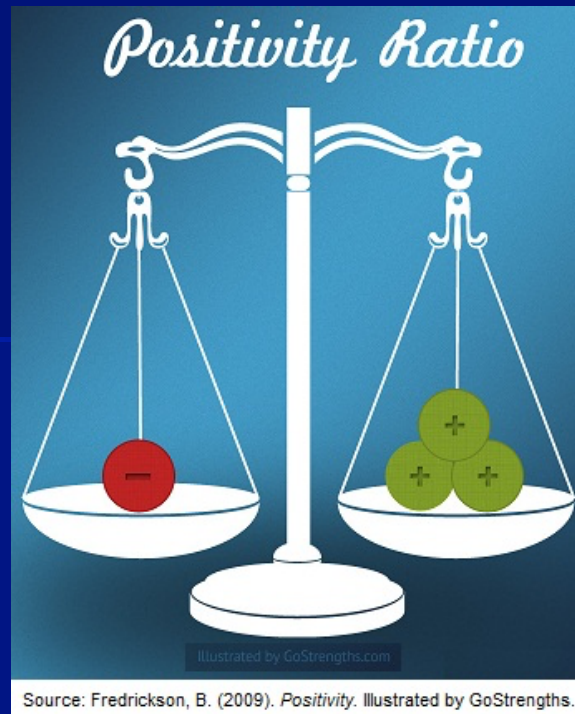


Ed Diener - Happiness researcher

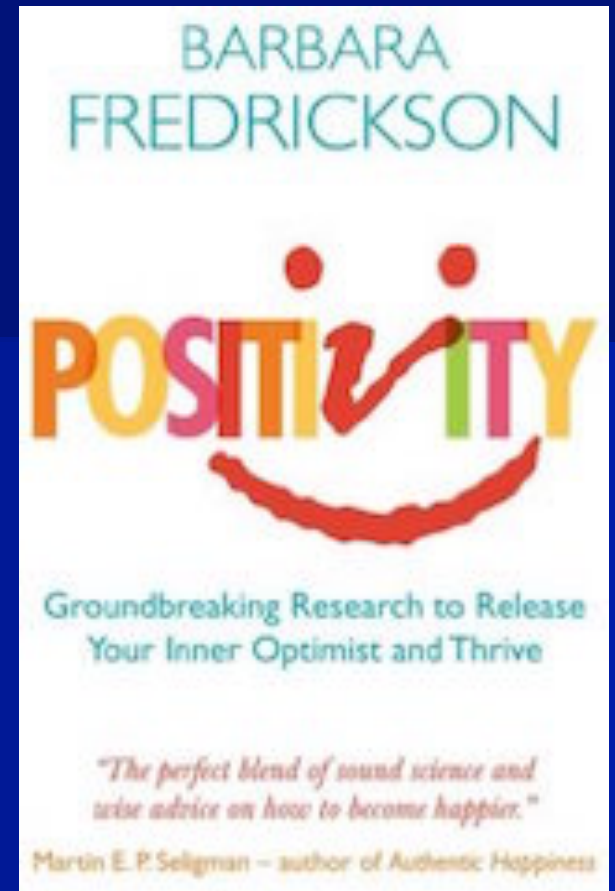
155 countries surveyed



1. Social relationships – marriage, children?
2. Type of activities – involvement, work, volunteering, hobbies?
3. Do you let problems define you?
4. Do you embrace new situations, new learning, take chances?
5. Do you have skills you use for a wider purpose?
6. Are you appreciative of your environment ?



"Positive emotions carry far more benefits than most of us suspected . I found that while each individual positive emotion won't change your life, a steady diet of them can. "



Barbara Fredrickson

www.positivityratio.com

Jon Kabat-Zinn

Biologist,
clinician, writer
and meditation
teacher



"Meditation is the only intentional, systematic human activity which is about not trying to improve yourself or get anywhere else, but simply to realise where you already are."

— Jon Kabat-Zinn, 'Wherever You Go, There You Are'

<http://youtu.be/D8oKWQiEWYs>

12 steps

ACTION FOR HAPPINESS

Be engaged

Avoid comparisons

Savour joys

Develop ways of coping

Let go anger

Count your blessings

Be kind

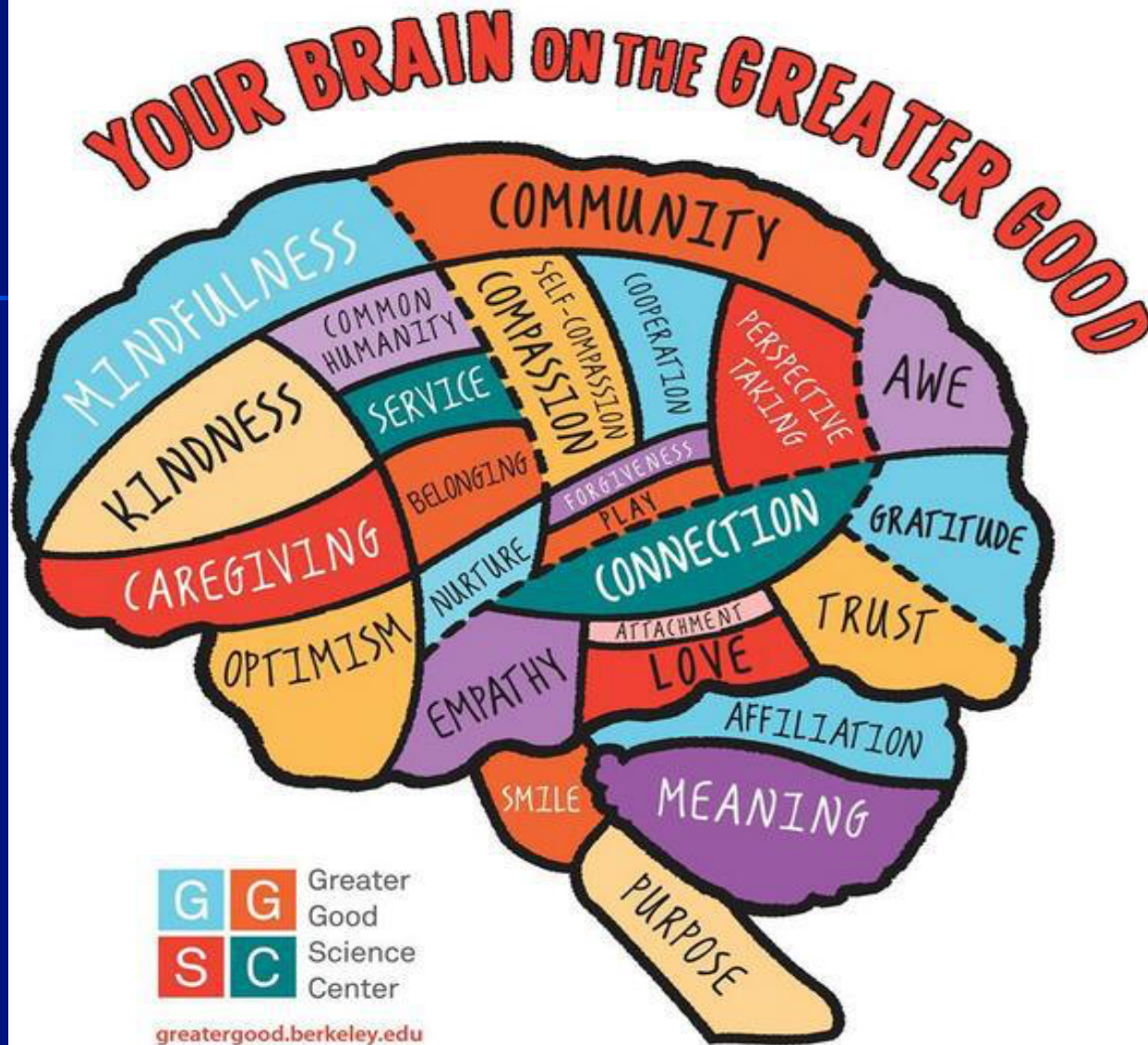
Strengthen your spirit

Nurture relationships

Have a higher purpose

Cultivate optimism

Care for your body



<http://greatergood.berkeley.edu>

Take the Happiness Test -
<http://www.robertholden.org/quiz/>



3 minutes

Brainpower - Positive Psychology
valbissland@gmail.com

<http://tinyurl.com/ow7bcrw>