

REDEFINING HAPPINESS

IF - THEN - TRAP

SOCIAL CONDITIONING:
we are shown what happiness looks like



ADVERTISEMENT

IF YOU PURCHASE THIS - THEN YOU'LL BE HAPPY / FULFILLED / CONTENT



IF I BUY
HAVE
ACHIEVE
WIN
BE THEN...

EXERCISE "STEP OUT"

- REFLECT ON A DAY GONE BY (recent or in the past)
- HAVE YOU THEN TIED YOUR HAPPINESS TO SOMEONE / SOMETHING ELSE?
- WOULD YOU CHOOSE DIFFERENTLY NOW?
- TAKE THIS IF-THEN-TRAP WITH YOU INTO TOMORROW & OBSERVE.
- DID IT FREE YOU FROM THE EXTERNAL VALIDATION?

~* The only constant in life is change ~*

THE RIGHT QUESTIONS

- DO YOU HAVE A GOAL?
- IF NOT, WHY?
- IS IT YOUR OWN GOAL OR WAS IT PASSED DOWN ONTO YOU / EXPECTED OF YOU?
- IMAGINE NO ONE WILL EVER KNOW YOU REACHED YOUR GOAL: WOULD YOU STILL WANT TO REACH IT?
- WHAT ARE YOU SACRIFICING BECAUSE YOU THINK YOU FIRST HAVE TO REACH A CERTAIN GOAL? (moments, experiences, people)
- WHEN YOU LAST REACHED A GOAL: DID IT MAKE YOU HAPPY? WAS IT ECSTATIC AS YOU'VE IMAGINED? WAS IT LONG-LASTING? HAS YOUR LIFE CHANGED DRASTICALLY?
- WHAT EMOTIONS ARE YOU HOPING TO ACHIEVE BECAUSE OF YOUR GOAL? IS IT POSSIBLE TO GET THIS INTO YOUR LIFE NOW?



EXERCISE

"YOUR NEW 4-A-DAY"

♡ the only to do list you need ♡

DOPAMINE

- complete a task
- eat good food
- get enough sleep

OXYTOCIN

- play with animals
- give a compliment / be of service
- holding hands / cuddling

SEROTONIN

- be in nature
- meditation / mindfulness
- get some sun

ENDORPHINES

- exercise
- laugh / watch a funny movie
- create for the sake of creating

Happiness is a deeply personal path. is unknown to some. is a gift available to us every day.

GOALS ARE IMPORTANT, YET PURPOSE COMES FROM EXISTING FOR THE SAKE OF EXISTING ♡