

The Happiness Recipe

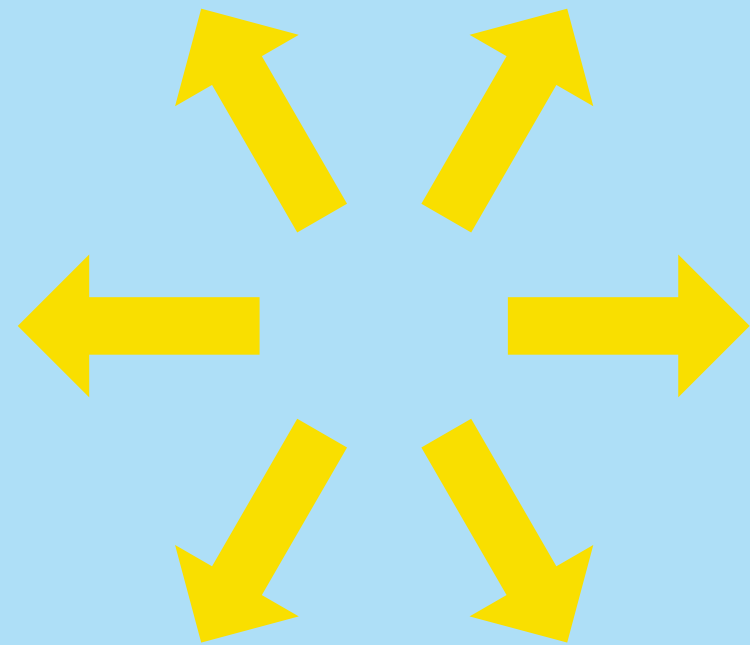
Real Tools for Thriving Leaders



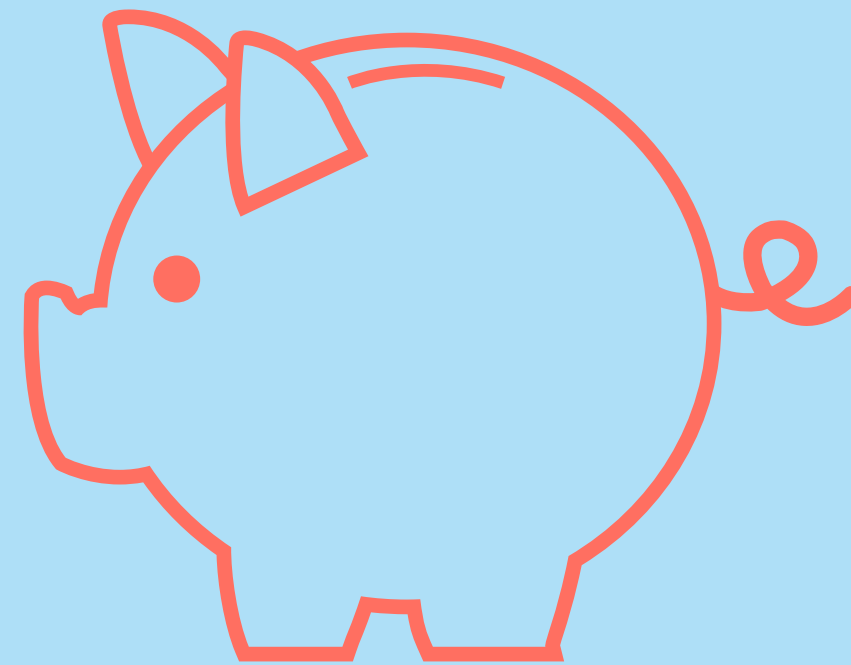
“Is this it?
Is this what
it’s supposed
to feel like?”

HAPPINESS
ISN'T A SIDE
EFFECT OF
SUCCESS.
IT'S A CAUSE

Powerful Benefits of Positive Emotions



Broaden: Experiencing a positive emotion expands our awareness.



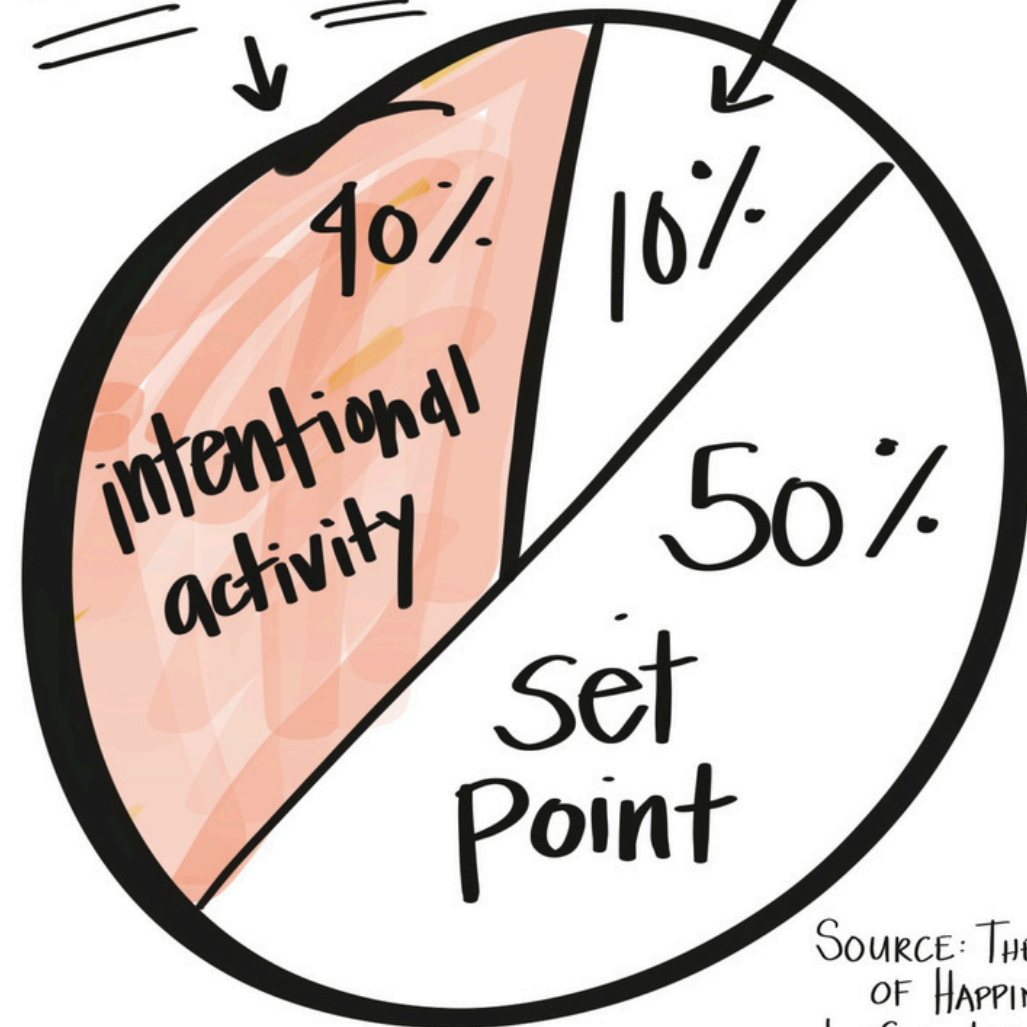
Build: Experiencing a positive emotion builds our resilience.

The Happiness Recipe:

**Do more of what matters,
and less of the rest.**

the happiness pie

THE GOLD

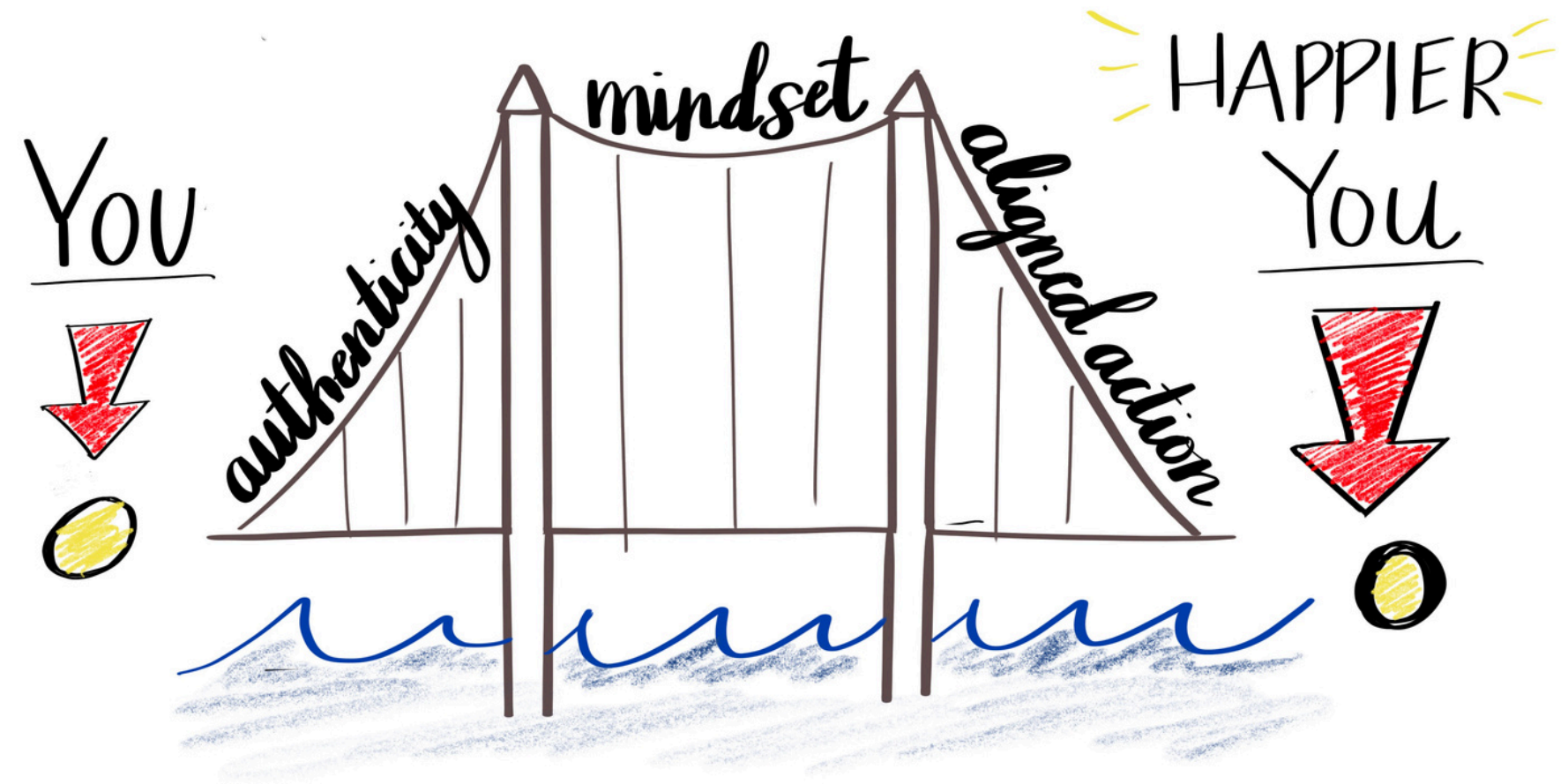


circumstances

- health
- wealth
- job title
- age
- relationship status
- geography

SOURCE: THE HOW
OF HAPPINESS
by SONJA LYUBOMIRSKY

The Three Gaps



KNOW

THE
AUTHENTICITY
GAP

BELIEVE

THE
EMOTIONAL
ENERGY
GAP

DO

THE
PHYSICAL
ENERGY
GAP

Experiment #1

Joy Audit

- ★ List 2-4 of the most urgent things on your to-do list.
- ★ For each item:
 - On a scale of 1-10, how important is this to your happiness?
 - Does it give or drain your energy? (mark it with a +/-)



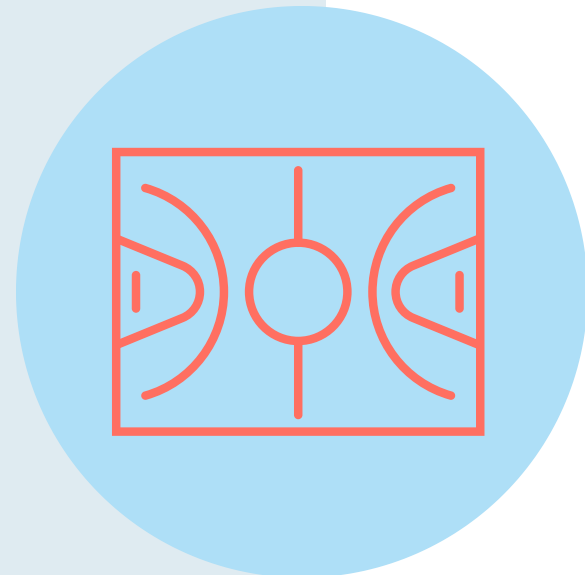
Seasons



RULES

What are the non-negotiables in this season?

What is actually required?

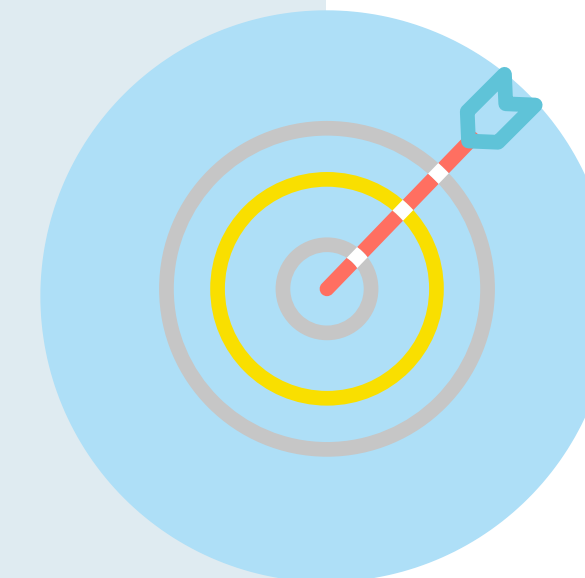


EDGES

What is outside the focus/limits of my current season?

What can I let go of?

What's not part of this season's game?



AIMS

What am I trying to achieve in this season?

What is MOST important to me? (my top priority)

What is not important or as important in this season?

Mindset Reset



Old Belief

New Belief

Success requires sacrifice → I don't have to give up to get

If I say no, I will miss out. → Focusing my energy is valuable and joyful.

If I slow down, everything will fall apart. → Rest is productive.

Productivity is how I prove my value. → I am worthy.

Experiment #2

Happiness Harvesting



Name something that makes you happy.



What about that brings you joy?

- Try to distill it to it's essence.
- You might need to ask this quesiton several times to get there.
- Examples: Connection, Space, Comfort, Love, Humor, Nature.



How could you harvest more of that essence EVERY SINGLE DAY?



Connect with Becky

Download
The Happiness Recipe Workbook



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