

Introducing Action for Happiness

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Stitch.net

Senior Planet Community

Action for Happiness Volunteer

Let's take action to be
**Happier and
Kinder,
Together**



What is Action for Happiness?

GREAT DREAM

Ten keys to happier living

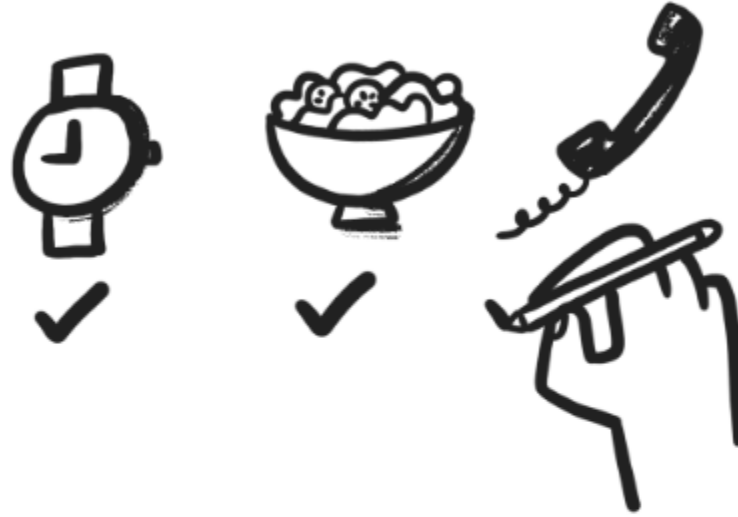
- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

Action for Happiness (AFH) is a global movement and charity based in the United Kingdom. It aims to increase the happiness in the world by bringing together people and supporting them to take practical action to build a happier society. The patron of Action for Happiness is the Dalai Lama.

<https://actionforhappiness.org/about-us>



Small actions make a big difference

Research shows there are simple actions we can take that can significantly boost how happy we feel.

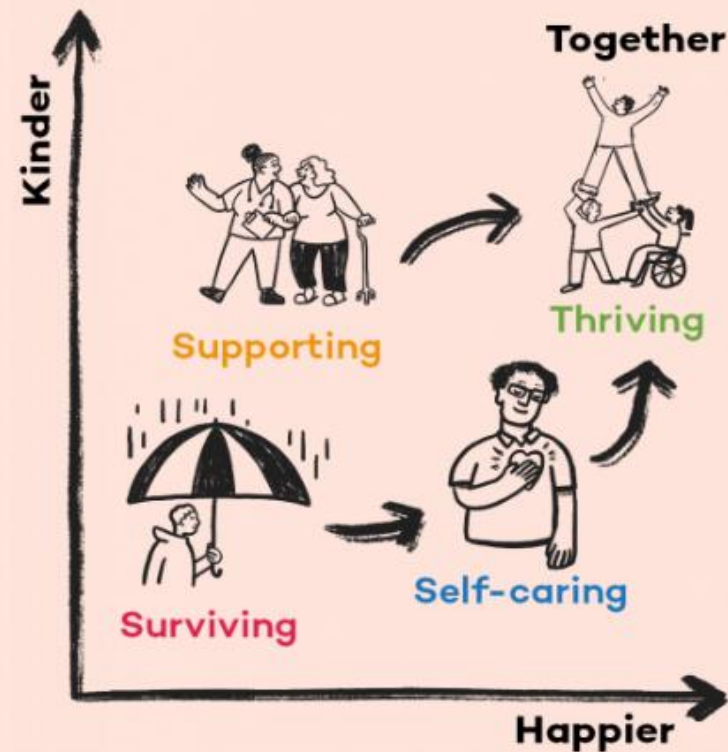
- **We really listen to each other**
- **We are open about our feelings**
- **We focus on what is working well**
- **We practice safe boundaries**
- **We maintain a spirit of kindness**



<https://actionforhappiness.org/>

Our happiness is part of something bigger

A happier world comes from bringing happiness to others as well as ourselves.



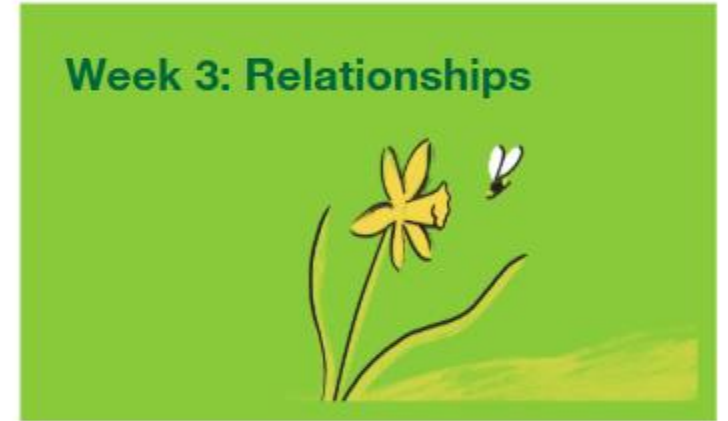
Week 1: Gratitude



Week 2: Self-Care



Week 3: Relationships



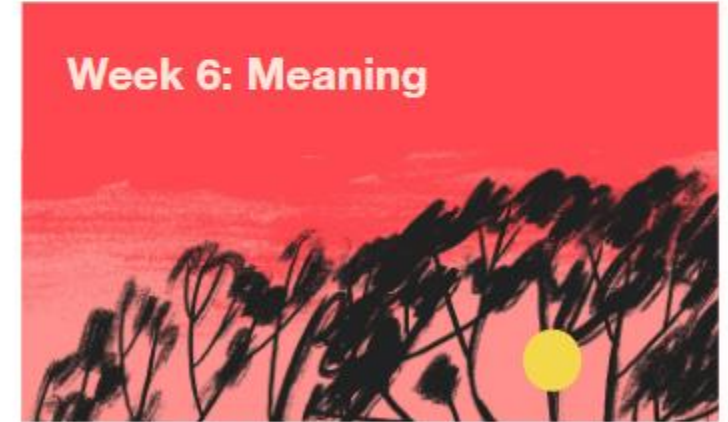
Week 4: Resilience



Week 5: Kindness



Week 6: Meaning



Happiness Habits

Session 1: Gratitude



6 Week Happiness Habits Course



"I wholeheartedly support the course and hope that many thousands will benefit from it and be inspired to take their own action to create a happier world"
~ H.H. Dalai Lama

SESSION OVERVIEW

Here are the basics of a Happiness Habits course session. For a more detailed look check out the [facilitation notes for session one here](#).



Introducing the session: making everyone feel welcome and confident in the course.

Check in: creating emotional safety, openness and modelling gratitude.

Mindful moment: sharing a meditation video to help everyone feel present, ready and calm.

Personal reflections: giving people the chance to explore their own views first.

Introducing key ideas: presenting core insights to focus the learning.

Sharing expert videos: sharing and reflecting on input from experts.

Exercises: embedding the learning with activities (sometimes in breakout pairs).

Group discussion: first in breakouts, then summing up all together.

Action setting: helping everyone find an action to commit to for the week.

Check out: closing the session with a round of feelings and aspirations.





“What are some of the things you are already doing that contribute to your happiness?”



Action for Happiness Volunteer Pledge

"I pledge to create more happiness and less unhappiness in the world ...

- by taking action every day to be happier myself,*
- connecting with others in ways that help them become happier*
- and volunteering my time to spread happiness in the world."*

Happiness Habits: Ann Arbor, MI

Happiness Habits is a secular, science-based course for people who want to learn how to live happily and spread happiness to those around them. It was created to help people tune in to what really matters in life, connect with people around them and find small ways to start taking action.



^ SCAN TO REGISTER

On the course you will:

- Meet with **like-minded people** to explore what really matters in life and find new ways of looking at things.
- Enjoy **expert videos, mindfulness practices and group exercises** to help you apply the lessons to your life.
- Take time each week to think of small actions you can take to **create happiness** for yourself and those around you.

Facilitated on Zoom by volunteers Kerry & Milt

January 21- February 25, 2025



Week 1: Gratitude

Week 2: Self-care

Week 3: Relationships

Week 4: Resilience

Week 5: Kindness

Week 6: Meaning

People find it really valuable and often refer to what they learn on the course as life-changing.

Join us Tuesdays 9:30am-11:30am