

Introducing Action for Happiness

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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

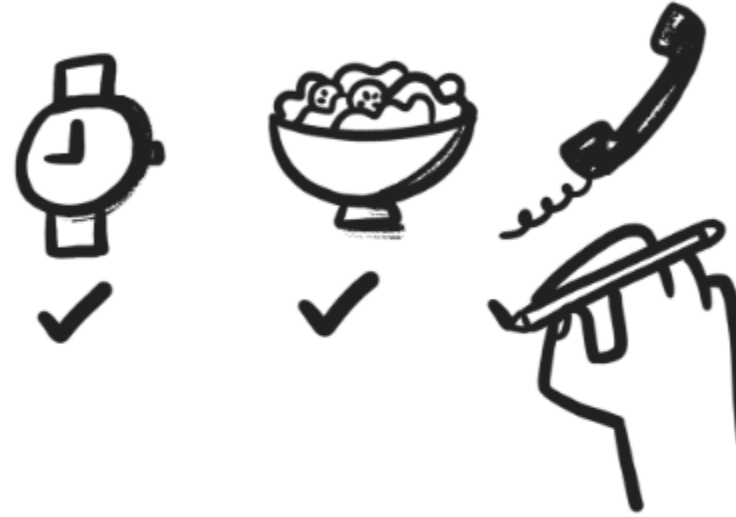
- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- 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.

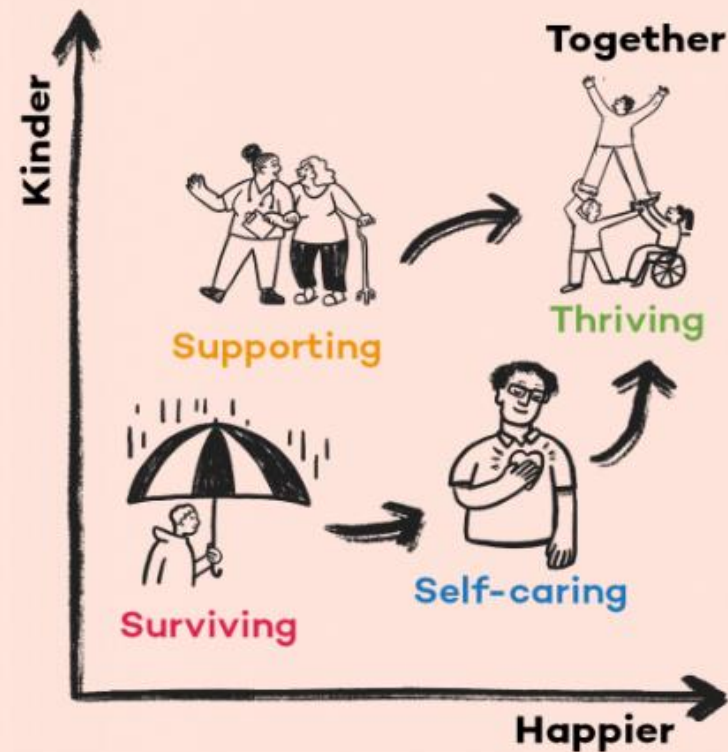
- **We really** listen to each other
- **We are open about** our feelings
- **We focus on what is** working well
- **We practice** safe boundaries
- **We maintain a** spirit of kindness



<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

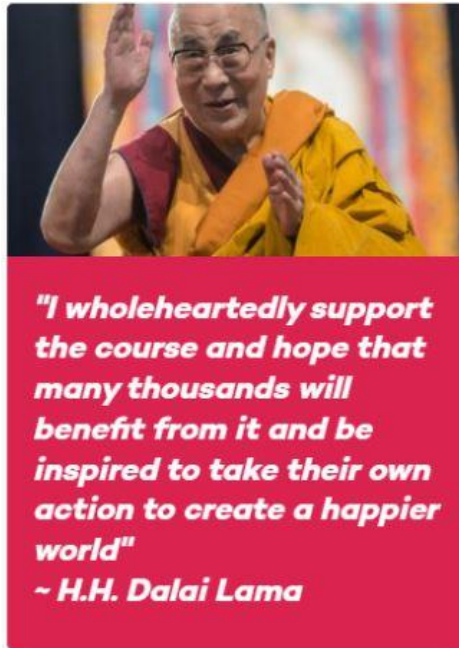


Happiness Habits

Session 1: Gratitude



6 Week Happiness Habits Course



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."*

Upcoming Happiness Habits Courses



Chicago – April 1st – Milt and Jennifer

<https://actionforhappiness.org/course/happiness-habits-chicago-2/?utm=EM-1>

Toronto – April 17th – Robert and Milt

<https://actionforhappiness.org/course/happiness-habits-toronto-6/?utm=VL>

Find a Course near you:

<https://actionforhappiness.org/course>