



Happiness Project

7 Prescriptions of Happiness

What is happiness?

"Happiness is a mental or emotional state of well-being defined by the positive or pleasant emotions ranging from contentment to intense joy. Happy mental states may also reflect judgments by a person about their overall well-being. A variety of biological, psychological, economic, religious and philosophical approaches have striven to define happiness and identify its sources. Various research groups, including positive psychology and happiness economics are employing the scientific method to research questions about what "happiness" is, and how it might be attained."

<https://en.wikipedia.org/wiki/Happiness>

Why is everyone talking about happiness?

As we evolve we change and grow as individuals and collectively. Today positive psychology or happiness is the new buzz word for what Unity has always taught. We create the reality in our lives through our thoughts, words and actions. We see and hear so much negativity in the course of a day, week, month, year it weighs us down. So we develop practices to keep us filled with joy and happiness. It begins with each individual and then spreads to the collective consciousness for evolution to change the patterns of destruction in our lives and the world. How do we do this? We figure out our level of happiness. Below is a great Ted Talk of Shawn Achor talking about the Happy Secret to Better Work, enjoy.

https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

What is your level of happiness?

During the course of this program, you can test your level of happiness by answering a few basic questions at either or both of the links below. These sites offer experiences to increase your happiness.

http://www.oprah.com/spirit/take-the-happiness-test-quiz_1

<https://www.pursuit-of-happiness.org/science-of-happiness/happiness-quiz/>

Or you can rate your happiness daily, once in the morning when you awaken and once in the evening on the Rate Your Happiness sheet located at the end of each week in this booklet.

No matter your level of happiness you can use the seven prescriptions we have set out to spiral upward to the next level of joy, then bliss moving into the awakening of enlightenment.

Over the next seven weeks we will look at seven topics (gratitude, spiritual reflection, meditation and prayer, body awareness, acts of kindness, music, creativity) to see if they help us create a practice of happiness.

The object for this seven week choice is to assist you beginning to cultivate and create specific tools to boost your happiness. The Happiness Project or a group Happiness Project can be presented at our Gratitude Potluck Luncheon on November 20, 2016.

Specifically, The Happiness Project helps you to identify changes in your life which may make you happier. Here are some questions to reflect on in your Happiness Project Journal to serve as a guide to happiness. You may want to purchase a special journal to write down your thoughts and desires during this seven-week series.

- What makes you feel good?
- What activities do you love and find to be fun, exciting and make you feel alive?
- What makes you feel bad?
- How do you feel about your job or career?
- What changes can you see yourself making in your family life, friends or other circumstances to increase the joy in your life?
- Are you living up to your expectations for you, your family?
- Does your life reflect your values?
- Are you empowered to experience growth?
- Where do you see progress, learning, challenge, and increase mastery?

Social connections are a key to happiness, research indicates its quality more than quantity. Joining a small group creates friendships and making time for those close to you creates happiness.

If you want a more in-depth adventure during your Happiness Project, you can get the book "My Happiness Project" by Gretchen Rubin or visit her website <http://gretchenrubin.com>. Gretchen's book is based on creating resolutions, personal commandments and inspirational boards.

Week 1- Nurturing an Attitude of Gratitude

Gratitude is one of the most powerful forces in determining an individual's happiness. Nurturing an attitude, no matter the conditions or circumstances, creates the foundation for happiness.

Research shows the power of simply counting our blessings. When we consistently express gratitude we promote optimism, better health, and a greater satisfaction with life.

Gratitude is what helps keep our glass full. It reminds us we are good enough and live abundantly. Here are various tools to express and experience gratitude you can use and see if they help to bring you happiness.

An Experiment in Gratitude: The Science of Happiness

Close your eyes and think of someone who influenced you or is important in your life. Write down why this person is so important. Now call that person and tell them why they are important to you. If they are no longer with us physically tell someone else who is important in your life what you wrote and why. The link below is a video of the experiment in gratitude on The Science of Happiness.



https://youtu.be/oHv6vTKD6lg?list=PLzvRx_johoA_QznIVHjbByQdHZAhWRQzr



Gratitude Jar/Box

Take a jar or box and decorate it, simple as tying a ribbon or beautifully as you desire. Make slips of paper which say, I am grateful for...

During the day write down what you are grateful for on your slips of paper and place them in your jar. Appreciate yourself for everything, your strengths and imperfections.

When you are having a down or off day, read your gratitude slips and feel the change when you remember the many things you have in your life which you are grateful for.

Gratitude Journal

Daily ask yourself

Who or what inspired me today?

What brought me happiness today?

What brought me comfort and deep peace today?

A gratitude journal can help us find meaning and joy in our lives and lead us to experience inner transformation.

- Create a resolution around gratitude in your life
- Write your own personal commandment for gratitude
- How are you going to inspire yourself and others to live in a consciousness of gratitude?

✦ gratitude journal ✦

morning gratitude

before you begin your day, list 10 things you're grateful for

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

what I'm learning from my challenges

list three obstacles and what you're learning from them

1.

what I'm learning:

2.

what I'm learning:

3.

what I'm learning:

people I'm grateful for

list 5 people who made your life a little happier today. these could be friends, family or strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

the best part of my day

choose one moment of your day that made you happy and focus on it for 5 minutes before bed

Rate Your Happiness

How happy are in when you wake up? Practice your prescription during the day. How happy are you before you go to sleep?

Circle your happiness 1 being lowest 5 being highest

Week 1 Gratitude Practice

Day 1 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 2 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 3 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 4 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 5 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 6 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 7 Morning	1	2	3	4	5
Night	1	2	3	4	5

Week 2– ***Spiritual Reflection – Contemplate the Heavens***

Time spent each day in spiritual reflection provides an avenue to review the day's events and go within to connect with Spirits guidance.

Journaling for the Soul

1. First notice your habit of thoughts or behavior. Habits operate in the background of our mind and generally are unnoticeable so we really have to awake to ourselves and notice. Once you notice the habits or behaviors, write them down.
2. Own it! This is your habit or behavior. Is this a positive or negative habit or behavior? Be honest. If negative, ask the question, am I willing to change it. You are responsible for your habits and behaviors and only you can change.
3. Let it Go and Let God! No judgment! When we give energy to judging we hold the habit or behavior in forefront of our mind which holds it in place.
4. Be curious and courageous and look at the habit, investigate it.
5. Once you are aware of the habit and you know the trigger, routine and reward then explore other options to change part of or all the habit and create something new and positive.

Reflect on the following topics

- Who are you? Who are you being in this life? Who do you want to show up as?
- Christ, our God self or our divine nature, the spiritual I AM... A spiritual being with a soul (or mind) and a body through which to function.
- "When we awaken to the truth of our own indwelling Christ Self as God's Presence and Power in us, we will bring our thinking, feeling, speaking, acting, and reacting under the guidance of this Presence. We will know with deep conviction that we are "chosen" or anointed to be God's representative on earth.

Doing your in-home meeting this week, share one of your reflections with the group.

- Create a resolution to include spiritual reflection in your daily life.
- Write your own personal commandment reflecting on your spiritual journey
- How are you going to inspire yourself to reflect on your spiritual journey?

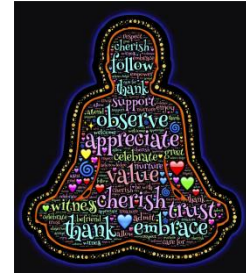
Rate Your Happiness

- How happy are in when you wake up? Practice your prescription during the day. How happy are you before you go to sleep?

- Circle your happiness 1 being lowest 5 being highest

- *Week 2*

• Day 1 Morning	1	2	3	4	5
• Night	1	2	3	4	5
•					
• Day 2 Morning	1	2	3	4	5
• Night	1	2	3	4	5
•					
• Day 3 Morning	1	2	3	4	5
• Night	1	2	3	4	5
•					
• Day 4 Morning	1	2	3	4	5
• Night	1	2	3	4	5
•					
• Day 5 Morning	1	2	3	4	5
• Night	1	2	3	4	5
•					
• Day 6 Morning	1	2	3	4	5
• Night	1	2	3	4	5
•					
• Day 7 Morning	1	2	3	4	5
• Night	1	2	3	4	5



Week 3 -Mediation and Prayer

“The objective of prayer is to find at-one-ment with God. The product of at-one-ment with God is peace, health, happiness, abundance of all...” – Life of Prayer

In Unity we use “affirmative prayer.” We connect with the spirit of God within and assert positive beliefs about the desired outcome. Affirmative prayer is the same method of prayer Jesus taught when he said, “So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours” (Mark 11:24). In affirmative prayer we know we are being led to our highest good, despite any appearances. Affirmative prayer leads to an awakening of our true self.

Affirmations: Protection - I am safe and secure in the light of God.

Harmony – In harmony of mind and purpose our differences fall away.

Healing – I am open and receptive to the healing God within.

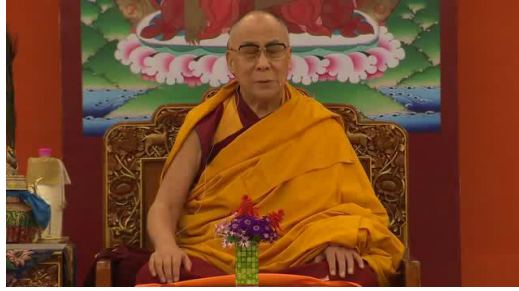
Create affirmations to give you strength, hang your affirmations around the house to remind you of your Truth.

Are you new to meditation or do you find yourself challenged with meditation as a practice, then I invite you to begin with mindful moments. Starting right now with the breath, Breathe IN ... Breath OUT ... Breath IN ... Breathe OUT ... Breathe IN... Breathe OUT... Now relax and breathe normally. Wow that was your first meditative practice in the Happiness Project.

How did the centering breath make you feel?

Is this a practice you are willing to try 3 times a day for today and tomorrow?

Morning and Evening Breathing with the Dali Lama



<https://youtu.be/24UjPsRFCcg?list=PL3Pd-BWTwUGM-AIgmXG8WSvjGKwILqBZ>

The objective of prayer is to find at-one-ment with God. The product of at-one-ment with God is peace, health, happiness, abundance of all...

- Create a schedule for your prayer and meditation life. Add it to your day planner and calendar.
- Create an altar and a place in your home, office where you can spend time in meditation and prayer.
- Create prayer partners in the group. Spend time each week praying with each other during group meeting. Hold each other in prayer daily. Journal about how a prayer partner in your life empowers you or not.
- Be still and know... Spend time in the silence each day and reflect how you're feeling. Is your life growing and changing?

Unity Meditations



<http://www.unity.org/prayer/silent-unity-meditations>

- Create a resolution around prayer and meditation in your life
- Write your own personal commandment for prayer and meditation
- How are you going to inspire yourself to create or step up your prayer and meditation life?

Sit back, relax and try [Dr Gareth Moore's](#) Mindfulness Word Search below!

Do you struggle to relax? It can be tricky when your mind is racing, so why not try a word search to help you exercise, sharpen and focus your mind. This puzzle will help improve your memory and vocabulary as well as your overall mental acuity.



BALANCE
COMPOSURE
CONTENTMENT
MEDITATION
QUIETNESS
RELAXATION
SERENITY
TRANQUILLITY

CALMNESS
CONTEMPLATION
HUSH
PEACEFULNESS
REFLECTION
RESTFULNESS
STILLNESS
UNDISTURBED

Rate Your Happiness

How happy are in when you wake up? Practice your prescription during the day. How happy are you before you go to sleep?

Circle your happiness 1 being lowest 5 being highest

Week 3

Day 1 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 2 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 3 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 4 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 5 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 6 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 7 Morning	1	2	3	4	5
Night	1	2	3	4	5

Week 4 Body Awareness

<https://study.com/academy/lesson/body-awareness-definition-explanation.html>

We are spiritual beings living and having our being in a physical universe. Exercise and learning to be totally present in your body provides the physical being needed to live a happy life. Our bodies are temples of God. They are sacred and holy. People who are aware and mindful have stronger immune systems and are less likely to be hostile or anxious. Enhancing body awareness with mind body experiences like yoga, Tia Chi or other mindful based activities are known to reduce pain and have other health benefits. Affirm: I am awake and aware of my physical and spiritual bodies.

Getting regular exercise increases self-esteem, reduces anxiety and stress and may be the most effective instant happiness booster of all. When you wake up each morning stretch your body, feel your blood flowing, feel the energy in your body as it begins to stir and awaken. Breathe into any pain you may be feeling, expand the area with your breath, see the pain expanding and releasing. Relax, take a moment in gratitude for being awake to create another day of love.

- Do you have a daily routine of body awareness? If yes then think about your routine and why you do what you do?
- Do you eat mindfully?
- Do you exercise or have some sort of movement daily?
- What is your body telling you?
- Is there anything you want to change or add to enhance your body awareness?
- Explain how your body is a Temple of God. What takes place in a temple?



Group experiences body awareness:

- Run in place for 2 minutes, then stop and feel the blood flow.



- Try Tai Chi or Yoga

<https://youtu.be/vHBR5MZmEsY>

- Do a chocolate or fruit meditation (below) then discuss how you felt and the experience.

The chocolate meditation

Choose some chocolate - either a type that you've never tried before or one that you have not eaten recently. It might be dark and flavorsome, organic or fair-trade or, perhaps, cheap and trashy. The important thing is to choose a type you wouldn't normally eat or that you consume only rarely. Here goes:

- Open the packet. Inhale the aroma. Let it sweep over you.
- Break off a piece and look at it. Really let your eyes drink in what it looks like, examining every nook and cranny.
- Pop it in your mouth. See if it's possible to hold it on your tongue and let it melt, noticing any tendency to suck at it. Chocolate has over 300 different flavors. See if you can sense some of them.
- If you notice your mind wandering while you do this, simply notice where it went, then gently escort it back to the present moment.
- After the chocolate has completely melted, swallow it very slowly and deliberately. Let it trickle down your throat.
- Repeat this with one other piece.

How do you feel? Is it different from normal? Did the chocolate taste better than if you'd just eaten it at a normal breakneck pace? Do you feel fuller than normal, more satisfied?

- Create a resolution around body awareness
- Write your own personal commandment for body awareness
- What inspiration will you use to honor your body as a Temple of God?

Rate Your Happiness

How happy are in when you wake up? Practice your prescription during the day. How happy are you before you go to sleep?

Circle your happiness 1 being lowest 5 being highest

Week 4

Day 1 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 2 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 3 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 4 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 5 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 6 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 7 Morning	1	2	3	4	5
Night	1	2	3	4	5

Week 5 Conscious Acts of Kindness

Unity teaches that giving and receiving are inextricably linked. To be happy, give kindness, consciously to everyone you meet. When in doubt, focusing out gives your kind attention to another soul.

Being kind to others makes us feel good. Altruistic acts light up the same pleasure centers in the brain as food and sex.

Random Acts of Kindness Video



<https://youtu.be/M4ALRY5LyBM>

The ripple effect starts with one. One person to hold open a door; one person to leave a note on someone's car complimenting their awesome parking skills; one person to write a thank you letter to a teacher; one person to be a spark of kindness when another really needs it.

- Take a day and do 5 acts of kindness or more. Write down your experience. How have you felt before, during and after the day?
- Share with the group the acts of kindness you performed and the experience.
- The group may want to create a day of random kindness and experience it together, then discuss the experience.

Pay it Forward: When in line at a restaurant/coffee shop, etc., show your kindness by randomly paying for your own order AND the order of the person in line behind

you, and expect nothing in return. This will make a person's day, and will hopefully motivate that person to pay this act of kindness forward.

Nice to Nature: Planting a tree for someone, or helping out in another person's garden. For example, pulling out weeds, or clipping flowers to give to them. It could be for an elderly person or your best friend.

Wonderful Mail: Write uplifting notes for strangers and send them to people in the phone book. Things like "sending warm wishes your way stranger!" or "I've enclosed my hopes for a great day today!" All you need is pen, paper, envelopes and stamps!

Donate your hair: If you have long hair, you can cut your hair short and donate your hair to a foundation that uses it to make wigs for people with cancer.

What other acts of kindness can you and your group come up with?

- Create a resolution to continue to create Acts of Random Kindness in your life.
- Write your own personal commandment for being kind.
- How are you going to inspire yourself to live in kindness and to actively be kind at various times?

Rate Your Happiness

How happy are in when you wake up? Practice your prescription during the day. How happy are you before you go to sleep?

Circle your happiness 1 being lowest 5 being highest

Week 5

Day 1 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 2 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 3 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 4 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 5 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 6 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 7 Morning	1	2	3	4	5
Night	1	2	3	4	5

Week 6 - Sing Because You Are Happy

Music connects us at an emotional level beyond our thoughts and intellect. The right song can bring tears to our eyes or a smile to our face. It has been said that music is the gift of the God's to humanity.

Psalms 98-1 "I will sing unto the Lord a new song of harmony and health."

"That there is an intimate relation between happiness and health goes without question. When you feel good you sing either audibly or silently. Singing promotes health because it increases the circulation, and a good circulation is a sign and promoter of health. If the blood stream were never congested and all the nerves and pores were open and free and were swiftly carrying forward their appointed work, there would never be an abnormal or false growth in the body. It follows logically then that we should cultivate those mind activities which stimulate naturally the currents of life in the body. One of these, and a very important one, is joy." – Jesus Christ Heals pg. 169

Journal about how you feel when you sing. Do you feel better singing loudly or silently?

Watch and listen to Pharrell Williams - **Happy Official Music Video link below:**



<https://youtu.be/y6Sxv-sUYtM>

- How do you feel after watching the video?
- Did you sing along?
- Did you get up and move?

HAPPINESS IS



...singing a song with friends
using your own lyrics.

THE THREESOMEY.COM

- Create lyrics for your own happiness song then set it to music with your favorite rhythm. Share your song with the weekly group. Here is a simple song as an example.

Every Little Cell

Every little cell in my body is happy,
every little cell in my body is well (2x)

I'm so glad every little cell
in my body is happy and well (2x)

- Sing songs in the group. Any song is fine. Reflect on how you felt singing together as a group
- Create a resolution for bringing more harmony and music into your life.
- Write your own personal commandment for including music in your life.
- How are you going to inspire yourself to include music in your daily routine?

Rate Your Happiness

How happy are in when you wake up? Practice your prescription during the day. How happy are you before you go to sleep?

Circle your happiness 1 being lowest 5 being highest

Week 6

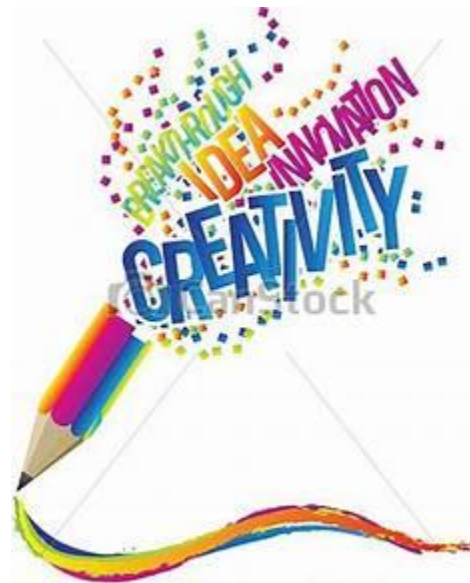
Day 1 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 2 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 3 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 4 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 5 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 6 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 7 Morning	1	2	3	4	5
Night	1	2	3	4	5

Week 7 Getting Creative

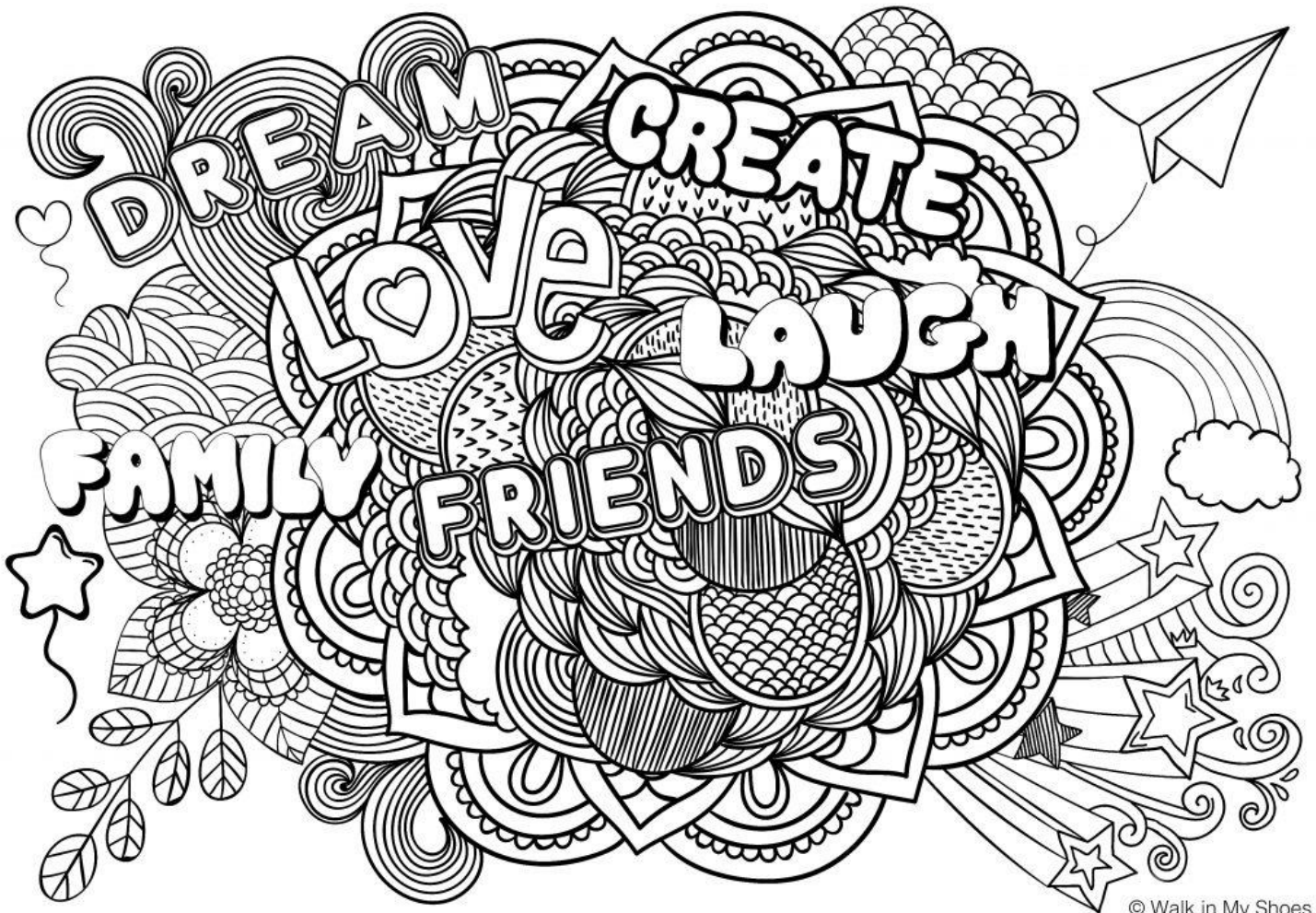


How do you express your creativity? Do you dance, sing, draw, write or something else? Learning to embrace and express your innate creativity is a wonderful vehicle to release the joy and happiness seeking expression.

- Create a resolution using your imagination and creativity to increase joy within.
- Morning Routine to enhance creativity
 - http://thecreativecommitment.com/morning_rituals/
- Write your own personal commandment for creativity
- Be inspired by your innate ability to create your life to be your True Self, your, I AM...and show your creativity to the world.
- Write a poem about your creative self.
- Dance to your own tune and tune into your inner self, then let the inspiration flow into a project of your choice.



© Can Stock Photo - csp10963906



© Walk in My Shoes

Rate Your Happiness

How happy are in when you wake up? Practice your prescription during the day. How happy are you before you go to sleep?

Circle your happiness 1 being lowest 5 being highest

Week 7

Day 1 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 2 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 3 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 4 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 5 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 6 Morning	1	2	3	4	5
Night	1	2	3	4	5
Day 7 Morning	1	2	3	4	5
Night	1	2	3	4	5

Wrap it Up

Take time to review your seven-week journey. Which *Prescription of Happiness* assisted you in being the happiest you?

What happens next as you continue to use your prescription of happiness daily?

Thank you for taking time to play and realize happiness comes through us and as we recognized the Good, we create the Good.

Blessings

Rev. Valerie Mansfield

Resources

Gratitude Jar

http://img.mindbodygreen.com/image/upload/c_limit,w_430,f_auto/ft/GratitudeJarNicoleHobbsOctober2013-850x734.jpg

Gratitude Journal

<https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=&url=https%3A%2F%2Fwww.kamdora.com%2F2016%2F07%2F13%2Fkeeping-a-gratitude-journal%2F&psig=AFQjCNGhnjgl0vBrGpggVv9g2JcHj4IZQw&ust=1474851329636323>

Random Acts of Kindness

<https://www.randomactsofkindness.org/kindness-ideas>

Silent Unity

<http://www.unity.org/prayer/silent-unity-meditations>

Mindfulness

<https://www.drgarethmoore.com/>

Walk in my Shoes Color Pages

<https://www.pacificaudiologyinc.com/mindfulness-coloring-pages/mindfulness-coloring-pages-inspirational-walk-in-my-shoes-walk-in-my-shoes/>

Links listed in material

https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

<https://en.wikipedia.org/wiki/Happiness>

http://www.oprah.com/spirit/take-the-happiness-test-quiz_1

<https://www.pursuit-of-happiness.org/science-of-happiness/happiness-quiz/>

<http://gretchenrubin.com>

https://youtu.be/oHv6vTKD6lq?list=PLzvRx_johoA_QznIVHjbByQdHZAhWRQzr

https://youtu.be/24UjPsRFCcg?list=PL3Pd-BWTwUGM_AIgmXG8WSvjGKwILqBZ

<http://www.unity.org/prayer/silent-unity-meditations>

Dr Gareth Moore's

<https://study.com/academy/lesson/body-awareness-definition-explanation.html>

<https://youtu.be/vHBR5MZmEsY>

<https://youtu.be/M4ALRY5LyBM>

<https://youtu.be/y6Sxv-sUYtM>