

# The Happiness Advantage

## Study Guide



### How to Use This Study Guide

The Study Guide for this course is designed to help you take notes as you're taking the online course "The Happiness Advantage". It is organized in sections that mirror the key elements of the course, with plenty of room to make notes and capture your learning.

The use of the Study Guide is optional. Research shows that different people learn differently, and for many, the act of writing something down as you are learning helps to solidify the information in your brain. If you find the Study Guide helpful, use it. If not, feel free to omit it from your learning process.

### Course Overview – The Happiness Advantage

In 1776 a group of men known as our Founding Fathers signed a document framing the "pursuit of happiness" as a God-given right of all. Moreover, the Declaration of Independence message equates happiness with the right to self-determination. Thomas Jefferson and his colleagues understood that a sense of control over one's life is essential to our well-being. 150 years later, Abraham Maslow created the Hierarchy of Needs that illustrates how humans have an innate urge for self-actualization. Maslow suggests that in order to be truly happy, we must first meet our more basic needs and once they are met, we can work on expressing the fullest expression of our being and in that, we find our greatest sense of happiness. As you work your way up the hierarchy, you'll see that basic needs can be met by the acquisition of money, but once those needs are met, true happiness depends more on meaning. This course is intended to guide you toward the fullest expression of who you are, and thus, to find your deepest happiness.

### Learning Objectives – The Happiness Advantage

- Understand what degree of control you have on your happiness
- Learn how to increase your happiness
- Learn how your happiness affects others
- Understand the effect of happiness in business

# The Happiness Advantage Study Guide



## What is Happiness?

Sonja Lyubomirsky says that \_\_\_\_\_% of our happiness is under our control and the other \_\_\_\_\_% is determined by biological set points.

## The Mayo Clinic Video

## Happiness in the Workplace

Shawn Achor claims that it isn't success that makes us happy but happiness that makes \_\_\_\_\_.

## The Lottery Syndrome & Adversity and Happiness

## The Happiness Advantage

Happier people are up to \_\_\_\_\_% more productive. Just the act of being happy releases \_\_\_\_\_ which creates sense of well-being.

A \_\_\_\_\_ fires both when a person acts positively and observes the same action in someone else.

# The Happiness Advantage Study Guide



## Relationships & Happiness

*Diener & Seligmen Study*

*Waldinger Study*

## Happiness, Values & Meaning

Happiness is the result of living aligned with \_\_\_\_\_ and \_\_\_\_\_.

# The Happiness Advantage

## Study Guide



### 7 Practices to Increase Your Happiness

	Practice	Description
1		
2		
3		
4		
5		
6		
7		

# The Happiness Advantage

## Study Guide



### Go Deeper

- Sonja Lyubomirsky: [What Determines Happiness?](#)
- Barbara Fredrickson: [Positive Emotions Open Our Mind](#)
- [Gratitude List](#) by Chris Winfield