

The pursuit of happiness?

Despite happiness being a primary human motivation, only one in three Americans say they're very happy. We know that the state of being happy can;

- Increase productivity
- Can increase our pay
- Make us healthier
- Make us more alert, alive and awake
- Makes us more compassionate

Today is the stories to help get us there!



E.E. Cummings

“To be nobody but yourself in a world which is doing its best day and night to make you like everybody else means to fight the hardest battle which any human being can fight and never stop fighting.”

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain **unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.**

--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed.



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For the ancient Greeks, happiness was a civic virtue that required a lifetime of cultivation.

Facts around happiness

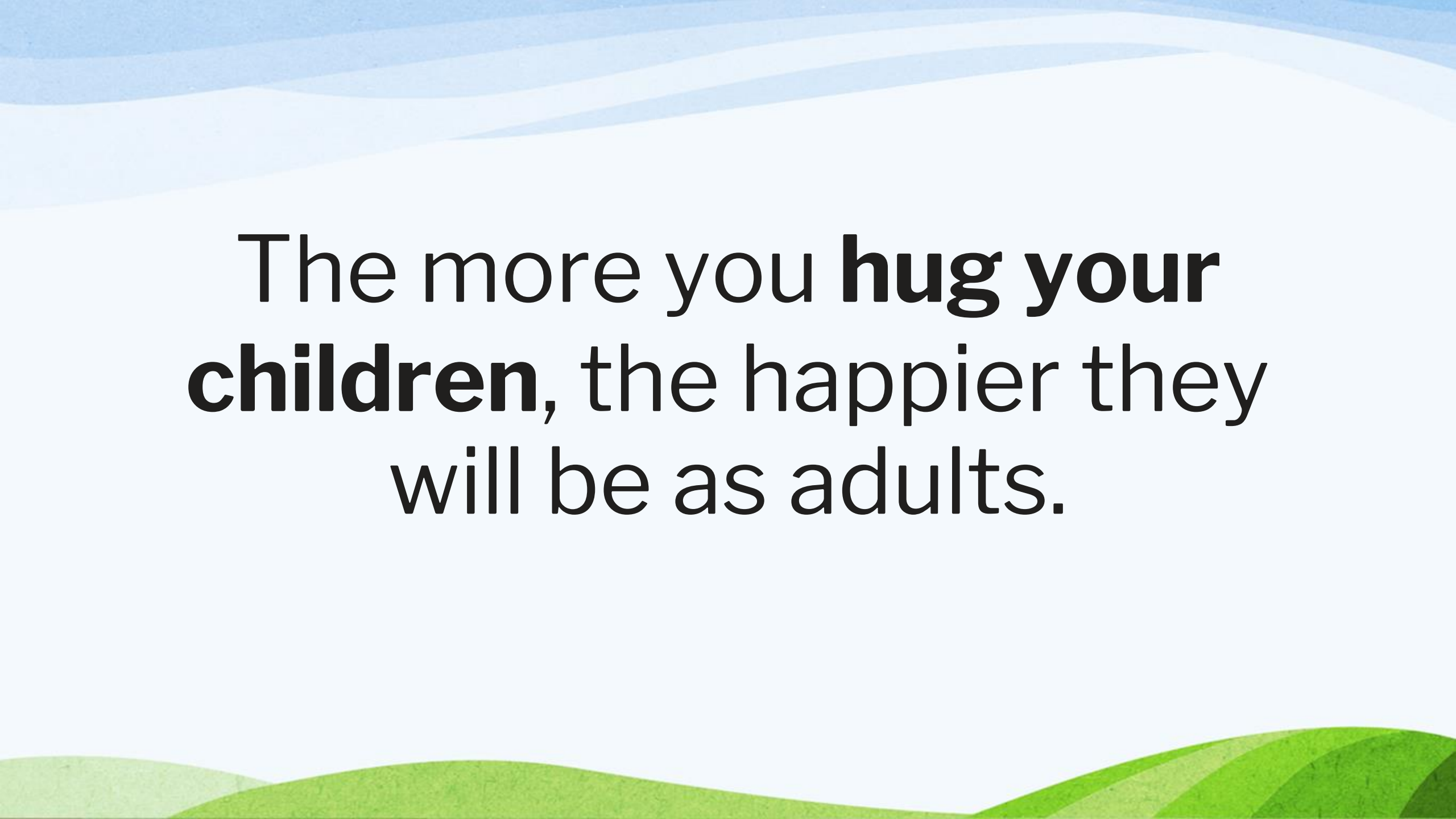
- Your **genes and family upbringing** account for only half of your happiness levels.
- Only 10 percent of your happiness comes from **external circumstances**.
- Your **outlook** on life, and what you choose to do with your life accounts for 40 percent of your happiness levels. This includes your friendships, work, and participation in your community.
- A mere 20 minutes of **exercise**, three days each week will increase your happiness by 10 to 20 percent after six months.
- In the United States, the number of people with clinical depression is **3 to 10 times more common** than it was for their grandparents at the same age.
- Women are unhappiest in their life around the **age of 37**; men around the **age of 42**.
- **Sports** facilities and **community** centers increase a community's overall happiness.
- Happier people are more likely to retain **relationships**.
- **Education** and intelligence do not make you more happy than anyone else.

<http://www.davidweedmark.com/facts-about-happiness/>

Money does not buy happiness. After having your basic material needs met, additional money does not have any impact on your levels of happiness.

•The average life satisfaction for the *Forbes* richest Americans was 5.8 on a 7-point scale. The average life satisfaction of the Pennsylvania Amish is also 5.8, even though they make several billion dollars less.^[7]

It gets easier as you age. A 2005 U.S. Centers for Disease Control and Prevention survey showed ages 20-24 are sad for 3.4 days per month. Those aged between 65-74 are sad only 2.3 days per month



The more you **hug your children**, the happier they will be as adults.

If you came here for this...





Like every great story – Things are the darkest

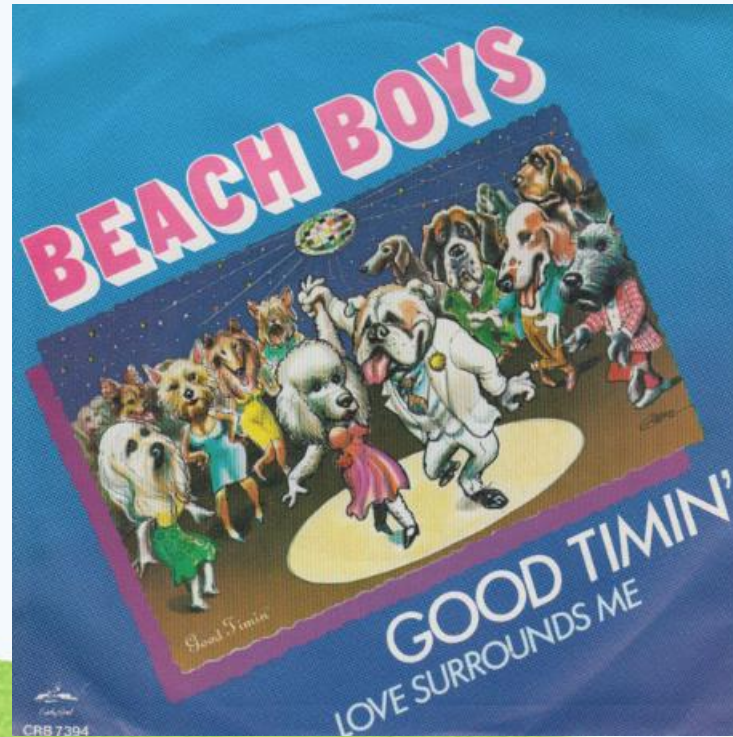
December 8th 2020

We will see if I can get through this



Journey Began

225 Days

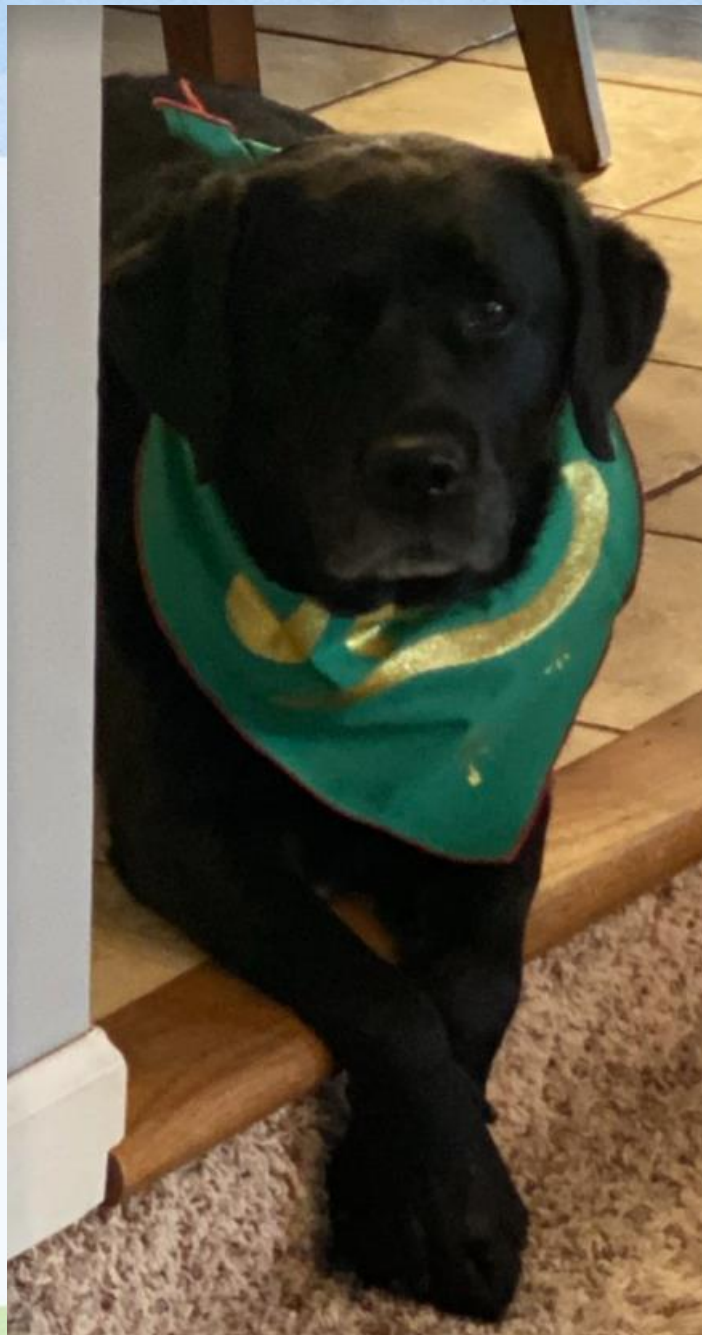


Small Joy?



Surprising Happiness?

Cotton O'Neil Clinic Topeka



*“Failed due to not
being able to contain
her joy”*

CHOOSES
joy



joy
[jɔɪ]

noun

a feeling of great pleasure and happiness:
"tears of joy" · "the joy of being alive"

The definition of joy is "a feeling that is evoked by wellbeing or good fortune," whereas **happiness** is defined as a "state of wellbeing." This implies that joy occurs for a brief, defined period of time, whereas happiness is a state of being that is, for the most part, ongoing.





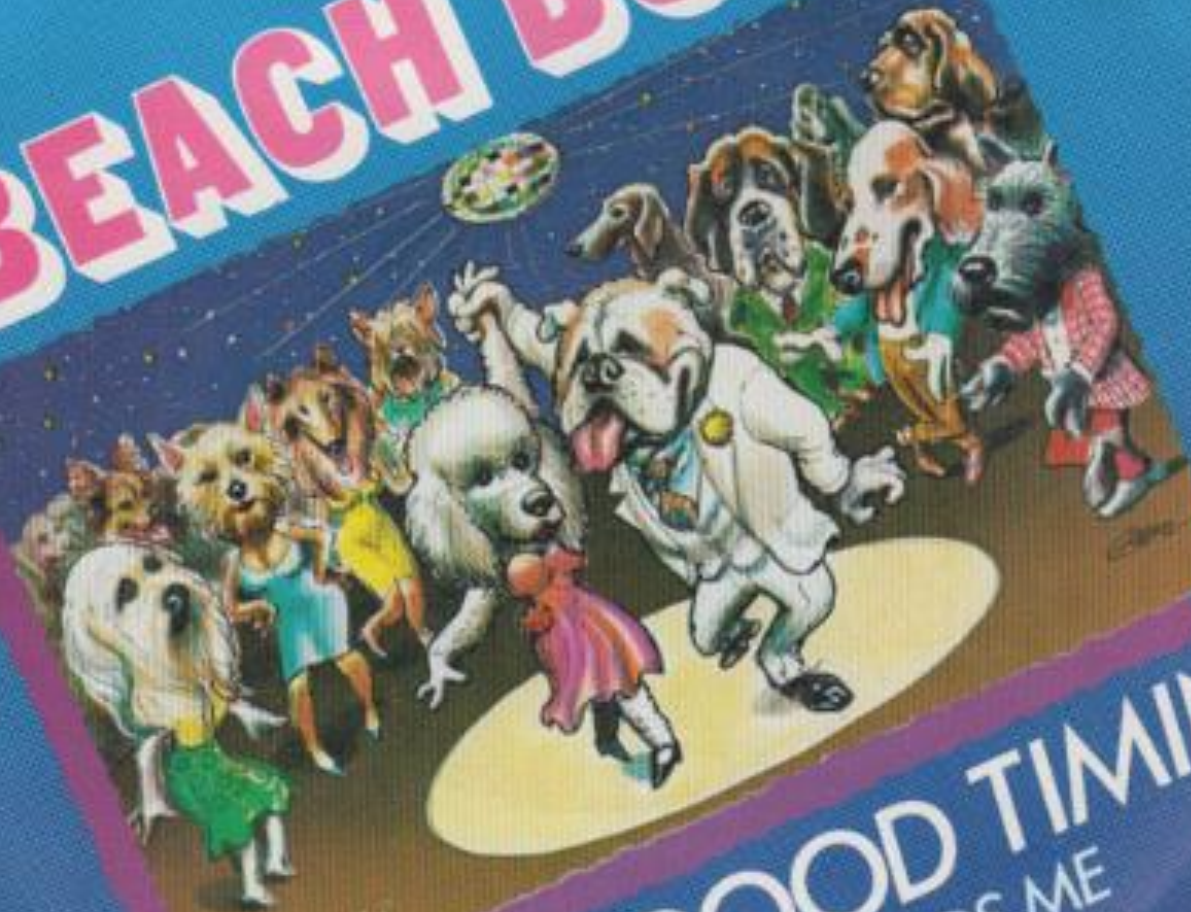
Previous Picture July 17th

July 18th Colorado



July 20th

BEACH BOYS

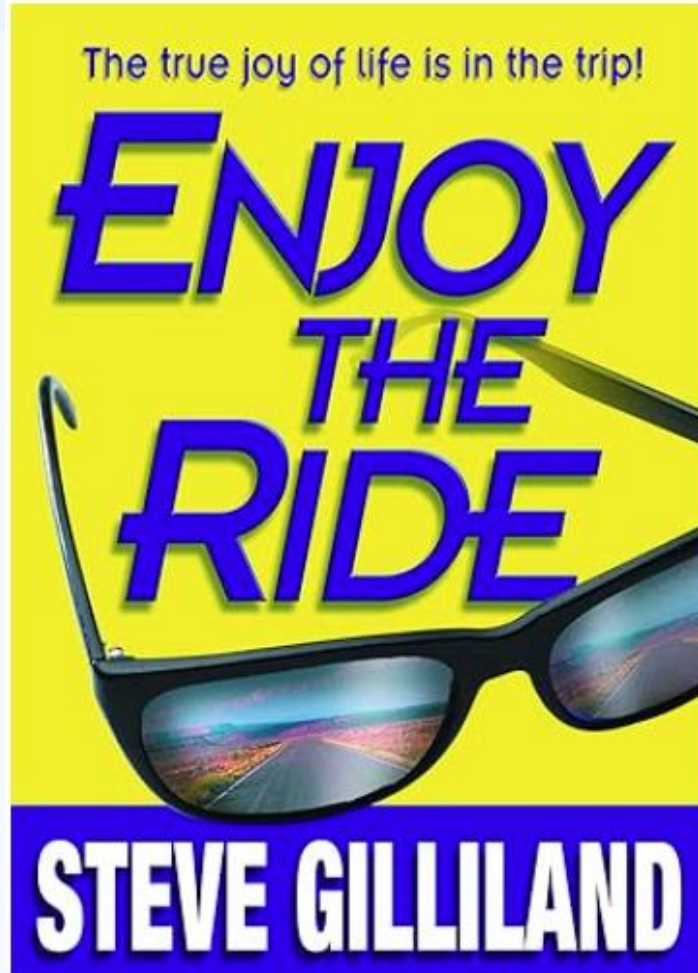


GOOD TIMIN'
LOVE SURROUNDS ME



*Humor and Joy when not
expecting it?*

The Journey



TECH EDGE

Presented by **N**Nex-Tech.



Joy can be found everywhere if you are looking?

Fear, doubt and destruction can be found everywhere if you are looking?

Here is some joy I have found.

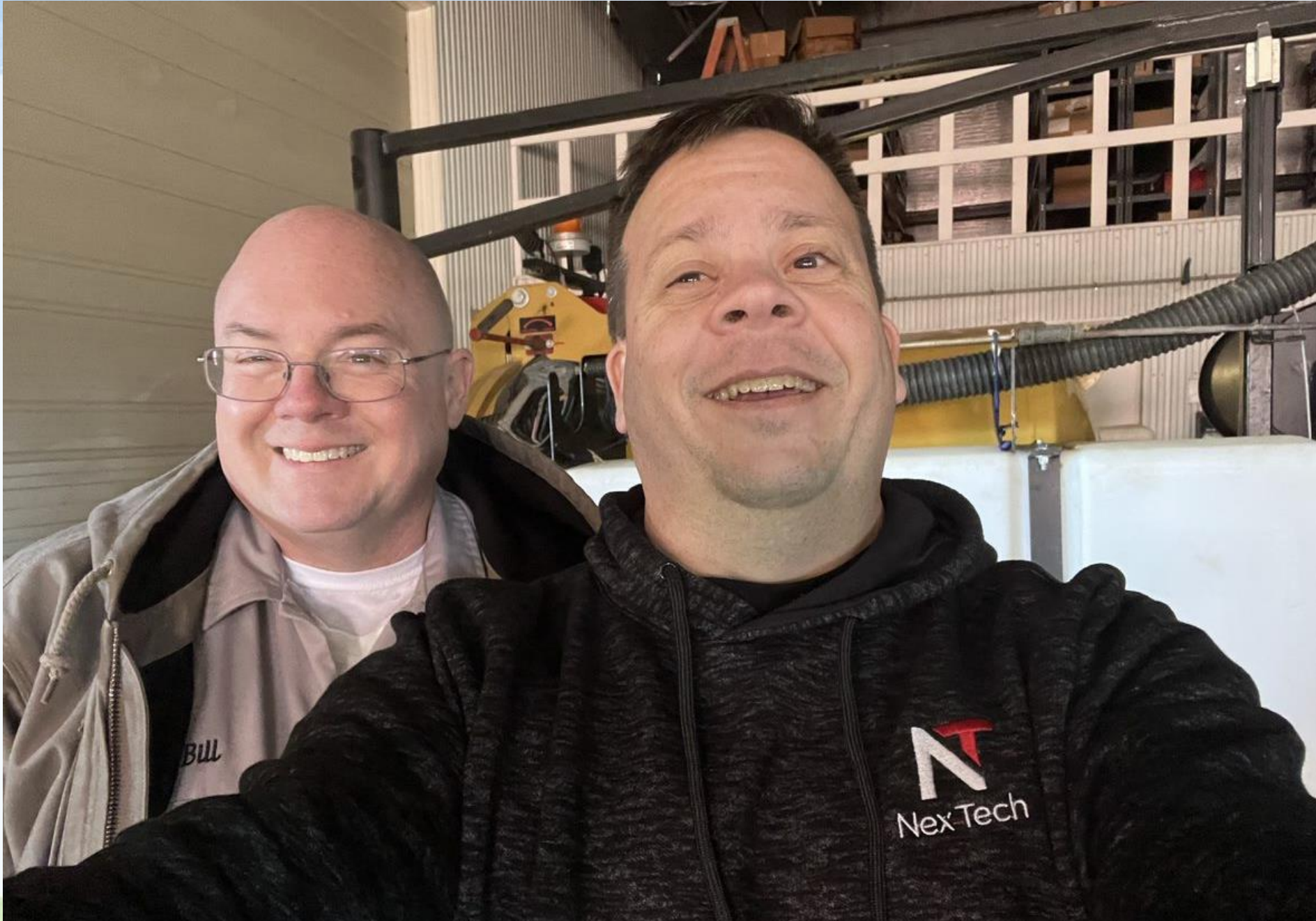




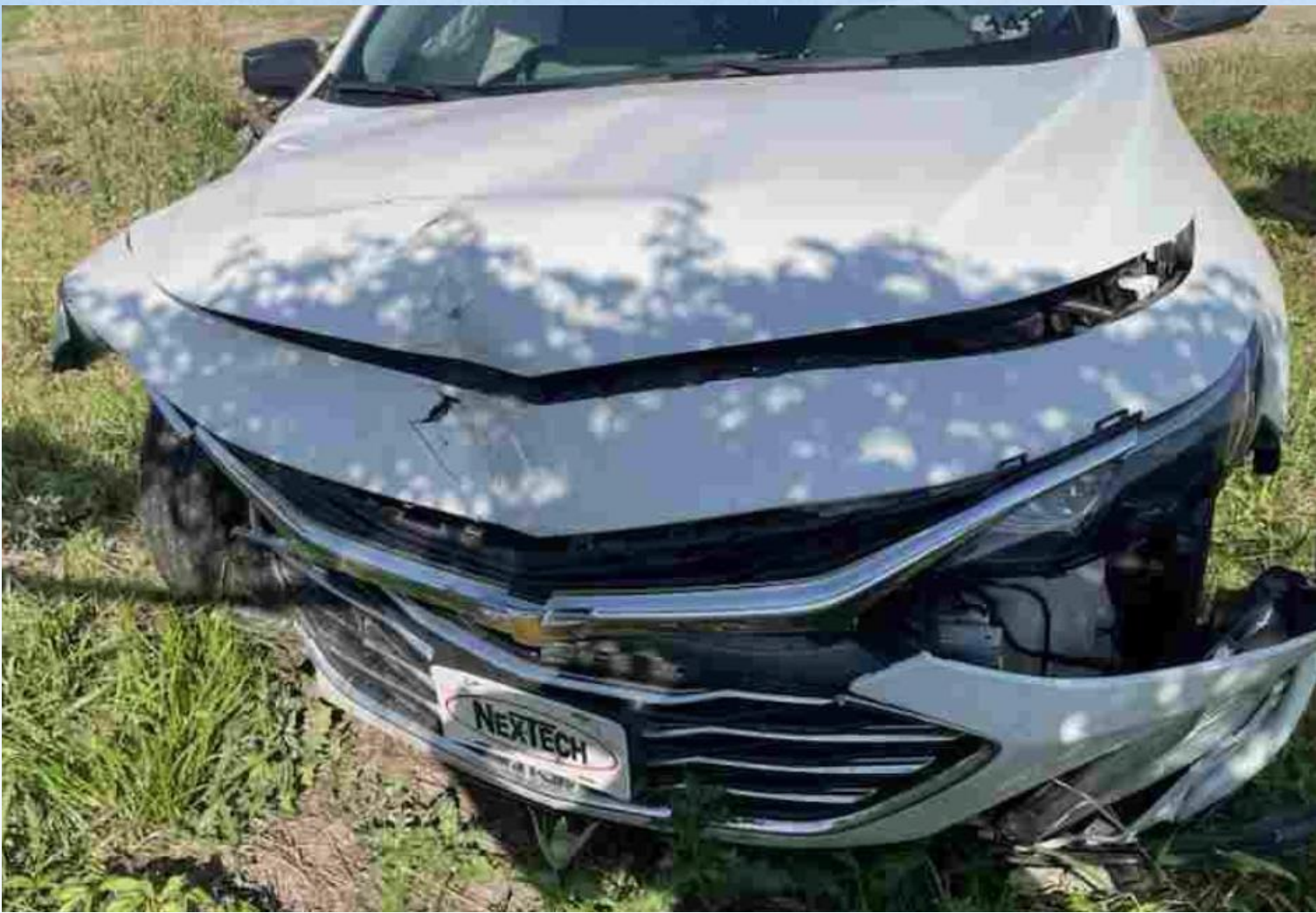
Children, especially adolescent girls, who eat family dinners, are more likely to be happier, successful, and healthier.



















Cows have dedicated friends that they spend day in and day out with, and they get stressed when they are separated; once reunited with their bestie, their heart rates significantly drop (back to normal levels). These findings could greatly benefit the dairy industry, as it's also been proven that happier cows really do make more—and more nutritious—milk.





Neuroscientists believe that hearing another person laugh triggers mirror neurons in the listener that makes him or her believe they are actually laughing themselves.







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#MeinRE





According to *Forbes*, the top ten least happiest jobs are 1) security officer, 2) merchandiser, 3) salesperson, 4) dispatcher, 5) clerk, 6) research analyst, 7) legal assistant, 8) technical support agent, 9) truck driver, and 10) customer service specialist



Researchers have shown that coffee makes drinkers happier by stimulating their response to positive words.



***Fake it till you
make it works with
Smiles!***

Research claims

***Botox makes
people happier
- Wales Online***



MUSEUM OF
ILLUSIONS
DENVER



**William James
said, “We
don’t laugh
because we’re
happy – we’re
happy
because we
laugh.”**









Michael Crichton says, “All your life, other people will try to take your accomplishments away from you. Don’t you take it away from yourself.”



Congratulations to Travis & Sarah Sanders!

123 reads • 28 comments

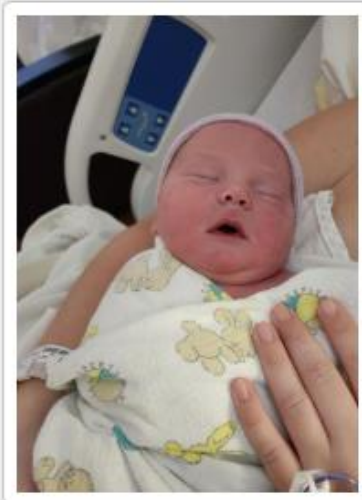
Topic: [Employee Announcements](#)

Travis and Sarah welcomed another boy into their family! Jace Charlie Sanders arrived today at 12:04 pm, weighing in at 8 lbs. 7 oz. and 19 inches long!

His big brother Jack is excited he's here and mom and baby are doing great!

Picture attached

Attachments





Actionable Items



#1



**Let Go Of The Need
For Specific
Outcomes**

#2



Define Your Own Success And Happiness

#3



Be Grateful For
What You
Already Have

Berkeley Study on Gratitude

- 3 week study
- Ages 8-80
- Keep a Gratitude Journal

A 2013 study showed that husbands were happier if their wives were more attractive than they were

Nervous Chinese officials search pigeon anuses for bombs

Pigeon probe comes amid heightened security concerns on China's National Day

By Adam Easton on October 1, 2015 at 10:00 am

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Gran theft auto

Elderly woman and her accomplice make low-speed getaway after stealing mobility scooter while disabled owner is in church

EXCLUSIVE

Sophia Sleight

AN ELDERLY woman and her male accomplice stole a £1,000 electric scooter from outside a church — while

9pm. She said: "I did a double-take and said, 'My scooter's gone'. Just like that. I felt so upset. I was really shaken by what happened. I didn't know what to do.

"One of the nice ladies with a car took me home. I called my son and

insured. She said: "I don't like relying on other people and I just want to get back. How could anyone steal from somebody my age? It's obviously for an elderly person."

Mrs Dougall's son Jonathan Dougall

China may be using sea to hide its submarines



Planes forced to land at airports

By Ben Baeder
STAFF WRITER

A notice released Monday morning warned those planning to fly small, private

EL MONTE — Air Force fighter jets on Monday chased two small airplanes out of restricted

McGruff The Crime Dog gets 16 years for having 1,000 pot plants and a grenade launcher

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CARE
PERSONALLY

Ruinous
Empathy

RADICAL
CANDOR

CHALLENGE
DIRECTLY

SILENCE

Manipulative
Insincerity

Obnoxious
Aggression

\$#@!

NEW YORK TIMES BESTSELLER

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UPDATED
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KICK-ASS
Boss

RADICAL
CANDOR

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LOSING
YOUR
HUMANITY

"PACKED WITH ILLUMINATING
TRUTHS, INSIGHTFUL ADVICE,
AND PRACTICAL SUGGESTIONS,
INDISPENSABLE."
— GRETCHEN
RUBIN

KIM SCOTT



*What does this
have to do
with work?*

**If you haven't got there already!*

12% increase in productivity

A recent study published in Management Science finds that happiness increases productivity. The effects are large, as well. Each one-unit increase in happiness (on a scale of 0-10) led to a 12% increase in productivity.

Finally, Proof That Happiness Does Make Us Work Better (forbes.com)



Conclusions

Physical

- Stronger immune systems
- Less bothered by aches and pains
- Lower blood pressure
- Exercise more and take better care of their health
- Sleep longer and feel more refreshed upon waking

Psychological

- Higher levels of positive emotions
- More alert, alive, and awake
- More joy and pleasure
- More optimism and happiness

Social

- More helpful, generous, and compassionate
- More forgiving
- More outgoing
- Feel less lonely and isolated

An immediate action item?

Happiness is contagious

- *Give a compliment*
- *Send a smile*
- *Share some joy*
- *Share something funny*

Congratulations! You've reached Level 6000, sriat!



What a Performance!

You've broken the 6000 level barrier sriat!

You are truly among the elite - getting to level 6000 is no easy feat! Well done, and keep up the excellent work!

Keep going

Together is Better

A Little Book of Inspiration



NEW YORK
TIMES
BESTSELLER

By **SIMON SINEK**

Bestselling author of *Start with Why* and *Leaders Eat Last*

Illustrated by Ethan M. Aldridge

One Last story



Once upon a time...



Steve Riat is with **Kevin Bainter** and **Stephanie Murphy Bainter** at **Nex-Tech**.



Mar 31, 2014 · 🌐

The home for my new pet rock from Jada!





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of America





**Kā'anapali
Historical
Trail**



**Pu'u Keka'a
and Chief Kahekili**

This famous dark lava rock promontory is named Pu'u Keka'a in Hawaiian, which translates as "the rolling hill." To this day, it is revered as a sacred spot known as "ka leina a ka 'uhane" - the place where a soul leaps into eternity.

One of Maui's most acclaimed high chiefs was Kahekili (ruled circa 1766-1793,) who excelled in the game of "lele kawa," or cliff jumping. He gained respect from many warriors for his leaps from Pu'u Keka'a, as most were frightened of the spirits who lived in the area.



**Top regrets of the dying "Laugh properly and
have silliness in their life again"**

"Life like me"