

With

## Arts & Crafts

### 1. What is Your Definition of Success?

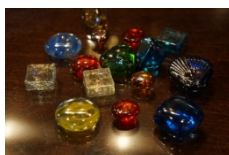
Take a few moments to imagine yourself as successful. What are those feelings? Where do they come from? How are you interacting with the people around you? What have you done or accomplished everyday to get here? What happened today that made it a successful day? What symbols represent your success? Smiling faces, location, graduation ceremony, dollar sign, house, people who are surrounding you, etc.

Write your definition of success. Make it something you can evaluate your actions against daily for a long period of time.

For more info: Go to [www.ConnectingHappinessandSuccess.com](http://www.ConnectingHappinessandSuccess.com)

### 2. Add a "Moment of Happiness" if:

- You made someone smile
- You chose to be here today  
(autonomy)
- Someone kissed you
- You own your failures and your successes
- You accomplished something today
- You are married
- You have friends (one for each friend)



Moments of Happiness

### 3. Add a "Moment of Pleasure" if:

- You had a great breakfast
- You received a great present for Christmas
- You received a raise this year
- You received a promotion at work
- You had a beer with your friends over the holidays

Use caution: Too much pleasure can interfere with happiness



Moments of Pleasure

#### 4. What is Your Higher Purpose?

- How can you connect what you are doing today to tomorrow?
  - The definition of purpose is having a reason for what you are doing.
- How can you help someone else
  - Connect to something bigger than yourself
  - Your purpose becomes a Higher Purpose when your purpose includes someone else.
- What action can you take?
  - Help, enable, create, build...



Higher Purpose:

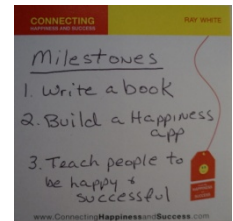
My Higher Purpose statement:

---

(Active Verb) + (Who) + (details)

#### 5. List 3 to 5 Milestones/Goals

- Support your Definition of Success and Higher Purpose
- Own It – Make them Specific - Make them Measurable



### Daily Happiness Tool

We have created an application that will provide you with daily happiness nudges. Go to MyHappiness.io on any device to login.

