

Happiness

Exercise

“Happiness is the ability to feel satisfied with your life, to enjoy yourself and others and to have fun” (Stein and Book, EQ Edge, 2011, p. 219).

Happiness comes from within, not from without. Happiness is a reflection of what is going on inside us more than it is a reflection of that which is outside of us. Wondering if you are happy or not?

Behaviors that Demonstrate Happiness:

- Laughing and smiling frequently
- Engaging in relationships that give you joy
- Doing things you enjoy doing that lead to a good mood
- Engaging in positive rather than negative self-talk (the thoughts you have about yourself).

Behaviors that Demonstrate a Need to Develop Happiness:

- Isolation
- Avoiding relationships
- Getting in a bad mood and staying there
- Viewing yourself as a victim rather than owning your own responsibility to achieve personal happiness
- Not feeling good about yourself
- Surrounding yourself with negative or critical people
- Not having goals that give you pleasure

The University of Pennsylvania has a free questionnaire to help you discern your own level of happiness. It is free. You can follow this link to register and take the assessment:

<https://www.authentic happiness.sas.upenn.edu/user/register>

You can also consult a number of their other online resources.

Finally, if you have been following this AI Development series on EQ, go back and reread and rethink your EQ Qualities of self-regard, self-actualization, interpersonal relationships and optimism. Being healthy in each of these areas will greatly affect your happiness level.