

CULTIVATING
HAPPINESS
+
JOY

CONNIE
CARPENTER
PHINNEY

HAPPINESS

IS A
STATE OF MIND.

Joy is emotion.

WHAT DOES
SCIENCE
say?

Happiness is:
• contagious
• genetic
• relational

... HAPPINESS
+
JOY
CAN BE TRAINED!

Be
MINDFUL.



- PRACTICE
GRATITUDE
- EXERCISE
KINDNESS

RETRAIN YOUR BRAIN



- Denote,
- Hold on to
- and store

positive
thoughts

+

experiences

Smile +



LAUGHTER
MORE

* PRACTICE MAKES PERFECT

SUMMARY

① YOU CAN BE HAPPIER

② PRACTICE

- MINDFULNESS: Letting go
- GRATITUDE: BE THANKFUL
- Positive thinking: Rewire your BRAIN
- SMILE MORE: LAUGH ALOT

DO WHAT YOU LOVE



