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Heart of Happiness Webinar

Exercises Chart

Notice the patterns of your responses on each of these exercises that you completed during each of Sections 1 through 3 of this webinar:

Part 1: The Mind/Body Relationship

- Issues That Keep You in Fight or Flight Response
- Triggers of Your Fight or Flight Response
- Where You Hold Your Stress
- Ratio of Positive to Negative Thoughts and Feelings
- Body Language Patterns of Comfort or Discomfort

Part 2: Keys to Happiness

- Your Current Joy Patterns
- Keys to Happiness
- Your Social Support System
- Gratefulness
- Key Factors of Happiness in Your Life

Part 3: Your Happiness Mindset

- Seeking the Good
- Shifting Perspective
- Changing the Channel
- Your Psychological Budget
- Whisper Thoughts
- Your Stress Reduction Skills
- “Happy State” Mantras
- Diaphragmatic Breathing

- Meditation

Section 4: Charting Your Path Toward Happiness

- Happiness Cultivation
- Happiness Tree