

**THE PATHWAY TO
HAPPINESS
INCREASING YOUR SENSE
OF FULFILLMENT AND
SATISFACTION IN LIFE**

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An 8 Step Programme

These 8 steps are based on age-old wisdom backed by modern science. Regular practice of these steps will lead you to experience more joy, satisfaction, fulfilment, and happiness in your daily life. You will ride out the slumps more easily, and increase the amount of joy you get from good experiences.

1. Count your blessings:

Keep a "*gratitude journal*" and record 2 or 3 things you are grateful for at the end of each day. These can vary from the mundane – a rainbow and the gift of sight, to the quite unique – a child's first steps. Vary what you record.

2. Commit to acts of kindness:

These might be quite spontaneous e.g. letting the driver on the side-road into the queue of traffic. They might be more planned e.g. reading to an elderly neighbour whose sight is going.

3. Dwell on the joys in life:

It's easy to dwell on the bad things (the human mind is designed to easily recall them), and the pleasures and wonders of life often seem transitory by comparison. Really focus on the simple pleasures of life, and take mental photographs for review in moments of stress and unhappiness.

4. Thank a mentor:

Write them a letter of thanks, take it to them and read it out aloud to them.

5. Learn to forgive:

Holding on to anger, resentment, and bitterness towards those who have done you wrong is harming you, not them. This encourages thoughts of revenge, and that is a non-productive use of creative energy. One effective method of forgiving is to write a letter to the person who wronged you, expressing your forgiveness of their action. You may never send it. It may be better burnt as a symbol of the ending of the matter for you.

6. Invest yourself in your friends and family:

Personal relationships are the biggest factor in satisfaction with life. More than where you live, your income, your job title, and your health. Spend time with the people you love and whose company you enjoy.

7. Take care of yourself:

Daily life is more satisfying for those who get plenty of sleep, exercise, stretching, laughter, and smiles.

8. Develop strategies for handling stress and hardships:

Hard times cannot be avoided. Religious faith helps. So too do beliefs that enhance optimism, hope, and resilience e.g. Believing the causes of hardships are temporary, restricted in their influence, and mainly brought about by circumstances outside of one's self.