



Happiness  
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## Happiness

- Way of life, not a purpose
- Healthier Living
- Autonomy
- Self Defined
- Mastery
- Flow
- Gratitude
- Helping Others
- The Small Things

- Happiness should not be actively chased
- Define own happiness and try to live for it
- Actively chasing happiness is more likely to make you see all the things you could not get or all the bad things that happen
- Define a schedule for training happiness so that each day you get some time alone and do some activities that make you happy

Dieting is when you  
eat food that  
makes you sad.



someecards  
user card

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- Eat more vegetables and fruit and less sugar, meat, fried stuff and bread
- Walk for at least 30 minutes a day
- Use the stairs
- Drink at least 2 liters of water a day
- Sleep for at least 7 hours each nights
- Have a hobby that makes you happy
- Give yourself 30 minutes alone

- Happiness is self-defined
- Nobody can tell you what happiness is or what it should be
- Joy, Serenity, Interest (Curiosity), Amusement (Laughter) can be Happiness
- It can be defined as sensory pleasure, authentic pride (progressing toward mastery), love/connection and abundance.
- Usually mistaken for with hubristic pride (being superior to other people) or pleasure
- Pleasure cannot last forever

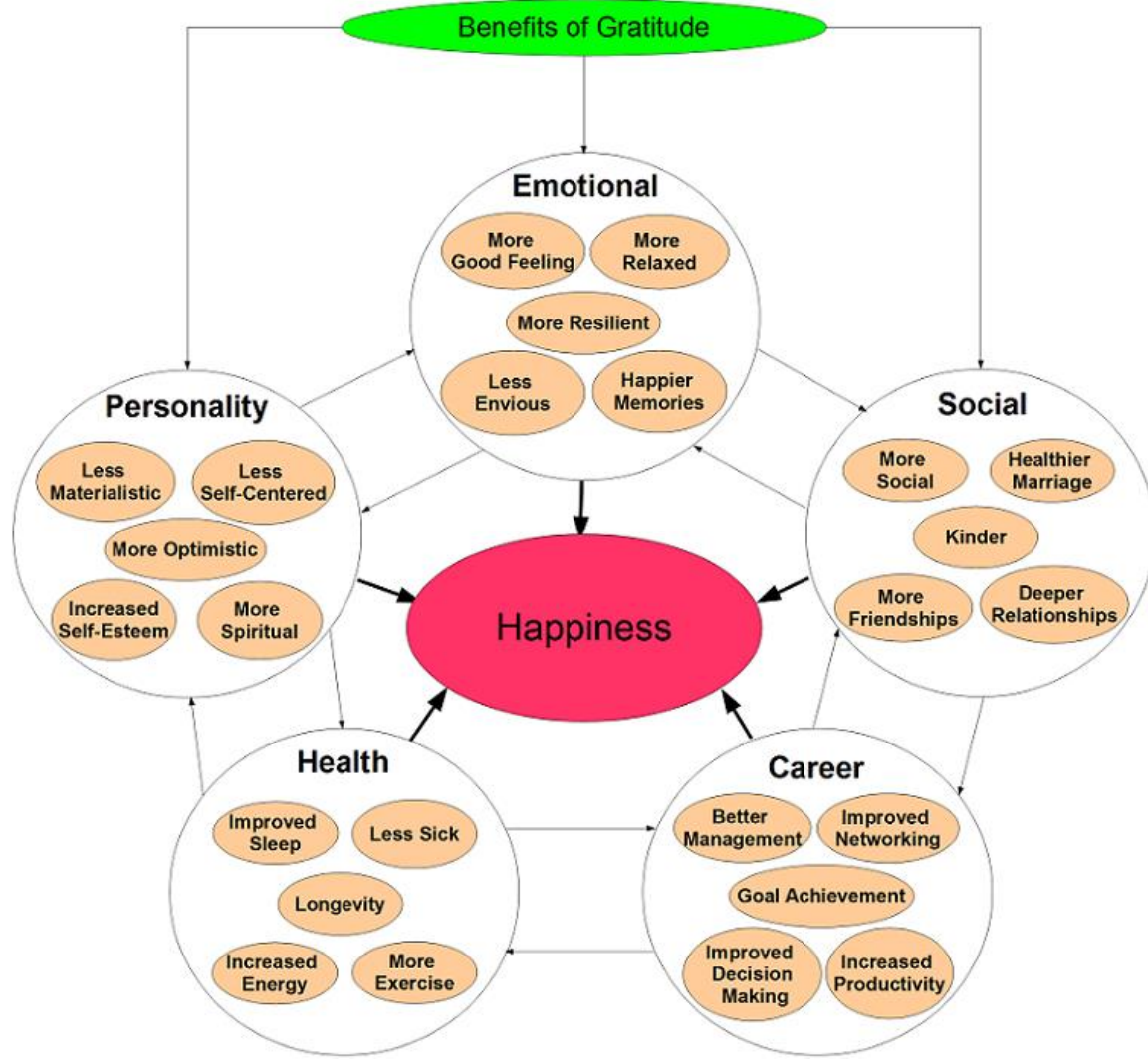
- Autonomy is the ability to self-govern
- Most people sacrifice happiness for money, image or being right
- We give more value to things that are easily defined
- Define your autonomous happiness so that you will be more tempted to follow it
- Some people expect happiness from others and happiness will never come from others
- Happiness is an internal value



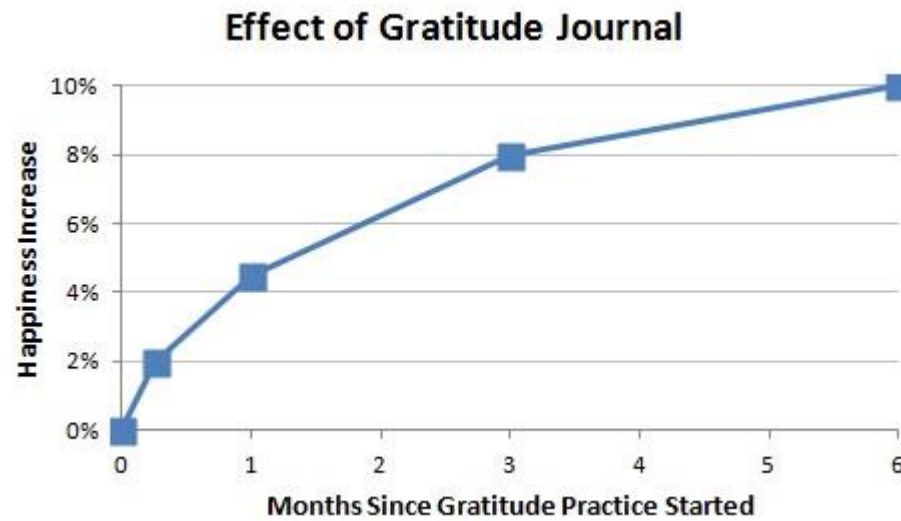


- Defined as being a master in a specific field
- Achieved in 10 000 + hours
- It can be work, a hobby or multiple hobbies
- Happiness is usually achieved as you progress towards mastery

- As you strive towards mastery you will encounter flow
- Flow is when you are concentrate and focused on the single task at hand
- It is characterized by a distorted perception of time and a heightened sense of self-awareness
- The task must be a challenging in the sense it should be a little over your skills, but doable
- Aside from making you happy It makes you look better
- Flow occasions can be discovered through experimentation



- 7 days of practice impacts the next 3 months



- Tell people you appreciate them
- Use the words “Thank you” as much s you can
- Thank you cards
- Gratitude Journal
- Gratitude tickets
- Do nice things for others
- Pay it forward
- Compliment and support others

- You live longer
- Happier
- More satisfied
- Lowers blood pressure
- Relieves chronic pain
- Gives a sense of purpose
- Always comes back to you

- Smile often
- Live and enjoy to the present moment
- Be **kind** and polite to others
- Replace negative thoughts and emotions with positive ones
- Use **positive** suggestion on others
- **Volunteer** and help others
- Love yourself and others
- Go for meaningful relationships
- Forgive

**THANK YOU!**

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