

## R # 17

### Chapter 10: C.O.M.P.A.S.S

#### Happiness Habits

#### Acronym for Joy

##### COMPASS

**C:** Compassion for self and others

**O:** Open mindedness

**M:** Mindfulness

**P:** Purpose focused thinking

**A:** Attitude of Gratitude

**S:** Significance focus

**S:** Service

#### What If?

If you only focus on stress, you may feel “less bad” but not “really good”. When you focus on happiness habits, you increase your joy in life. If don't focus on building your happiness and resilience, you may continue to struggle with challenges in life. If you develop happiness habits like above, the joy you feel will help you cut down the effects of stress and you will be able to face any obstacles with joy and resilience.

Go ahead, use the acronym to remind you of the powerful happiness habits to increase joy, develop resilience and prevent stress and suffering.