

## Module 6

# SELF AWARENESS

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*Is happiness 'happening' to you?*

## The Root of Happiness

**AHHHH...** There it is – notice that feeling of peace and contentment inside you? We've been gradually shifting you from reacting to life & allowing life to 'happen' to you to consciously cultivating and creating the life that is available & waiting for you to journey through.



## **Our Next Step Together...**

We're bringing together a deeper sense of self awareness. The key to this is shifting all aspects of who you are from an external to an internal focus.

**In module 6, you'll explore:**

- ✓ **The Throat Chakra & Intuition**
- ✓ **The Root of Happiness:** external vs internal happiness; implement strategies to actively cultivate happiness in your life – regardless of your circumstances.

**Recommended Resources:**

- 'The Happiness Advantage' by Shawn Achor

## Learning:

# THROAT CHAKRA

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**T**he throat (5<sup>th</sup>) chakra is located at the hollow of throat – it's considered the seat of communication. This chakra reflects your ability to speak your truth, to listen deeply and to be heard. This energy center asks you to shift from speaking in order to maintain harmony and peace within your 'tribe' to having the courage to speak your truth.

The throat chakra reveals matters of communication. Are you able to communicate the truth you feel in your heart with grace and ease? When we communicate our truth, we move even higher in our 'creating', deepening our truth from our belief (root), to our emotions (sacral), to our thoughts (solar plexus), to our heart (heart) to actually voicing our beliefs (throat).

### In this chakra, we:

- Find our voice & our truth
- Begin to see the 'truth' in others around us (amidst their words & actions)
- Discover matters related to our self expression

### Healthy 5<sup>th</sup> Chakra

When our throat chakra is healthy and flowing, we find ourselves speaking & expressing our truth effortlessly and comfortably. We find ourselves feeling 'heard' by others and honored for our words and our truth.

When this chakra is overactive, we find ourselves speaking too much, boring others, criticizing others or stubborn. When underactive, we find it difficult to express our personal truth, afraid to speak in public or timid & shy – apologizing for our truth.

### How It Relates to Intuition

Our throat chakra influences the depth of our intuition because when we speak our truth we empower others to speak their truth – 'truth' is exactly what intuition is. When we learn to recognize our own truth, how to listen and how to be heard, we begin to experience & 'know' the truth amidst others' words and actions.

## Tool #1:

# ASSESS YOUR THROAT CHAKRA

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### 1. Acknowledge the physical states related to your throat chakra

**\*\*Circle all of the options below that apply to you**

Jaw Issues	Swollen throat glands	Throat Cancer
Chronic Tonsillitis as a child	Neck Problems	Chronic Sinus Problems
Voice Disorders	Teeth Sensitivities	Gum Infections/Issues
Thyroidism (hypo/hyper)	Rotting Teeth	Grave's Disease
Chronic Throat Infections/Soreness	Other: _____	

### 2. What do you find yourself saying, do or being?

**\*\*Circle all that apply to you**

I find it difficult to speak up	It's easy for me to speak up
I don't feel 'heard' & valued by others	I feel heard & valued by others in conversation
I find myself cutting others off during conversation	I listen to others fully
I don't feel comfortable voicing my opinion	I voice my opinions clearly & with ease
I find myself 'going along' with others	I am not afraid to have my own viewpoint
I get sore throats often	My throat feels good and comfortable

### 3. What are you noticing or realizing?

*Learning:*

# HAPPINESS

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**A**t the core, our contentment & overall happiness in life is the primary driver of **why** we live life! Our next step in deepening your self awareness is to acknowledge the role that 'happiness' plays in your day to day life, to get clear on what happiness is, where and how it shows up in our lives and to learn how to cultivate a lasting sense of happiness.

What is happiness? Where does happiness come from?  
What does it mean to be happy?

## What is Happiness?

Wikipedia 'officially' defines happiness as the mental or emotional state of well-being that's defined by positive or pleasant emotions ranging from contentment to intense joy. The Greek philosopher, Aristotle, referred to happiness as the "meaning and purpose of life", while Franklin D. Roosevelt believed that "happiness lies in the joy of achievement and the thrill of creative effort".

*...happiness may very well be the motivation  
behind most, if not all,  
of our decisions & actions in life...*

But, if happiness truly is the motivating factor behind all that we do, then why are so many of us so unhappy?? Why does it seem so difficult to find and maintain happiness?

This is the primary question we're seeking to explore & find clarity around in Module 6...**the Root of Happiness**.

## Where Does Happiness Come From?

It's one thing to feel a 'blip' of happiness – but it's an entirely different thing to experience lasting, consistent, deep levels of happiness & contentment in life. We're searching for a type of happiness that is ever-present, regardless of the circumstance or situation that we find ourselves in. Is this even possible?!

We're not talking about the momentary blip of excitement over a new car or outfit...we're talking about an overflowing level of happiness that continually refills itself – that's ever present.

So, where do we find this? Does it even exist?

We live in a time and a culture where happiness is often defined, taught or suggested as being attached to things, status, wealth or situations...something or someone that 'happens' to us out of pure luck or happenstance, as the result of hard work and perseverance or due to our connections and status.

Happiness is often viewed as an external thing that 'happens' to us.

Think back over the events of the past 6 months of your life; ask yourself, how many of the situations below can you relate to?

- You received a gift...you experienced 'happiness'
- You bought a new house/car/outfit...you experienced 'happiness'
- You were acknowledged/promoted/appreciated...you experienced 'happiness'
- You were asked out to an event/activity...you experienced 'happiness'

We most often experience happiness as something that 'happens' externally to us:

- ✓ Happiness is attached to things, situations & events

Because we believe that happiness is an external 'event', we can be left wandering through life trying to do the right things, take the right actions and Be the right person in order to have a *chance* at experiencing happiness at various points in our future.

With this belief system at our core we wind up experiencing:

- ✓ Fluctuating levels of daily happiness
- ✓ Difficulties maintaining or controlling our level of happiness

These beliefs leave us constantly 'hustling' to find happiness. Hustling others to feel included. Hustling life to get things to turn out in our favour. Hustling ourselves to prove our worth and be acknowledged.

We approach life from the viewpoint that when we are feeling 'off', frustrated, or unhappy, we go out and do, buy or seek things that will boost our level of happiness.

**We constantly wind up in one of two places:**

1. Seeking happiness
2. Waiting for happiness

But then where is it that we actually *experience* happiness? Are we destined to spend our entire lives pursuing happiness? Experiencing moments of happiness and then back into seeking and waiting for it?

## Tool #2:

# ACKNOWLEDGE

Let's begin by acknowledging where you seek your happiness.

\*\*Check the column (High, moderate, low) that best indicates the impact that the life area or possession has on your level of happiness. (...if you didn't have or experience this OR if your current experience of this fell apart you would have a difficult time feeling or maintaining happiness)

Impact on your Happiness			Life Area, Possession or Circumstance
Low	Moderate	High	
			Career, job title/position
			Money, wealth and prosperity
			Marriage, spouse or partner
			Family & children
			Status in society
			Acceptance or inclusion in groups
			Home, apartment, condo or place of residence
			Clothing, shoes & material possessions
			Vehicle(s)
			Holidays and travel
			Personal health/weight
			Personal beauty/external appearance
			Level of education or professional designation(s)
			Network of contacts, friendships or relationships
			Pet(s)

**Identify your 4 Primary External Pillars of Happiness.** Review the areas that you checked on the previous page as having a 'high' impact on your happiness. Out of these high impact areas, identify the top 4 that impact you the most. These are the external 'pillars' that support your happiness.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Reflection Questions

How frequently do you experience happiness as a result of these people, possessions, experiences in your life?

Does the level of happiness you experience as a result of each of these stay consistent or fluctuate day to day?

How much do you rely daily on each of these in order to feel happy, content or fulfilled (rate each out of 10; 1 – not very much; 10 – constantly)?

What about each of these brings you a feeling of happiness, contentment or fulfilment?

If one of these 4 'pillars' disappeared from your life, how would this impact your level of happiness, contentment or fulfilment?

## Tool #3:

# IDENTIFY

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We've established where you do your seeking, now let's identify where you do your waiting.

**\*\*Review the statements below and indicate with a checkmark the statements that apply to you.**

	<b>I will be happy when...</b>
	I am married
	I have children
	I build or buy a new house/apartment
	I have financial freedom or I'm retired
	I find a new job or I change jobs
	My business is successful or more successful
	I lose (10 lbs) or fit into a size (X)
	I live in a different city/country
	I have a better relationship with (X) person
	Once I...
	When I...
	After I...

**\*\*Review your list of checks above.**

Where is your waiting keeping you from being happy?

How long have you been 'waiting' for these to happen?

## External Happiness

Happiness is sourced in two places: externally and/or internally. External sourcing of our happiness puts control of our happiness, contentment & fulfilment in life outside of us (& and often into other people's hands).

It can be thought of as the happiness that results from something that *happens* to us. It is a feeling that comes from experiencing something: a gift from a friend or loved one, acknowledgement, promotion or a raise at work, the purchase of a much-desired home, piece of clothing or massage OR a deep, loving relationship with a spouse (for example).

The challenge is, we often (unconsciously) place our entire focus solely on external 'happiness' – which leaves us having little to no control or consistency over our level of happiness day to day (we can't control other people's decisions, actions or words). If our happiness is sourced entirely from external sources, the quality of our happiness will likely weaken over time...be inconsistent day to day...and it sets us up for 'losing' our main source of happiness (through loss or tragedy).

## Internal Happiness

Internal happiness, on the other hand, is all about consciously *choosing* to create and cultivate happiness in our life – it's a mindset or an attitude that we choose rather than a cause and effect feeling that happens to us.

It's the deep sense of self awareness that leads to us to choose & implement daily habits and practices that lead to feelings of contentment, joy or fulfilment which build consistent, predictable, daily levels of happiness.

Internal happiness means shifting from being content with living life 'hoping' that something good will happen, 'hoping' that our loved ones won't die or 'hoping' that our income level will remain steady to actively choosing to create, nurture and embrace a life where we 'live' from a state of happiness.

## What Does It Mean to Be Happy?

So, is happiness something we're seeking, something that happens to us, something we create or a mindset?! What exactly DOES it mean to be happy?

At a fundamental level, we are each responsible for choosing to be happy, to seek happiness or to wait for happiness. This is our CHOICE.

“Happiness is not a station you arrive at,  
but a manner of traveling.”

– Margaret Lee Runbeck

It’s about the most freeing statement I’ve personally EVER come across. It’s not about anyone or anything else. It’s just about me. It IS my choice. Denis Waitley summarizes it perfectly saying “happiness cannot be traveled to, owned, earned, worn or consumed”.

**Happiness is simply a choice.**

## Genetics, Environment & Mindset

**Harvard professor**, author, speaker and ‘Happiness’ researcher, Shawn Achor, identified 3 factors that play into how ‘happy’ a person is: genetics, environment and mindset.

It’s true – you may naturally be either a happy person or a more somber person. The genetics you inherit from your parents *do* play a role in the level of happiness that you experience.

Adding to your genetics, the environment (circumstances, experiences) you grew up in and that you currently experience impact your overall level of happiness as well.

**BUT**, there’s a secret or magic factor to your overall level of happiness – **mindset!**

## Genetics + Environment + Mindset = Happiness

Regardless of our natural (outward) tendencies, our circumstances or our upbringing, science is proving that our mindset is the key that blows all other data out the window! Once you discover the power of your mindset, all other variables relating to happiness really no longer matter. You are in fact in complete control of your level of happiness, contentment and fulfillment in life.

If you've been deferring your happiness to some later point in time, if you've been planning to be happy once you've accomplished certain goals or achieve success, you might be operating off of the belief that:

## **Hard Work + Success = Happiness**

**TRUTH**...we ALL know this formula off by heart. If you work hard, you'll experience success and THEN you'll be happy. You know what? We've all bought into a faulty belief and game plan. According to Achor, the truth is that "it's hard to find happiness after success because the goalposts of success are *always changing*."

Think about it, a few years ago maybe your idea of success was to graduate (then I'll be happy) then it changed to finding a husband and getting married (then I'll be happy) then it changed to getting a good paying job (then I'll be happy). Whatever your 'goalposts' for success were, they've likely changed and moved many, many times over the years. So, if you're basing your happiness on external measures of success, your formula for finding and maintaining happiness is flawed.

## ~~**Hard Work + Success = Happiness**~~

**The truth?** Research is showing that if you reverse the formula people experience not only greater success but also **greater happiness!** Every single situation, relationship and challenge improves when you practice cultivating a positive mindset. Cultivating happiness can be compared to exercising your body – it's a practice. Train your body. Train your brain.

## **Hard Work + Happiness = Success**

## Tool #4:

# The 2 Minute Challenge

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Our intention this week is to let go of ALL of the 'seeking' and 'waiting' and to begin actively cultivating happiness, contentment & fulfilment in your days. The coming week is about accepting life for exactly what it is and consciously choosing to create consistent moments of relaxation, joy and connection – all the components for feeling internally content, fulfilled & happy!

This may very well be the BIGGEST skill set that you develop in life. It's so simple it seems almost too easy – but don't let it fool you. Spending 2 minutes a day (that's right, minutes) causes a physical, mental & emotional shift in your mindset (& your happiness). Relaxing, feeling joy & connecting are at the 'heart' of our happiness in life.

### Challenge Guidelines

1. Complete each challenge daily (total of 6 minutes per day)
2. Complete each challenge daily for a week straight
3. Complete the reflection questions upon completion of the challenge

### Challenge 1: Relax

- ✓ **Take 2 minutes daily to simply relax.** Find somewhere quiet & private (this could be the bathroom at work, your evening bath at home or during your lunch break).
- ✓ **Close your eyes and breathe deeply for 2 minutes.** If thoughts come up, just allow them to float by like clouds and go back to focusing on observing or being aware of your breath moving in, through and out of your body.

### Challenge 2: Joy

- ✓ **Take 2 minutes daily to experience JOY**
- ✓ **Identify 1 experience from your day that brought you joy, happiness or made you smile.** This can be even the simplest thing – a beautiful sunset, your child laughing with joy while sliding down the slide, an unexpected helping hand from a stranger at the grocery store.
- ✓ **Close your eyes and spend 2 minutes visualizing every detail of what you experienced:** smell, sight, sound, feelings & emotions. Just relive that moment. Feel it fully and appreciate it.

### **Challenge 3: Connect**

- ✓ **Take 2 minutes daily to connect with others.** This challenge will begin to shift your focus from all about YOU to noticing and appreciating others in your life.
- ✓ **Acknowledge someone different every day.** Thank, acknowledge or appreciate them for who they are or how they've contributed to your life or for something they did or said to support you. This is a simple, short exercise – be brief. An email, text, message or note will do the trick.

### **Reflection Questions:**

Reflect on the Happiness Challenge that you've completed in the space below.

What are you realizing, acknowledging or becoming aware of?

## Tool #4:

# WHERE ARE YOU AT?

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**After learning about the heart chakra & happiness, I'm feeling:**

**\*\*Circle all of the words that apply to you**

Relieved

Excited

Surprised

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Clear

Empowered

Inspired

Curious

Other: \_\_\_\_\_

**As a result of becoming more self aware and learning about the Root of Happiness, I am appreciating:**

**\*\*Circle all of the words that apply to you**

Inconsistent Moods

My Mindset & Attitude

Value of Current Moments

Past Challenges

My Needs & Desires

My Personal Power

Small Actions & Gestures

Other: \_\_\_\_\_

**This Week's Daily Affirmation:**

I am learning to \_\_\_\_\_ and let go of \_\_\_\_\_

so that I experience \_\_\_\_\_ in my life, relationships and activities.