

Global Satisfaction



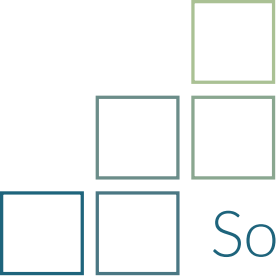
How to be Happy [Even If You've Forgotten What it Feels Like] 

How to Feel Happy - Scientifically Proven Ways of Creating Lasting Happiness 

Take a minute and ask yourself a seemingly straightforward question: **All things considered, how am I doing?**

To come up with that answer, you had to think about different domains in your life (e.g., work, family, friends) and weight them according to their importance to you. Further, you had to consider what was happening in these domains (both good and perhaps not so good) and how they affect you. Therefore, what is a straightforward question really required a lot of thought. Why does your answer matter? Research shows that higher levels of satisfaction contribute to better health, more positive relationships with others, and to the ability to adapt to stress and adversity. More important, your satisfaction is not simply an outcome of something good (or bad) that happens to you; the more satisfied you are about your life the better you can manage stress and adversity.

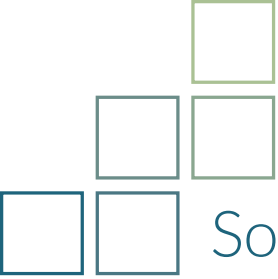
As noted in the introductory videos, satisfaction ratings can increase in large part by (a) modifying perspective, and (b) finding meaning and rediscovering your self-worth. The following exercises are designed to address these areas.



Some Suggestions to Increase Life Satisfaction

GRATITUDE EXERCISE

1. Either create a file on your computer, purchase an inexpensive journal (one that is reserved solely for this exercise), or use the attached Gratitude Worksheet.
2. Each day think about the people, places, objects, memories, or events that you are grateful for. The entries can be made at a specific time each day (e.g., end of the workday; prior to going to bed) or it can be an ongoing record throughout the day. *It is important that at least one entry be made per day.*
3. The event itself is much less important than the specifics. For instance, rather than being grateful for a friend who has “supported me”, How exactly did at friend do so? When did this occur? Why was this meaningful for you? The more you can recall, the more you are thinking deeply about the experience. Research shows that thinking deeply about the gratitude experience releases hormones that regulate feelings of well-being.
4. When recording the gratitude experience, be especially aware of unexpected gestures of goodwill from others, or experiences that might normally overlook or dismiss. Remember, any event suffices as long as it was meaningful for you.
5. If you find yourself struggling with this exercise, think about areas in your life that “could be worse”. Considering some of these reasons that prevent the situation from becoming worse may elicit feelings of gratitude. Detail these reasons in your gratitude journal.
6. An alternative strategy is to keep a “gratitude jar”. Rather than keeping a journal, at the end of each day write a gratitude experience on a slip of paper and place it in the jar. At least two slips must be entered per day. Remember that the experience itself can be quite minor or mundane, but nonetheless was meaningful to you. At the end of the week, empty the jar and read the entries. Do not rush through the process; allow yourself time to appreciate the experiences you entered and reflect on what they meant to you.



Some Suggestions to Increase Life Satisfaction

WHAT WENT WELL (AKA “HAPPIEST PART OF MY DAY”) EXERCISE

This exercise is an extension of the Gratitude Exercise but focuses on key positive experiences.

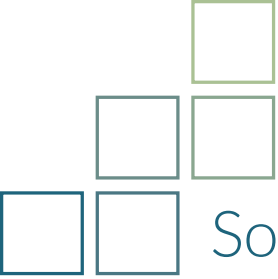
1. At the end of the day, list three things that went well for you that day and explain why. As with the gratitude exercise, the experience is less important than writing down the event with details; the more details behind the event the better.
2. Following each entry, answer the question, “why did this happen?” For example, if you wrote “my coworker made a copy of a document for me”, you could write, “Because she knew that I was busy now and needed help”.
3. Record that event in your gratitude journal or gratitude jar.
4. At the end of every two weeks, review these key positive experiences. Do not rush through the process; allow yourself time to appreciate the experiences you entered and reflect on what they meant to you.

DAILY “DO GOOD MOMENTS”

Before doing anything first thing in the morning, consider 1-2 actions that you will perform during that day, all in the spirit of doing something for others. The action itself can be quite simple (starting a conversation with an unfamiliar work colleague, doing a house chore that is usually done by your partner) or more involved (tutoring a friend struggling in an academic area). The key is to place the needs of the targeted person ahead of yourself. At least one of the actions you list must be performed. Enter this information as part of your “What Went Well” exercise.

HAPPINESS EXERCISE

1. In this exercise you will focus on your response to the question: **All things considered, how am I doing?** If your satisfaction rating is in the moderate concern or at risk range, think of one or two domains that influenced that low score.
2. Using the attached worksheet, select that one or two domains, which you will focus on in the next 3-6 months. Each sheet should be specific to one domain.
3. Write down the “evidence” you will use to determine your progress. For example, if your target area is “social relationships”, you can list “I am able to talk to others with less self-doubt or self-criticism”.



Some Suggestions to Increase Life Satisfaction

- 4. Each row in the worksheet documents your progress towards your goal, including checking off whether you are regularly completing your gratitude journal, your happiest part of my day exercise, and doing good for others activity. Entries should be made no later than every two weeks (preferably less).
- 5. If there is no progress towards your goal, consider some of the reasons why. For the reasons listed, think about ways that you can work through or around these barriers so that you can at least make slow progress.
- 6. At the end of 3-6 months, retake the assessment to determine your progress.

RESOURCES

Links



Books

<p>The Happy Life Formula: How to Build Your Life Around the New Science of Happiness.</p> <p>-Nils Salsgeber (2018)</p>	<p>The How of Happiness: A New Approach to Getting the Life You Want</p> <p>-Sonja Lyubomirsky (2008)</p>
<p>Happier Now: How to Stop Chasing Perfection and Embrace Everyday Moments (Even the Difficult Ones)</p> <p>-Nataly Kogan (2018)</p>	<p>Resilience: The Science of Mastering Life's Greatest Challenges</p> <p>-Stephen Southwick and Dennis Charney (2018)</p>



Gratitude Worksheet

DATE	GRATEFUL EXPERIENCE	DETAILS	WHY IS THIS IMPORTANT TO ME
1/1/2020	Colleague told me he appreciated my help on a project	We were on a short timeframe and tempers were running pretty high. Colleague came up to me at my desk and said "I know everyone was on their last nerve, but I really appreciated you keeping your head and helping me. It meant a lot"	Colleague normally keeps to himself



Happiness Exercise

In the next 3-6 months, I will be happier in the following area

How Will I Know I am Happier?

DATE	PROGRESS TO GOAL (CIRCLE ONE) <i>NO PROGRESS AT ALL</i> <i>VERY SLOW PROGRESS</i> <i>STEADY PROGRESS</i> <i>GOAL ATTAINED</i>	AM I DOING MY GRATITUDE EXERCISE REGULARLY?	AM I REVIEWING THE HAPPIEST PART OF MY DAY REGULARLY?	AM I FINDING DAILY MOMENTS TO DO GOOD FOR OTHERS?	IF YES TO ALL AND NO STEADY PROGRESS, WHAT IS THE REASON?