

Finding Happiness

JONATHAN ROBINSON

READ FIRST:

Quick Instructions for the Deeper Happiness Program

Thank you for downloading the first 3 sessions of the Deeper Happiness Program! The following will help you get the most of the program:

1. The page labeled “**Deeper Happiness Overview**” provides the title for each of the 30 sessions of this program. Your download includes the first 3 sessions. I’ve also included a page titled, “Little Known Inspiring Books and Movies You Might Like.” Being exposed to inspiring books and movies can help you on your journey to deeper happiness.
2. The “**Nightly Rating Sheet**” is a page to quickly rate how valuable you found each day’s task. Before you go to bed, rate how much value you received from that day’s task on a 1 to 10 scale (with 10 being the highest). To help remind you to do this, put the Nightly Rating Sheet near your bed, along with a pen.
3. The **Reminder Cards** are summaries of the task and/or method you’ve been given to do each day. Reminder Cards are supplied for each of the 3 sessions you downloaded. With each new session you listen to, stick a Reminder Card to a place where you’ll see it frequently, such as on your desk at work.
4. There are 3 sessions (of about 15 minutes each) included in your download. The 3 sessions can be completed in 3 days, or if you prefer, you can take as long as you like. Some people find it helpful to keep moving forward with a new lesson and method each day, while other people like to stay with a certain method and lesson for several days in a row. Do what feels right and works best for you.
5. If you forget to use a method on a given day, simply use it on the following day.
6. For convenience, you may want to import the 3 sessions of the Deeper Happiness program into a single playlist.

Enjoy and good luck...

Jonathan Robinson

Deeper Happiness Overview

Part I: Connecting With Your Best Self

1. *Finding Happiness in Disguise*
2. *An Attitude of Gratitude*
3. *Key to Happiness- Your Ideal Obituary*
4. You Deserve a Break Today
5. Fake It Till You Make It
6. Pure Love Meditation
7. The One Breath Technique
8. Be a Gatekeeper (to Your Mind)

Part II: Overcoming Obstacles on Your Path

9. Know Your Shortcomings
10. Letting Go of Worry
11. Beyond Beliefs and Expectations
12. Overcome Self Dislike
13. Handling Problems
14. The Work of Responsibility
15. Overcome Difficult Emotions

Part III: Love, Intimacy and Kindness

16. Give Them What They Want
17. The Gratitude Letter
18. What's Your Bottleneck?
19. The Inner and Outer Smile
20. Appreciation and Love Strategies
21. Catch Them With Kindness
22. Asking for Help

Part IV: Greater Growth and Magic Moments

23. Three Good Things
24. The Power of Healthy Habits
25. On Purpose and On Target
26. Taking Small Risks
27. Savor Simple Pleasures
28. Play and You More (Humor)
29. Being Present With What Is
30. Keeping it Going

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Nightly Rating Sheet

Score how valuable you found each day's method and idea on a 1 to 10 scale, with 10 being the highest possible. Do this quickly before going to bed. Put this sheet in a place where you'll see it right before going to bed. This nightly rating is not about how well you used the method, but how much you liked it, as well as how useful and valuable you found it to be. At the end of the the 3 sessions, you'll have a record of the methods and ideas you found to be most helpful to you. This will make it easier for you to then focus on these particular methods in your daily life.

First, rate on a 1 to 10 scale (with 10 being the highest) how happy or satisfied you are in your life at this point in time:

In general, I would rate my level of happiness/ life satisfaction as a_____. At the end of this course, you'll have an opportunity to rate it again and notice how much it has changed.

Session #	1 to 10 Rating
1.	_____
2.	_____
3.	_____

Use this space for additional notes, insights and observations:

Little Known Inspiring Movies and Books You Might Like:

Movies: (in no particular order)

1. Brother Sun, Sister Moon
2. Shirley Valentine
3. Joe vs. the Volcano
4. Pow-wow Highway
5. Peaceful Warrior
6. City of Joy
7. Warm Springs
8. Yes Man
9. Almost Famous
10. The Girl in the Café
11. The 7 Faces of Dr. Lao
12. Inside Moves
13. I Love Huckabees
14. Contact
15. Inn of the 6th Happiness
16. August Rush
17. Razor's Edge
18. Resurrection (with Ellen Burstyn)
19. You Can't Take It With You
20. Lost Horizon

Books:

1. Another Heart in His Hand
by J. Jaye Gold
2. The How of Happiness
by Sonja Lyubomirsky
3. A Story Like the Wind
by Laurence Van Der Post
4. Journey to the East
by Herman Hesse
5. Handbook to Higher Consciousness
by Ken Keyes
6. The Translucent Revolution
by Arjuna Ardagh
7. Instant Insight
by Jonathan Robinson
8. Authentic Happiness
by Martin Seligman
9. Stumbling on Happiness
by Daniel Gilbert
10. The Sedona Method
by Hale Dwoskin

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#1 Blessings in Disguise:

Ask throughout your day “*What could be good about this?*” when faced with anything that bothers you. Come up with at least two answers each time you ask—even if you don’t believe them.



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#2 An Attitude of Gratitude:

Go through your day saying “*Thank You*” with a real feeling of gratitude for anything you appreciate. Build a momentum of thanks for all you have.



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#3 Your Ideal Obituary:

Write out what you’d most like people to say about you at your funeral. Be specific. As a bonus you can ask throughout the day, “*What would my best self do right now?*”