

Finding Happiness

JONATHAN ROBINSON

READ FIRST:

Quick Instructions for the Deeper Happiness Program

1. The page labeled “**Deeper Happiness Overview**” provides the title for each session of this program, and will help you keep track of where you are. 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 30 sessions of this program. 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 30 sections (of about 15 minutes each) in this program. The entire program can be completed in a month, 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 30 sessions of the Deeper Happiness program into a single playlist. That way, you can more easily find the audio program for the section you are currently on.

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 program, 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 see if there was a significant change.

Session #	1 to 10 Rating	Session #	1 to 10 Rating
1.	_____	16.	_____
2.	_____	17.	_____
3.	_____	18.	_____
4.	_____	19.	_____
5.	_____	20.	_____
6.	_____	21.	_____
7.	_____	22.	_____
8.	_____	23.	_____
9.	_____	24.	_____
10.	_____	25.	_____
11.	_____	26.	_____
12.	_____	27.	_____
13.	_____	28.	_____
14.	_____	29.	_____
15.	_____	30.	_____

My level of happiness or life satisfaction on the final day of the course is_____.

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?*”

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#4 You Deserve a Break Today:

Do an “experiment” of taking at least three *2 minute breaks* throughout the day to relax. In addition, **schedule** some meaningful activity you’d like to do sometime this week.

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#5 Fake It Till You Make It:

Whenever you remember, *pretend to be someone you admire* and want to emulate. Walk, talk, sit and be like them. Use songs, gestures, etc. to feel their empowering feelings.

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#6 The Pure Love Meditation:

Listen to the 10 minute guided meditation when you are free from distractions. If your intuition offers you helpful guidance, act on that guidance as best you can.

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#7 The One Breath Technique:

Inhale deeply, hold for 10 seconds while you focus on the center of your chest. Exhale and feel your heart. *Remember special times with a beloved mate, pet, friend or child.* Feel your care for them. Then, ask for guidance, pray, or just enjoy the feelings...

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#8 Be a Gatekeeper:

Look for and *appreciate human "flowers"* or moments of kindness and goodness in yourself and others. Create a CD or playlist of favorite "feel good" songs and listen to at least one. Rent a movie from the enclosed list of movies.

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#9 Know Your Shortcomings:

Say to someone you trust, "I'm wondering if you'd be honest with me *and tell me about any shortcomings* you see in me that might be helpful for me to know about." If you want, you can ask about what keeps you from greater love, success, or whatever interests you. Then listen, ask questions, and don't argue with them.

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#10 Letting Go of Worry:

When you start to worry, ask yourself, "*Could I let this go?*" or "*Could I let this go for 5 minutes?*" See if you can get to "yes," and if so, take a deep breath and move on. If you prefer, as an alternative you can ask, "Could I let go of my need for comfort, security, or approval for right now?"

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#11 Beyond Beliefs and Expectations:

Think of something that gives you trouble (\$, love, work, etc.) and ask, "What exactly do I need to be happy in this area?" List your rules. If some expectation is troubling, ask, "*what might be a more realistic expectation?*" Write your answers down. Then, write a rebuttal to a belief that no longer serves you, such as "it's not okay to fail" OR "life should be fair."

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#12 Overcome Self Dislike:

For a minimum of 3 times today, catch yourself in self critical comments and either 1) make fun of that voice by exaggerating it or making it sound like Mickey Mouse OR 2) write down a reasonable rebuttal to what that voice says to you. Use that rebuttal when needed.

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#13 Handling Problems:

Ask "When I get stressed, what do I do that is counter productive?" Think of a problem and ask:
1) What's the real problem? 2) What would I like to be different? 3) What people or resources could help me? 4) How can I break this down into bite sized steps? 5) What is the first action step I'll take in handling this problem and by when will it get done? **Write out all your answers.**

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#14 The Work of Responsibility:

When faced with a challenging situation, or when you're upset about something, ask yourself these 5 questions: 1. Is it true? 2. Can I absolutely know for sure that it's true? 3. How do I react and what happens when I believe that thought? 4. Who would I be without that thought? 5. How might I have contributed to the situation at hand?

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#15 Overcome Difficult Emotions:

Let go of negative feelings by *moving your body and/or singing an uplifting song*. Or try asking yourself: where do I feel the bad feeling? (pause after each question) What does it feel like? What temperature is it? How big is it? Does this feeling have a message? Finally, imagine the area has a window over it. Then, open the "window" and let the feeling disperse into the air.

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#16 Give Them What They Want:

When listening to someone, use the 2 step Acknowledgment Formula: First, summarize in a sentence or less what you heard them say. Second, guess as to how they feel about the situation they're talking about. You can use the fill in the blank formula: *It sounds like....That must feel...* to remind you to use this idea and help the people you interact with feel fully understood by you.

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#17 The Gratitude Letter:

Write a letter to someone who you feel has positively impacted your life in a profound way. Then, (if possible) visit them sometime soon and read them the letter. In your letter be specific regarding what about them impacted you, what effect it has had on your life, and how you feel about them. Enjoy the feeling of connection.

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#18 What's Your Bottleneck?

Think of a person you're currently upset with, then ask yourself the following: 1) What specific shortcoming(s) in me may be contributing to this situation? 2) What unrealistic expectation or belief might I have that contributed? 3) Is there something I'm avoiding or indulging in here? 4) Is there something I'm not able to do (that many can do) that is contributing to this problem?

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#19 The Inner and Outer Smile:

Practice the Inner Smile meditation. Then throughout your day practice smiling at others. While smiling at folks, be sure to also send them a silent blessing. You can do this by secretly wishing them well or wishing them a life of happiness, or sending them good vibes—whatever works for you. Enjoy the feelings of goodwill you send.

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#20 Appreciation and Love Strategies:

Tell your friends, co-workers or partner, “*One thing I really appreciate about you is...*” Next, learn someone’s “love strategy” by asking them to remember a time they felt totally loved by you. Ask them “*What exactly helped you to know I really loved you?*” Try to get specifics. Finally, communicate to your partner what they do that helps you to feel most loved by them.

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#21 Catch Them with Kindness:

Do at least two acts of kindness today that you wouldn't normally do for people you interact with. The acts could be very small or big, and notice how your acts of kindness make you feel afterwards.

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#22 Asking For Help:

Come up with something you'd like help with, then get help for that problem from a person or a book. If you'd like to live much longer in under 2 minutes a day of effort, do this daily: Take an Omega 3 supplement, a good multi vitamin; an 81 mg aspirin and digestive enzymes (if over 40), a vitamin D supplement and Resveratrol and/or Grape Seed Extract-- and floss your teeth before bed.

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#23 Three Good Things:

*Before bed write down or talk about something good that happened to you today. Then, ask yourself, “why did this good thing happen?” Think about what qualities or characteristics **you** have that helped make that good thing occur. Then, take some time to appreciate the good thing you helped create, as well as the qualities in you that led to it. If you can, do this for two more “good things.”*

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#24 The Power of Healthy Habits:

- 1) To improve in the area of _____, I will start the habit of _____.
- 2) I will do this habit ___ times per week.
- 3) To create this habit, I will make sure I maintain motivation by _____.
- 4) Find someone who will hold you accountable, and/or put up a Post-It note to remind you. Lastly, do the 3 Good Things Exercise.

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#25 On Purpose and On Target:

Write down what you'd do with six months left to live. Consider the different areas of life, such as travel, time with those you love, career, spirituality, etc. Then, write down what you want to accomplish in the next 5 years. Periodically look over these lists to remind you of your deepest dreams. Finally, remember to do the 3 Good Things Exercise before you go to bed...

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#26 Taking Small Risks:

Take a small risk at work and a small risk with someone else (friend, mate, family member, etc.) you don't know from work. Be creative; be yourself in a new way. Lastly, do the 3 Good Things Exercise before going to bed.

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#27 Savor Simple Pleasures:

Take periodic breaks during the day to savor whatever is in front of you: a child, a sunset, the taste of your food, the smell of a flower... the possibilities are endless. Be willing to go against the momentum of a busy day and savor simple pleasures...

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#28 Play and You More (Humor):

Sometime today, play with someone or make them laugh. To initiate something playful, it can help to have some prop or game to get things started; to make someone laugh you could pretend to be a comedian trying out jokes or funny stories. Be creative and have fun with it.

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#29 Fake It Till You Make It:

Stop periodically and allow your senses to be fully open and alert to what's going on within you and around you. Remind yourself that everything is perfect just as it is, or the phrase "love it the way it is." Let go of resisting what is. Allow yourself to fully Be with whatever you're thinking, feeling and doing.

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#30 Keeping it Going:

Go to stickk.com and sign up for being reminded of some goal you'd like to make progress on. If you find the stickk.com system works for you, then keep it going. Or, if you prefer, talk to your partner or a friend about having them keep you accountable towards creating deeper happiness—or whatever you want to create. Tell them to ask you once a week or so about how things are going.