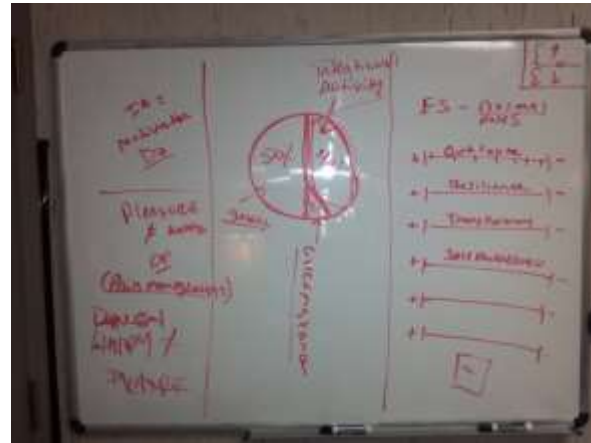
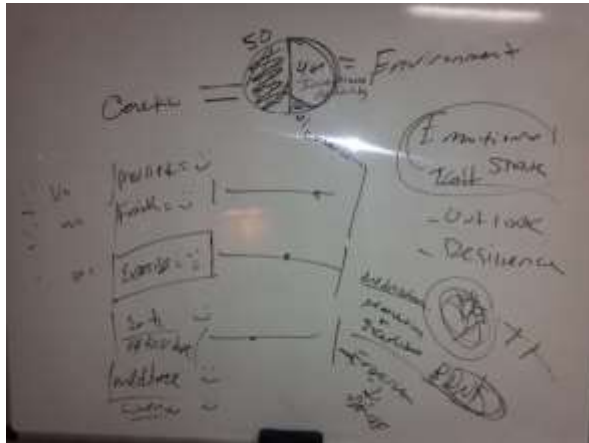


As discussed in sessions....

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- Happy People – Habits
- Married and unmarried
- Faith and non-faith
- Exercise and non-exercise (Brain derived neurotrophic factor and dendrites)
- Articulate future as it is wanted and non-articulated
- Meditation / Mindfulness and non-mindfulness
- Living in the present and not living in the present
- Gratitude and non-gratitude
- Having a sense of control over a problem (or stressor); thinking problems can be solved at will.
- Journals / Diaries
- Scrapbooking
- Laughing Often
- Realize it is a temporary state

Emotional State (trait like) assessed on **6 dimensions**

Fast to Recover	<< Resilience >>	Slow to Recover
Negative	<< Outlook >>	Positive
Puzzled	<< Social Intuition >>	Socially Intuitive
Self-Opaque	<< Self Awareness >>	Self Aware
Tuned Out	<< Sensitivity to Context >>	Tuned In
Unfocussed	<< Attention >>	Focused

50% genetic, 10% circumstance, 40% intentional action (da is linked to motivation, where pleasure is linked to op neurotransmitter's; pleasure does not correlate to happy/depressed – except in extreme poverty)

Information used here is taken from Dr. Brian King PhD in "The Habits of Happy People" CEU, and the Institute for Brain Potential