

CREATING THE HAPPINESS HABIT

Each day I ask myself:

Will my thoughts and actions take me closer to happiness or misery?

Now you have a simple visual framework for mental wellbeing, all that remains is to take focussed action to implement it daily.

1. Give yourself 5 minutes at the beginning or end of your day to relax and appreciate your progress.
2. Each day, tick the choices you have made to get happier, and reduce your stress.
3. Write down your successes and share them at staff meetings.
4. Make it a priority to work on this for four weeks and evaluate the outcome.

MY CHECKLIST

1. OPEN & DEAD END ROADS

When I know how best to improve my relationships, I can make more effective choices

- I chose to stop when I found myself on a Dead End Road, and moved onto an Open Road.
- I used some helpful self talk from the Open Roads cards to manage a challenging situation.
- I set up the Open and Dead End Road Framework with my (class, team, family), and helped them recognise how much better it felt to be on an Open Road.

2. WINDSCREEN

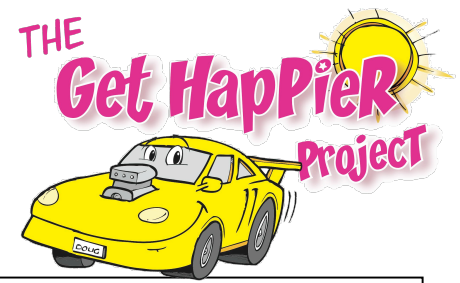
I learn from the challenges of life, as well as the supports. I know we are all doing the best we can with the information we have. We are aware of only a tiny part of 'reality'.

- I avoided judging or evaluating others.
- I identified an ineffectual belief that was blocking happiness in my life.
- I collected and displayed a series of positive statements to help create a mindset of optimism (e.g. 'Enjoy Every Moment', 'I am always lucky!' etc).

3. DRIVER'S SEAT

I know I can only control myself, not others

- I recognised when I was on the triangle of pain, (persecuting, victiming or rescuing), and chose to move onto the circle of strength (connecting, facilitating or leading).
- I reminded myself 'I'm choosing all that I do', and 'I take full responsibility for my wellbeing'.



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4. ENGINE

When I know my basic needs, I can make more effective choices to meet them.

- When I wanted to feel happier, I checked out my five basic needs, (Survival, Love, Power, Freedom, Fun), and took action to meet them in a positive way.
- I chose to be healthy and safe, loving, powerful, free and playful.
- I taught someone about their needs and encouraged them to be responsible for meeting them.
- I checked with a student or team member to discover which needs were not being effectively met, and helped them discover a more effective way.

5. 4 WHEELS

I know that my feelings arise from my own thoughts and actions. I develop habits that help me feel better, and I learn from times of discomfort.

- When I experienced a feeling or body response that was unpleasant for me, I stopped and deliberately chose a more effective action or thought.

6. STEERING WHEEL

When I know what I really want, I have a powerful and inspiring reason for what I do.

- I have written down my key values (what is important to me), and I remind myself of my purpose in life, and in the workplace.
- I deliberately chose to act on my values, and live an inspired life every day.

7. MAGIC QUESTIONS

When I ask the right questions. I can discover the best answers.

- When I needed to review my actions or solve a problem, I used the Magic Questions.
- I asked those questions to my students or team members to assist them to solve their problems, or evaluate what they were doing.

To gain a deeper understanding of The Seven Part Framework, read and become familiar with;

The Amazing Adventures of Doug Dragster by Ivan Honey & Rebekah Russell

The Magic Book by Ivan Honey & Rebekah Russell

Doug Dragster's Get Happier Toolbox' by Ivan Honey & Rebekah Russell

Choice Theory by Dr William Glasser