

1) WHAT IS YOUR DEFINITION OF HAPPINESS?

Is happiness a physical feeling, or a psychological feeling?

Is it determined by our mood, personal history, and potential for the future?

Is happiness living a virtuous life?

Do we have the right to pursue happiness even if that means harming others by lying and cheating and stealing?

Can we be happy even if we don't feel happy?

What does it mean for YOU to be happy?



2) REMEMBER THE PITTSBURGH “STEALERS” STORY

Reflect on a “negative” situation that you experienced. Did you walk away from the situation bitter? Fascinated? Something else?

Think of all the things that could have caused this situation. How might changing your focus change the way you feel about it?



3) HAVE YOU EVER ASKED YOURSELF: “HOW DID I GET HERE?”

Consider where you've been giving your attention lately. Take a look at your monthly calendar and daily agenda: Where do you focus your time?

Take a look at your resources: How do you utilize the resources available to you?



4) REMEMBER THE ACID ROULETTE STORY

Consider a time in your life when you ignored reality and “forged ahead” anyway. How might thinking of positivity as “confidence” rather than “attitude” have changed your experience?



5) REMEMBER THE STORY OF THE TWO WOLVES

What words have you been using to describe your circumstances? Do these words lift you up, or do they drag you down? How might a focus on “positive” words change your circumstances moving forward?



6) DO YOU HAVE A S.E.C.U.R.E. PATH?

State All Your Positions: *What is your present position? What is your desired future position? What are the in-between positions that you'll need to take?*

Examine All Your Actions: *Everything you do or don't do contributes to your success or failure.*

Consider All Your Possibilities: *There's more than one way to have a successful outcome.*

Utimize All Your Resources: *What do you have at your disposal?*

Remove All Your Nonessentials: *What are you willing to give up in order to go up?*

Embrace All Your Challenges: *“Sensible people watch for problems ahead and prepare to meet them.”*

— King Solomon

JONAS CAIN

AUTHOR • SPEAKER • *magician*

AND THE PURSUIT OF HAPPINESS!

THERE ARE 3 STEPS TO CHANGING THE SHAPE OF AN ICE CUBE:

- 1) Melt it down
- 2) Decide on the new shape
- 3) Freeze the water in the new shape

MAKING POSITIVE LIFE CHANGES IS THE SAME PROCESS

*The important thing is to make the commitment to **START:***

START WITH WHERE YOU ARE

What opportunities for growth are available to you?

START WITH ONE THING

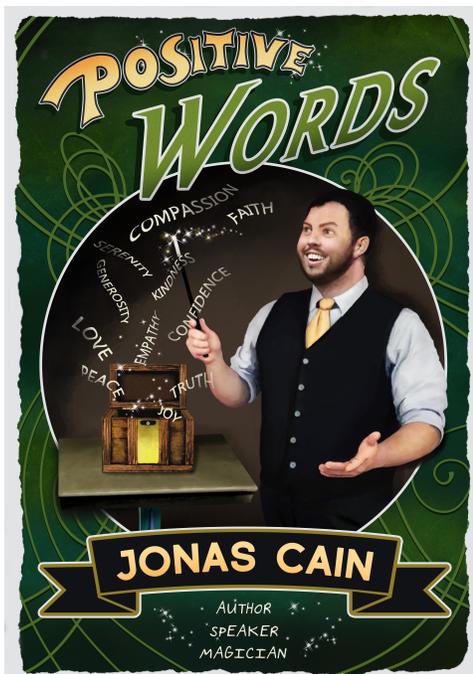
Everyone has one thing they do better than anyone else. What is your one thing?

START WATCHING YOUR WORDS

Our word choices can either encourage or discourage, so commit to using positive words. What words will you choose to tell yourself every day for encouragement?

START MAKING POSITIVE CHANGES

Small changes (in thoughts, words, reading, speech, habits, etc.) when put together over time yield big results. What small changes can you start making today to improve your tomorrows?



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There you'll be able to download a copy of this worksheet along with a FREE abridged copy of Jonas Cain's book *And The Pursuit Of Happiness!*

— PLUS —

On this website you'll also find a video recording of this presentation for you to refer back to again and again!

Jonas Cain is a positivity expert, author, and comedy magician. For over the past twenty years corporations, non-profits, and colleges and universities, have used his engaging programs to entertain and educate on principles for personal and professional growth. For booking inquiries visit: www.jonascain.com/CONTACT