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Happiness – The Three Do’s and Three Don’ts

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Happiness is vitally central to our lives. If we took the desire for happiness out of our lives, with it would go the drive for most, if not all of what we do. Happiness is the anthesis to hopelessness; precariously keeping hopelessness at bay in the hope that happiness is not only a reality, but that it is achievable. Without the belief in the reality of something called happiness, and without the belief in our ability to somehow achieve it, life would likely come to a debilitating halt. Imagine living without happiness, or the hope of ever achieving it. Certainly the concept of happiness is central to our existence. At a minimum, we must believe it in. Ideally, we must believe in our ability to obtain it. To do that, you may want to answer these six key questions.

Do I feel that I am *entitled* to happiness?

Have I taken the time to *discover my purpose*?

Have I come to believe that *performance is an indicator of my worth*?

Have I embraced the fact that *life is bigger than me*?

Have I *stopped giving to others*?

Have I come to understand that a sense of *hopelessness begets hopelessness*?

How would I rate my overall happiness today?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

If I could choose, how happy would I like to be?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

1. Based on the observations that you’ve made so far, what are three proactive things you can do to enhance your overall state of happiness?
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   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_