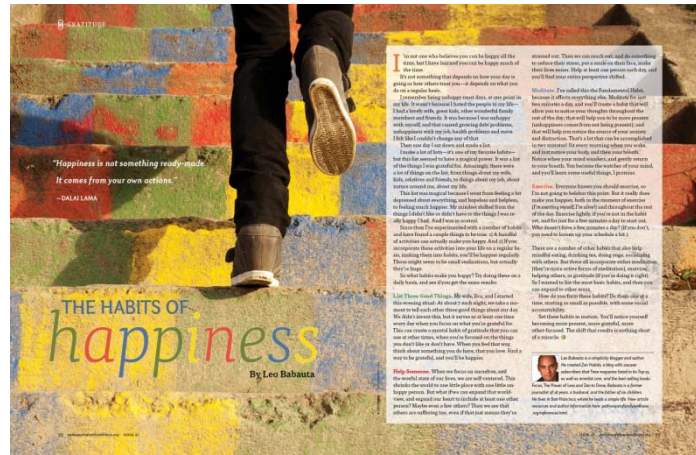


## The Habits of Happiness

Gratitude – Leo Babauta  
Pathways #43, page 72



### Talking Points

- ❖ “Happiness is not something ready-made. It comes from your own actions.” —Dali Lama
- ❖ Take a moment to list three good things each day.
- ❖ Make it a point to help at least one person each day.
- ❖ Meditating for just two minutes a day allows you to notice your thoughts throughout the day. Being more aware of your thoughts helps with being more present and more aware of the source of anxiousness and distraction.
- ❖ Exercise. Everyone knows about exercise and that you should make a point to do it. But exerting yourself and feeling alive really does help to boost your happiness.
- ❖ What are some things you do to create happiness in your life?

### Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>