



FOUNDATIONS OF
Nourishment
& Self Care

A photograph of a man with a beard and glasses, wearing a light blue button-down shirt, hugging a woman from behind. The woman has short blonde hair and glasses, wearing a grey top. They are both smiling and looking off to the side. The background is a blurred indoor setting with warm lighting.

Three Models of Happiness

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Life Assignment

Track yourself through your week and discover your habitual relationship with happiness. Also, discover if taking any of the tips below supports you to shift!

Have more of the Happiness/Flourishing burger!

Stay present in the moment while orienting toward your desired future!

Step into the Lovemaking model!

What's It To Me?

REACT: What strikes me?

DIGEST: What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?

Three Models of Happiness

Happiness Model #1

HARVARD & HAPPINESS

Burger #1:

Burger

Burger #2:

Burger

Burger #3:

Burger

Burger #4:

Burger

Answers: 1-Hedonistic, 2-Rat Race, 3-Nihilistic, 4-Happiness/Flourishing

Three Models of Happiness

Happiness Model #2

MONKS IN THE HIMALAYAS

Three Models of Happiness

Happiness Model #3

DROWNING VS. LOVEMAKING