

# Happiness

**Chris Croft**

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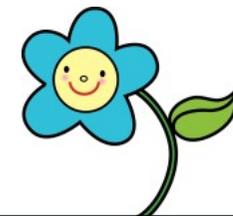


# Happiness!



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Chris Croft Training

# Happiness

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**Make notes!**

- Interesting ideas to think about
- Things I'll do, or try



# Happiness

## Financial Value of Happy Employees

More productive	Time on task 50% -> 80% 5% increase in productivity
Healthier	10% decrease in absenteeism 1 day per year
Don't leave	10% decrease in staff turnover £5000 per leaver?



# Happiness

## Practical Approaches

- Time Management
- Assertiveness

Things you can do every day

We will build up a list of strategies

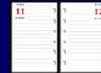


# Happiness

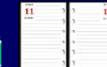
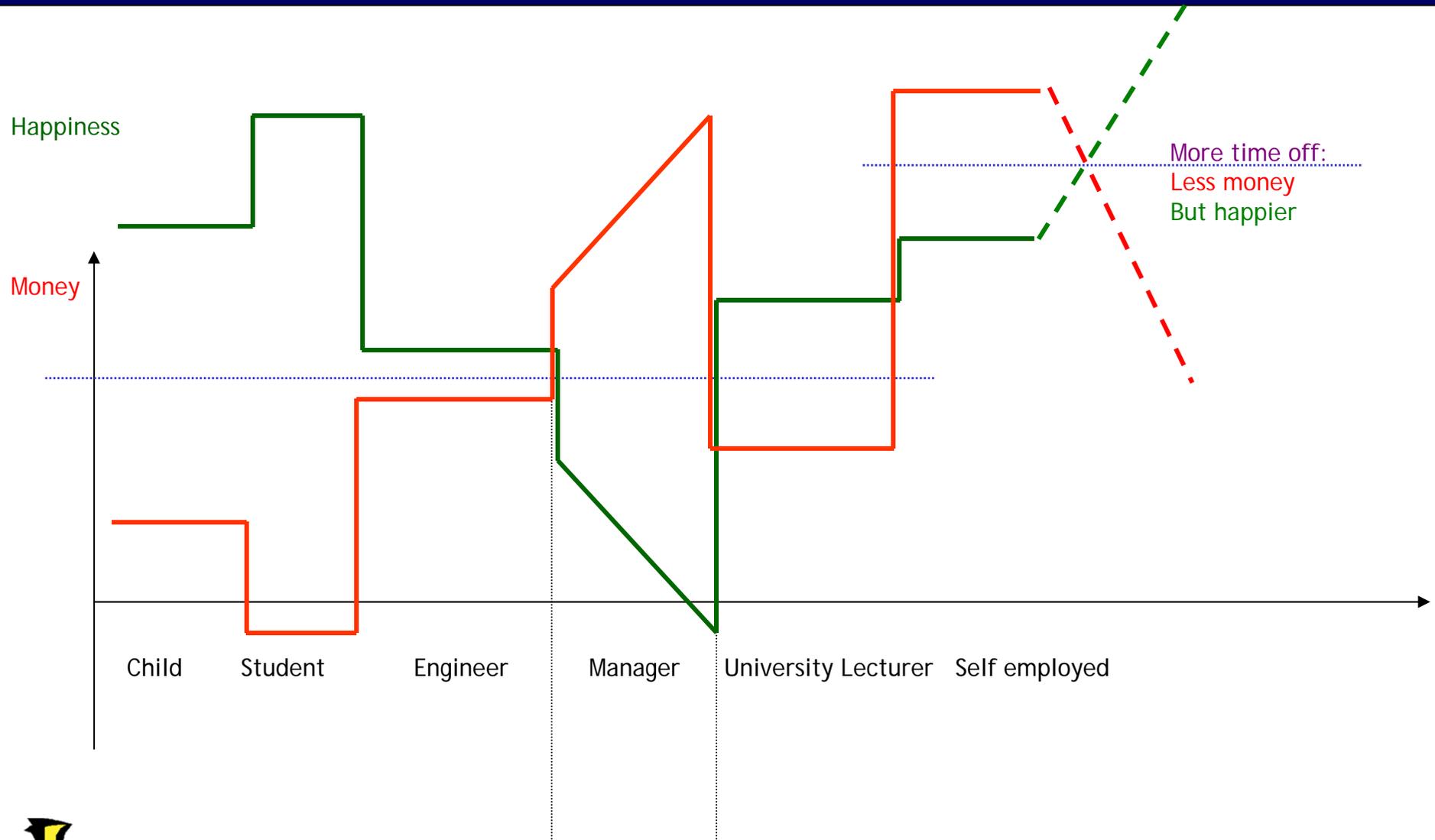
Money?

It's not about money

- My graph



# Happiness



# Happiness

It's not about money

- My graph
- My friend David

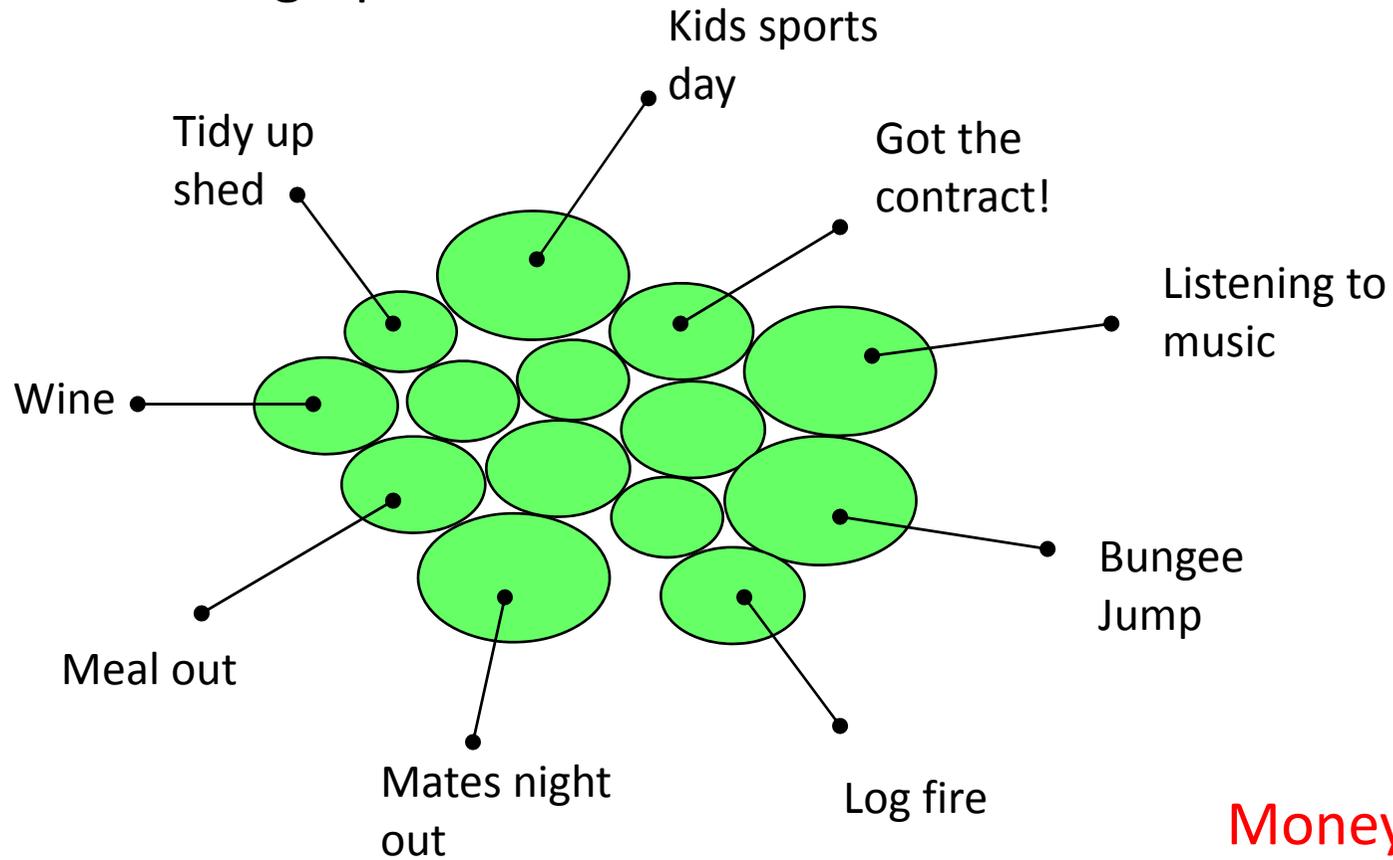
Why?

- The benefits of the money
  - exist but are small
- The cost of earning the money
  - is large, in time and stress



# Happiness

## Bunch of grapes



# Happiness Strategies

😊 What gave me pleasure recently that I could do more of?



# Happiness

## Most people's plan

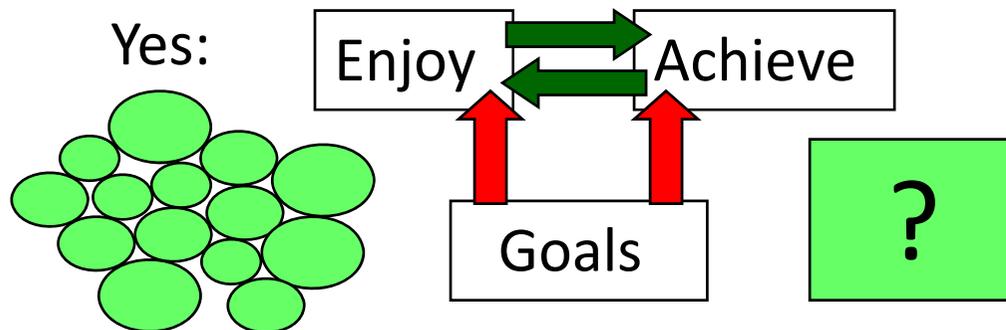
**Achieve** at work, **enjoy** at home

But how about...

**Enjoy work as well as home!**

**Achieve outside work as well as in it**

Can it be done?



# Happiness



Happiness comes from a feeling of  
working on your goals

and making steady progress  
towards them

Need to know where you're going

Will inevitably move towards that point

Write them down

Clearly, in detail

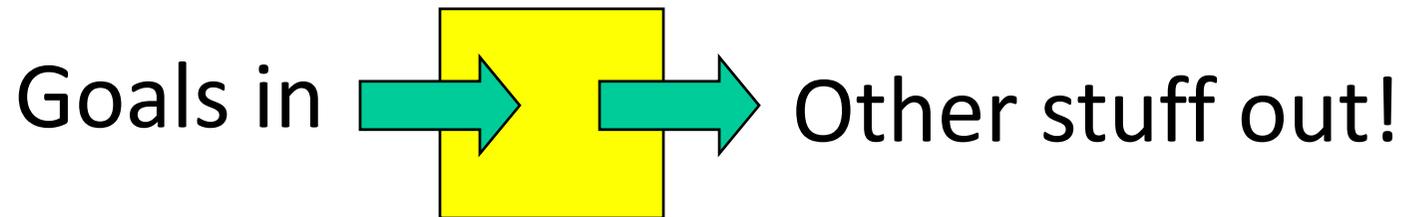


# Happiness Strategies

- 😊 What gave me pleasure recently that I could do more of?
- 😊 What are my goals and home and at work?
- 😊 What do I want to achieve? – Write it down!



# Happiness – finding the time



Say no

Every time you say yes to something...

Imagine if it was tomorrow

What if you only had a month to live?

It's never too late to go back

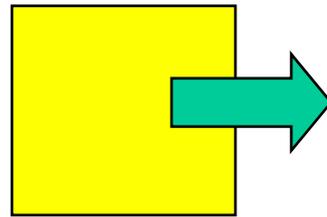
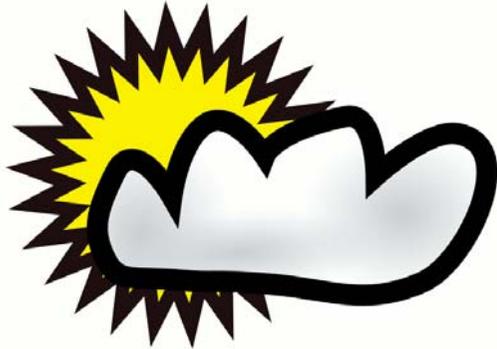


# Happiness Strategies

- 😊 What gave me pleasure recently that I could do more of?
- 😊 What are my goals and home and at work?
- 😊 What do I want to achieve? – Write it down!
- 😊 What would I like to get rid of from my life?
- 😊 What are the situations where I find it hard to say no?



# Happiness



Out with all negative emotions!

No such thing as *increasing* happiness

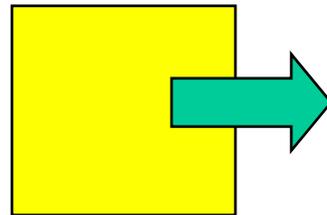
It's always there, like the sun behind the clouds

So the key is removal of negative emotions

Possible to do?



# Happiness



Out with all negative emotions!

We choose them

Why?

Perceived pay-offs

...which are always false

e.g. Anger =

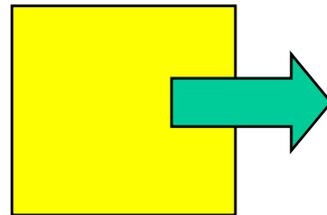
‘Strength’

Guilt =

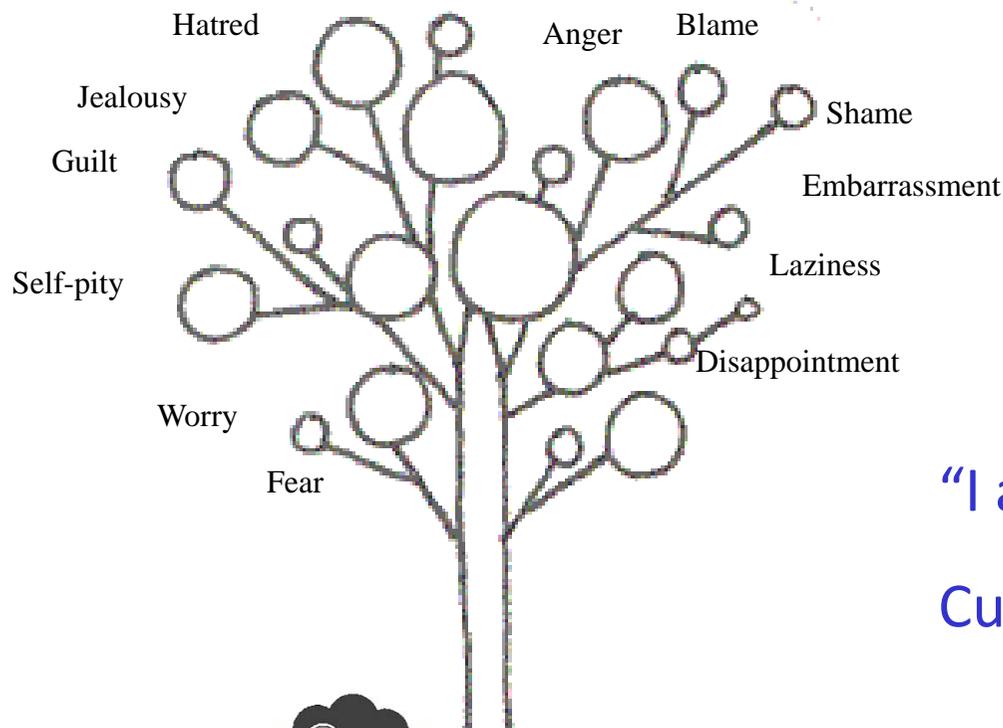
“I’m OK / I will change”



# Happiness



Out with all negative emotions!



“I am responsible”  
Cuts down the tree



# Happiness



Living in the present

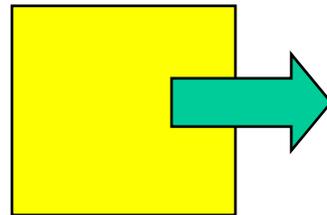
All negative emotions are in the past or future

- reduce the past
- reduce the future

Push these out  
of your mind



# Happiness



Out with all negative emotions!

Living in the present

All negative emotions are in the past or future

- reduce the past

- reduce the future

Increase your awareness of the present by...

Savouring during

Counting after  
(at the end of each day)



# Happiness Strategies

- 😊 What gave me pleasure recently that I could do more of?
- 😊 What are my goals and home and at work?
- 😊 What do I want to achieve? – Write it down!
- 😊 What would I like to get rid of from my life?
- 😊 What are the situations where I find it hard to say no?
- 😊 What's my favourite negative emotion – and what is the pay off I think I get?
- 😊 Could I take responsibility more for what I feel and do and what happens to me?
- 😊 When doing *what* could I say to myself “This is the life!” ?
- 😊 Start an evening habit of listing the good things from that day



# Happiness



For example, a closer look at **Guilt**

Change what you do or change what you think

You don't have to be an angel or a devil.

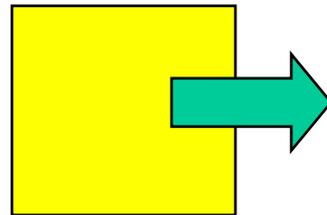


# Happiness Strategies

- 😊 What gave me pleasure recently that I could do more of?
- 😊 What are my goals and home and at work?
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- 😊 What would I like to get rid of from my life?
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- 😊 What's my favourite negative emotion – and what is the pay off I think I get?
- 😊 Could I take responsibility more for what I feel and do and what happens to me?
- 😊 When doing *what* could I say to myself “This is the life!” ?
- 😊 Do I need to reduce the amount of guilt I feel, and if so, what is my plan?



# Happiness



Out with all negative emotions!

## Mantras

What you say becomes what you think

Present tense, positive

“I am enjoying my tennis, and I deserve it”

“I’m good at saying no”

“His problems are not my issue”

“I love ironing” ....

Make the chores fun



# Happiness



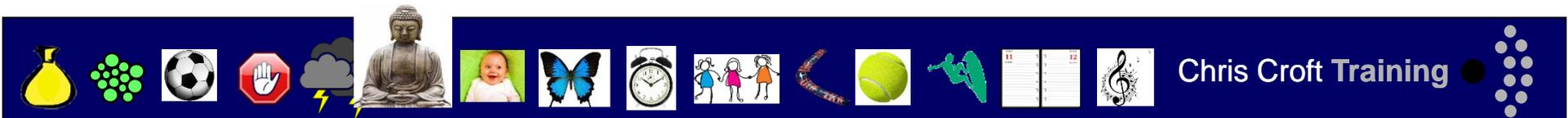
## Meditation

Learn to control what you think / how you think

Is there a kangaroo loose in your top paddock?

The conscious can learn to control the subconscious

But who will control the conscious?



# Happiness Strategies

- 😊 What would I like to get rid of from my life?
- 😊 What are the situations where I find it hard to say no?
- 😊 What's my favourite negative emotion – and what is the pay off I think I get?
- 😊 Could I take responsibility more for what I feel and do and what happens to me?
- 😊 When doing *what* could I say to myself “This is the life!”?
- 😊 Do I need to reduce the amount of guilt I feel, and if so, what is my plan?
- 😊 What shall I have as my first mantra?
- 😊 Can you make the chores fun?
- 😊 Try meditation



# Happiness

## Being Childish

Playing with kids

Playing with dogs

Childish friends

Childish activities

How can you get  
more of these into  
your life?

- Kicking through fallen leaves
- Dancing crazily
- Playing with children – while behaving like one yourself
- Making faces
- Squirting water pistols
- Playing with a dog
- Flying kites
- Drinking too much, occasionally
- Staying up late
- Jumping into swimming pools
- Catapults
- Laughing at slapstick comedy films like Airplane or Naked Gun
- In fact: Laughing of any kind
- Paper darts
- Frisbees
- Scary rides at a fun fair
- Climbing trees
- Having a bonfire
- Setting off fireworks
- Bumper cars
- Listening to loud music
- Micro-scooters
- Playing any sport badly
- Pillow-fights
- Mountain bikes
- Fancy dress
- Mountainbiking in fancy dress

Mountainbike pillow-jousting naked

Chris Croft Training



# Happiness Strategies

- 😊 What are the situations where I find it hard to say no?
- 😊 What's my favourite negative emotion – and what is the pay off I think I get?
- 😊 Could I take responsibility more for what I feel and do and what happens to me?
- 😊 When doing *what* could I say to myself “This is the life!” ?
- 😊 Do I need to reduce the amount of guilt I feel, and if so, what is my plan?
- 😊 What shall I have as my first mantra?
- 😊 Can you make the chores fun?
- 😊 Try meditation
- 😊 What childish activity can I do more of?



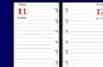
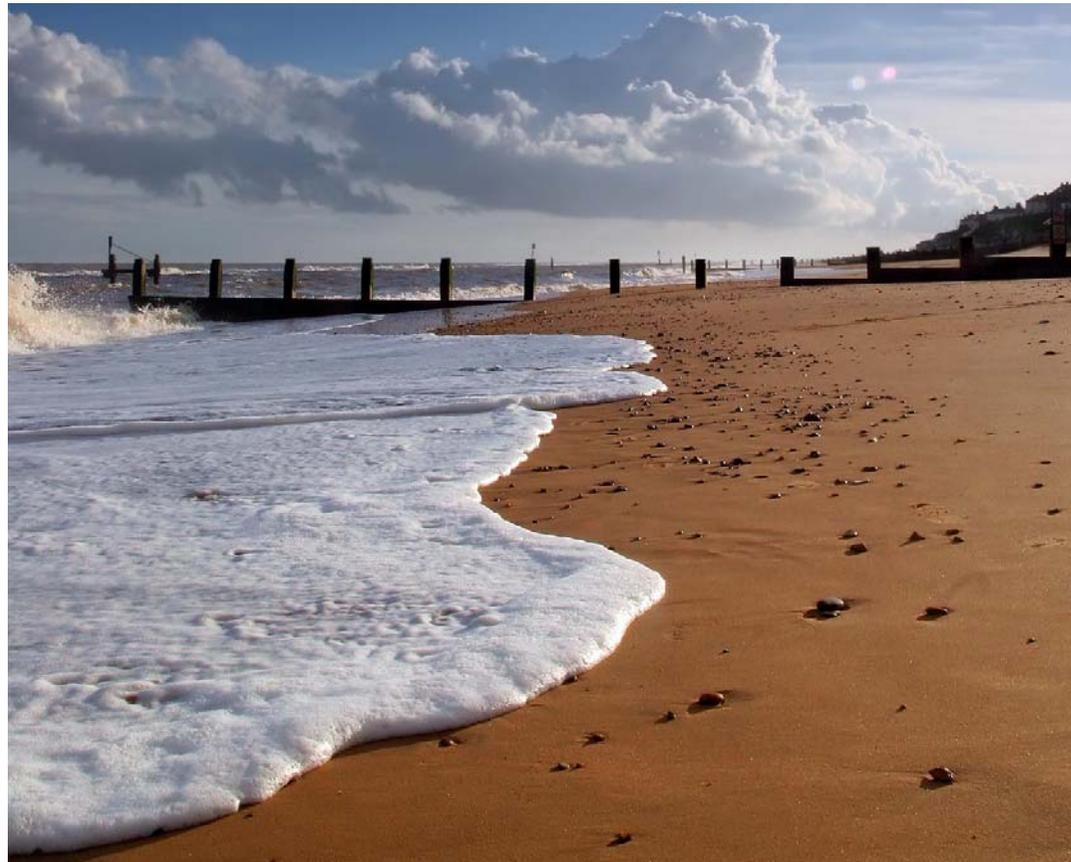
# Happiness

## Nature



# Happiness

## Nature



# Happiness

## Nature



# Happiness

## Nature



# Happiness Strategies

- 😊 What's my favourite negative emotion – and what is the pay off I think I get?
- 😊 Could I take responsibility more for what I feel and do and what happens to me?
- 😊 When doing *what* could I say to myself “This is the life!” ?
- 😊 Do I need to reduce the amount of guilt I feel, and if so, what is my plan?
- 😊 What shall I have as my first mantra?
- 😊 Can you make the chores fun?
- 😊 Try meditation
- 😊 What childish activity can I do more of?
- 😊 How can I get more of Nature into my life?

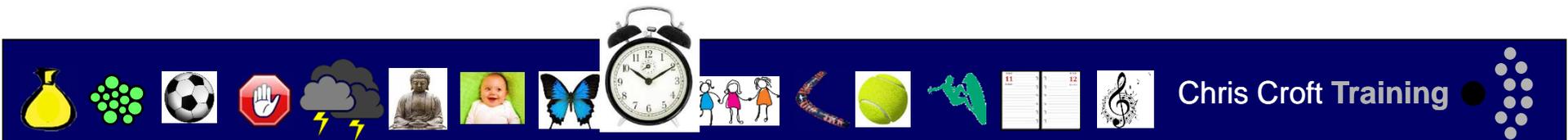


# Happiness

## Sleep and Exercise

What kind of exercise do you like?

What reduces your sleep and can you fix it? (e.g. TV).



# Happiness

## Friends

Get rid of the bad ones – be ruthless!

Make more effort on the good ones – make time!



# Happiness Strategies

- 😊 What shall I have as my first mantra?
- 😊 Can you make the chores fun?
- 😊 Try meditation
- 😊 What childish activity can I do more of?
- 😊 How can I get more of Nature into my life?
- 😊 How can I increase the amount of sleep I get? (e.g. reduce TV)
- 😊 How can I get more exercise? – what type, and when?
- 😊 Friends – who is for the chop? (or at least reduction)
- 😊 Friends – who will I spend MORE time with?



# Happiness

## You reap what you sow

Putting a bit back

Charity

Helping relatives and friends

Dugnad

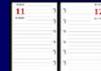
- you'll enjoy it when it comes back to you

- you'll enjoy doing it *at the time* too = 2 x value



# Happiness Strategies

- 😊 Try meditation
- 😊 What childish activity can I do more of?
- 😊 How can I get more of Nature into my life?
- 😊 How can I increase the amount of sleep I get? (e.g. reduce TV)
- 😊 How can I get more exercise? – what type, and when?
- 😊 Friends – who is for the chop? (or at least reduction)
- 😊 Friends – who will I spend MORE time with?
- 😊 How can I give a bit back?



# Happiness

## The Inner Game of Tennis

Forget competing and winning

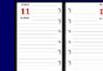
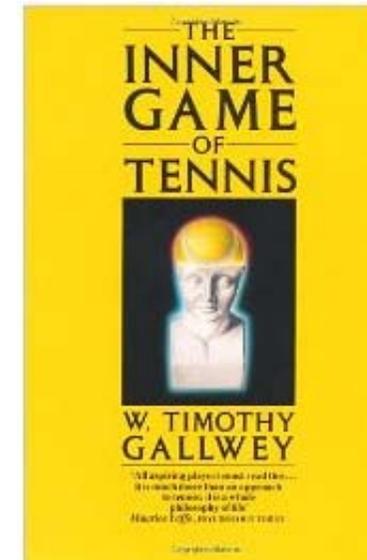
Forget mastery

Enjoy the good shots

Enjoy the small details

Dabble – do many things and enjoy them all

We get depressed if we're not learning something new.



# Happiness Strategies

- 😊 What childish activity can I do more of?
- 😊 How can I get more of Nature into my life?
- 😊 How can I increase the amount of sleep I get? (e.g. reduce TV)
- 😊 How can I get more exercise? – what type, and when?
- 😊 Friends – who is for the chop? (or at least reduction)
- 😊 Friends – who will I spend MORE time with?
- 😊 How can I give a bit back?
- 😊 Am I too obsessive about trying to master anything?
- 😊 Am I too competitive about anything?
- 😊 What else could I take up, and dabble in?
- 😊 Am I learning anything at the moment? What could I start?



# Happiness

Security vs Excitement = boredom



Excitement vs Security = stress



# Happiness

## Security vs Excitement

Start with security as a base

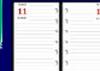
What does security mean exactly?

Then add excitement

Why wouldn't you?

Coming out of your comfort zone

Easy to slip back in – excuses like busy at work, health, age.



# Happiness

## Diary

A way of making it happen

- Put time aside in your diary for scary challenges
- Put time aside for learning
- Put time aside for fun.



# Happiness Strategies

- 😊 How can I get more exercise? – what type, and when?
- 😊 Friends – who is for the chop? (or at least reduction)
- 😊 Friends – who will I spend MORE time with?
- 😊 How can I give a bit back?
- 😊 Am I too obsessive about trying to master anything?
- 😊 Am I too competitive about anything?
- 😊 What else could I take up, and dabble in?
- 😊 Am I learning anything at the moment? What could I start?
- 😊 How can I increase my feeling of security
- 😊 What can I do to come out of my comfort zone?
- 😊 Can I diarise some challenges, some learning and some fun?



# Happiness - finally

## Creativity

It's a mixture of challenge and learning and fun, so...

- Writing music
- Painting
- Poetry
- Decorating
- Gardening
- anything else?



# Happiness

## Music

**Much as I love** The Smiths, Del Amitri, The Blue Nile, Joy Division, Radiohead, Nina Simone, Counting Crows, Free, and tracks like Yesterday, Who's gonna drive you home, I'm not in love, Stars (Janis Ian), and Hurt (Johnny Cash)...

**it might be good to listen more to...**

Lady Gaga, Bruce Springsteen, Van Morrison, M People, The Spin Doctors, Simple Minds, Chumbawumba, The Black-Eyed Peas, Chic, The Crusaders, Steely Dan, INXS, Maroon 5, Dizzee Rascal, Prince, Robbie, etc



# Happiness Strategies

- 😊 Friends – who will I spend MORE time with?
- 😊 How can I give a bit back?
- 😊 Am I too obsessive about trying to master anything?
- 😊 Am I too competitive about anything?
- 😊 What else could I take up, and dabble in?
- 😊 Am I learning anything at the moment? What could I start?
- 😊 How can I increase my feeling of security
- 😊 What can I do to come out of my comfort zone?
- 😊 Can I diarise some challenges, some learning and some fun?
- 😊 What can I add to my life that's creative?
- 😊 Make a playlist of music that you like that is cheerful
- 😊 Take some actions straight after this!



Happiness

Compacting

friends

Challenges

Dabble

The End!

Learning



Tip of the month...

Free

Childish

For ever

Never repeats

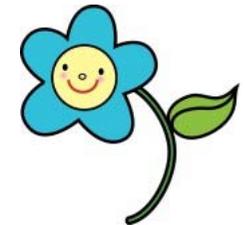


Negative emotions

Security

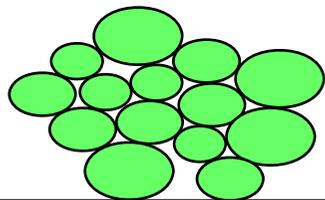
Exercise

Nature



Savour

Personal Goals



# Happiness

## Tip of the month

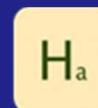
Free

For Ever

Never Repeats

Email me if you want a copy  
of the presentation

Free app



Mini-card

Book



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# Happiness

Tip of the month  
Free  
For Ever  
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