PURPOSEFUL HAPPINESS THROUGH LAUGHTER & PLAY!

Michael A. Bork, M.S., CLYT
Chief Gelotologist, Laughtership LLC
Positivity & Leadership Specialist

WEEK 1 – THE BASICS
• 25 Years of Management & Leadership experience
• U.S. Marine Corps veteran
• Currently, the Parks and Recreation Director, Fairbanks North Star Borough
• B.S. – Recreation Administration, Western Illinois University
• M.S. – Industrial & Organizational Psychology, Walden University
• Owner & Chief Gelotologist of Laughtership LLC, a coaching and speaking business focused on the transformative power of laughter and leadership
• Certified Laughter Yoga Teacher (CLYT), Laughter Ambassador, Laughter Yoga University, Bangalore, India
“IF YOU WANT TO LIVE A HAPPY LIFE, TIE IT TO A GOAL, NOT TO PEOPLE OR THINGS.”

—ALBERT EINSTEIN
At the end of these 4 weeks, you will...

**Understand**
Understand what happiness is, what your own happiness looks like, and ways to create and maintain your own personal happiness.

**Measure**
Take several happiness and character strength measurements, and gain a baseline understanding of Positive Psychology and the VIA Survey.

**Take Action**
Learn a variety of interventions and exercises, including laughter and child-like play, to create purposeful happiness!
Week 1
Defining Happiness
Measuring Happiness 1

Week 2
Measuring Happiness 2
The VIA Survey Results

Week 3
Using VIA
Laughter Yoga

Week 4
Laughter, Games, and Wrap-Up!
After the Class...
“SOMETIMES HAPPINESS IS A FEELING, SOMETIMES IT IS A DECISION.”
How do we define something as nebulous as “happiness?”
How do YOU define happiness?
What soap is to the body, laughter is to the soul.

YIDDISH PROVERB
DEFINING HAPPINESS

POSITIVE PSYCHOLOGY

“What makes happy people happy?”
Traditional psychology starts with the basic presumption:

“There is something wrong with you, how do I fix it?”

This is true of psychoanalysis, psychotherapy, therapy, counseling, etc.

**Why must we focus on the negative?**
By enhancing our strengths, we can overcome any perceived “weaknesses.”

Alternatively, Positive Psychology roots it’s foundation in:

“What are your inherent strengths, and how do we enhance them?

By enhancing our strengths, we can overcome any perceived “weaknesses.”
By measuring our strengths, and embracing what makes us strong, we can purposefully create a “MEANINGFUL LIFE”
You use your strengths for a higher purpose

You recognize your strengths and use them to enhance your own life

Focuses on Positive Emotions and Experiences

A lot of time is spent doing the things you like
“Just as the good life is something beyond the pleasant life, the meaningful life is beyond the good life.”

- Martin Seligman
MEASURING HAPPINESS

THE VIA CHARACTER STRENGTHS SURVEY

“Trust, but verify.”
Our Shared Character Strengths

Science has shown...

AROUND THE WORLD, WE SHARE THE SAME 24 CHARACTER STRENGTHS
EACH OF THESE 24 STRENGTHS IS PLACED IN ONE OF 6 VIRTUES
<table>
<thead>
<tr>
<th>Wisdom (Head Strengths)</th>
<th>Courage (Heart Strengths)</th>
<th>Humanity (Strength of Others)</th>
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<tbody>
<tr>
<td>Creativity</td>
<td>Bravery</td>
<td>Love</td>
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<td>Curiosity</td>
<td>Perseverance</td>
<td>Kindness</td>
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<td>Love of learning</td>
<td>Honesty</td>
<td>Social intelligence</td>
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<td>Judgement</td>
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<td>Perspective</td>
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<th>Temperance (Strengths of Self)</th>
<th>Justice (Community Strengths)</th>
<th>Transcendence (Strengths of Spirit)</th>
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<tr>
<td>Forgiveness</td>
<td>Fairness</td>
<td>Appreciation of beauty &amp; excellence</td>
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<td>Humility</td>
<td>Leadership</td>
<td>Gratitude</td>
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<td>Prudence</td>
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FOR NEXT WEEK:
- If you have not done so, please take the VIA Character Strengths Survey at: http://laughtershipllc.pro.viasurvey.org/
- Keep a “Happiness Log” throughout the next week
- Perform an unofficial “social science” experiment of your choosing

HAVE A QUESTION?
Email me at mike@laughtership.net

LOOKING FORWARD
Next week, we will discuss the VIA Survey in more detail, create customized Action Plans, based on your results, examine our Happiness Log results, and begin “Laughing on Purpose!”
“FOR EVERY MINUTE YOU ARE ANGRY, YOU LOSE SIXTY SECONDS OF HAPPINESS”

—RALPH WALDO EMERSON
SEE YOU NEXT WEEK!
THANK YOU