PURPOSEFUL HAPPINESS THROUGH LAUGHTER & PLAY!

WEEK 2 – Well-Being & Character Strengths

Laughtership LLC
Positive Leadership Coaching & Training
*Spreading Mirth on Earth!*

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Positivity & Leadership Specialist
The art of being happy lies in the power of extracting happiness from common things.

Henry Ward Beecher
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...
Life inflicts the same setbacks and tragedies on the optimist as on the pessimist, but the optimist weathers them better.

— Martin Seligman —
REVIEWING HAPPINESS

A QUICK RECAP OF WEEK 1
- HAPPINESS LOGS?
- UNOFFICIAL SOCIAL SCIENCE EXPERIMENT?
REVIEWING HAPPINESS

- Happiness is unique to the person.
- For this class, we mean the overall sense of well-being, combined with how you feel day-to-day.
- Happiness and positivity can be measured.
- Happiness and positivity can be learned.
MARTIN SELIGMAN’S THREE DIMENSIONS TO AN AUTHENTICALLY HAPPY LIFE

- You use your strengths for a higher purpose
- You use your strengths to enhance your own life
- You do what you find enjoyable
The VIA Classification of 24 Character Strengths

**WISDOM**
- Creativity: Originality, Adaptive, Ingenuity

**COURAGE**
- Bravery: Valor, Not Shrinking from Fear, Speaking Up for What's Right

**HUMANITY**
- Love: Both Loving and Being Loved, Valuing Close Relations with Others

**LOVE**
- Kindness: Generosity, Nurturance, Care & Compassion, Altruism, *Niceness*

**PERSPECTIVE**
- Love of Learning: Mastering New Skills & Topics, Systematically Adding to Knowledge

**PERSEVERANCE**
- Integrity: Authenticity, Integrity

**SOCIAL INTELLIGENCE**
- Zest: Vitality, Enthusiasm, Vigor, Energy, Feeling Alive

**Judgment**: Critical Thinking, Thinking Things Through, Open-mindedness

**ViaCharacter.org**
TEAMWORK
- Citizenship
- Social Responsibility
- Loyalty

FORGIVENESS
- Mercy
- Accepting Others’ Shortcomings
- Giving People a Second Chance

HUMILITY
- Modesty
- Letting One’s Accomplishments Speak for Themselves

PRUDENCE
- Careful
- Cautious
- Not Taking Undue Risks

SELF-REGULATION
- Self-Control
- Disciplined
- Managing Impulses & Emotions

APPRECIATION OF BEAUTY & EXCELLENCE
- Awe
- Wonder
- Elevation

GRATITUDE
- Thankful for the Good
- Expressing Thanks
- Feeling Blessed

HOPE
- Optimism
- Future-Mindedness
- Future Orientation

HUMOR
- Playfulness
- Bringing Smiles to Others
- Lighthearted

SPIRITUALITY
- Religiousness
- Faith
- Purpose
- Meaning

JUSTICE
- Citizenship
- Social Responsibility
- Loyalty

FAIRNESS
- Just
- Not Letting Feelings Bias Decisions About Others

LEADERSHIP
- Organizing Group Activities
- Encouraging a Group to Get Things Done

TRANSCENDENCE
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MEASURING HAPPINESS

THE VIA CHARACTER STRENGTHS SURVEY & PPI’S
WHAT ARE POSITIVE PSYCHOLOGY INTERVENTIONS (PPI)?
• STATISTICALLY VALIDATED TOOLS OR EXERCISES, DESIGNED SPECIFICALLY TO IMPROVE ONE’S SENSE OF WELL-BEING
• MAY BE USED INDIVIDUALLY (ONE-OFF), OR AS A PLANNED PROGRAM
Examples Include:

- Mindfulness Training
- Surveys/Writing Exercises
- Positive Writing/Journaling
- Gratitude Exercises
- Life Coaching
- Meditation/Yoga/Flow Arts
- Goal Setting

SOURCE
Let’s figure out some personal interventions!

**Understand**

Look at your top 5 Strengths. What are some things that come immediately to mind to enhance those strengths?

**Process**

Do not try to tackle everything at once.

“How do you eat an elephant?”

**Make it Habitual**

Make sure that, whatever you choose, it is S.M.A.R.T.!
"There is nothing in the world so irresistibly contagious as laughter and good humor."

Charles Dickens
LET’S GET HAPPY!
LET’S LAUGH!
FOR NEXT WEEK:
- If you want to, please take the VIA Character Strengths Survey at: http://laughtershipllc.pro.viasurvey.org/
- Continue your “Happiness Log” throughout the next week
- Perform another unofficial “social science” experiment of your choosing

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

LOOKING FORWARD
- We will continue to explore different PPI interventions
- Most of the class will be dedicated to exploring Laughter!
SEE YOU NEXT WEEK!
THANK YOU