

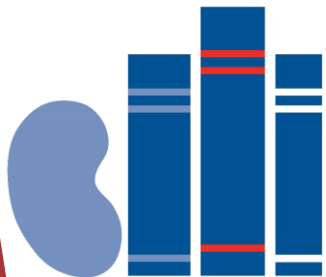
***Don't Make New Year Resolutions!***  
***Six Happiness Habits***

This webinar will start shortly. It will be recorded and the slides will be available at [www.dpcedcenter.org](http://www.dpcedcenter.org)

**Next webinar: February 28th at 2:00 pm Eastern**  
It Takes a Village: Preparing your support plan for transplant care

# Reminders

- All phone lines are muted
- **Unmute: #6** to ask questions at the end of the presentation
- **Mute: \*6** after your question
- Or, ask questions through the Chat Box
- You will receive the link to the **recording, a handout, & slides** by email if you registered for the webinar
- Please complete the feedback form at the end of the program

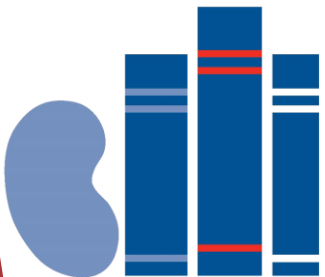


# Today's Presenter

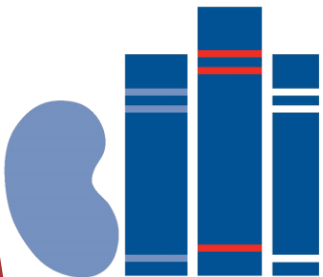
Steve  
Wilson



- Psychologist and humorist
- Educator and Trainer
- Laughter therapist
- Co-Founder/Director of *World Laughter Tour*
- Member of the DPC Education Center Advisory Council
- [www.worldlaughtertour.com](http://www.worldlaughtertour.com)



# What are the reasons not to make New Year resolutions



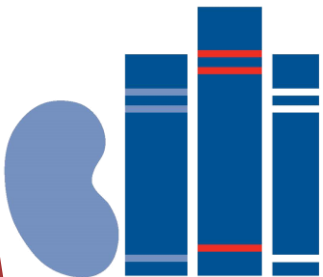
If we don't make resolutions, how can we change and make new habits



My New Year's resolution is to stop lying to myself about making lifestyle changes.



your  cards  
someecards.com

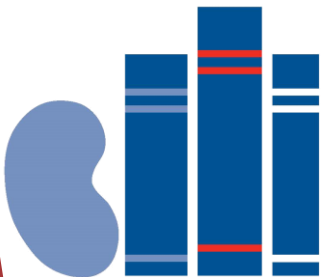


# Make a Personal Commitment to New Goals

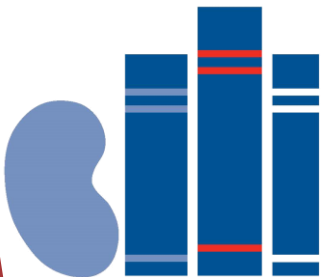
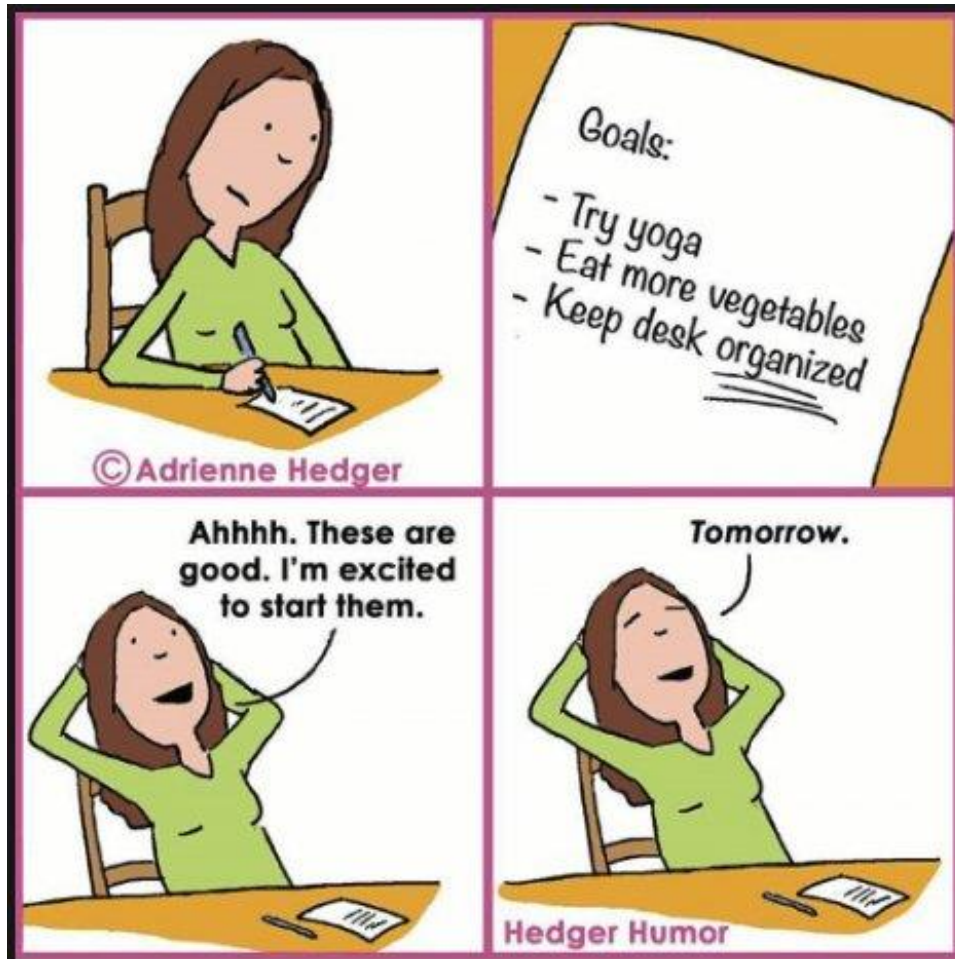
I don't call them New Year's Resolutions. I prefer the term, "Casual promises to myself that I'm under no legal obligation to fulfill".



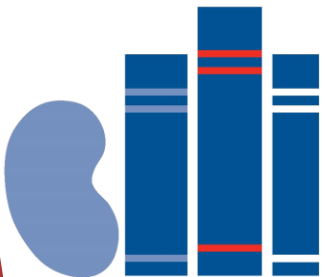
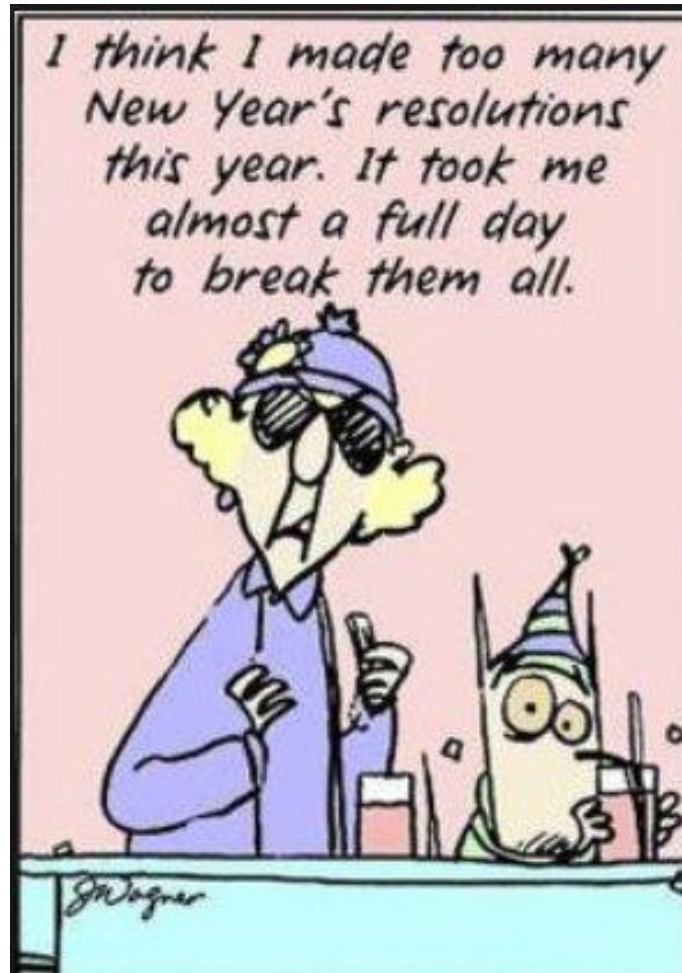
**ROTTENeCARDS** USER CARD



# Make Goals Specific and Doable

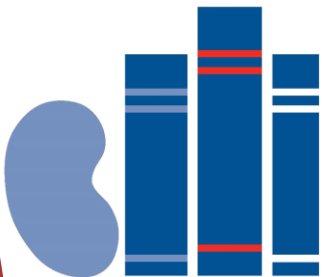


# Start With Only a Few Goals

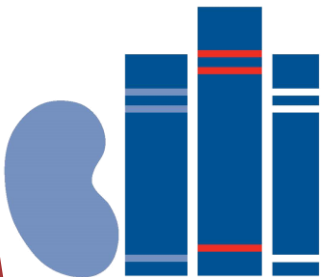




# Make Goals Measurable



That sounds like a lot of work!  
What else can we do





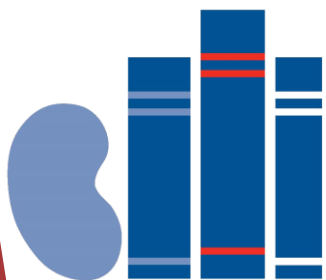
**Always**



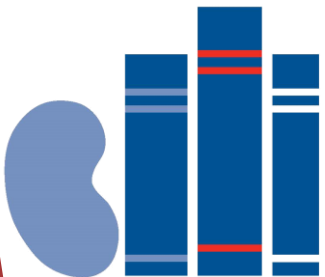
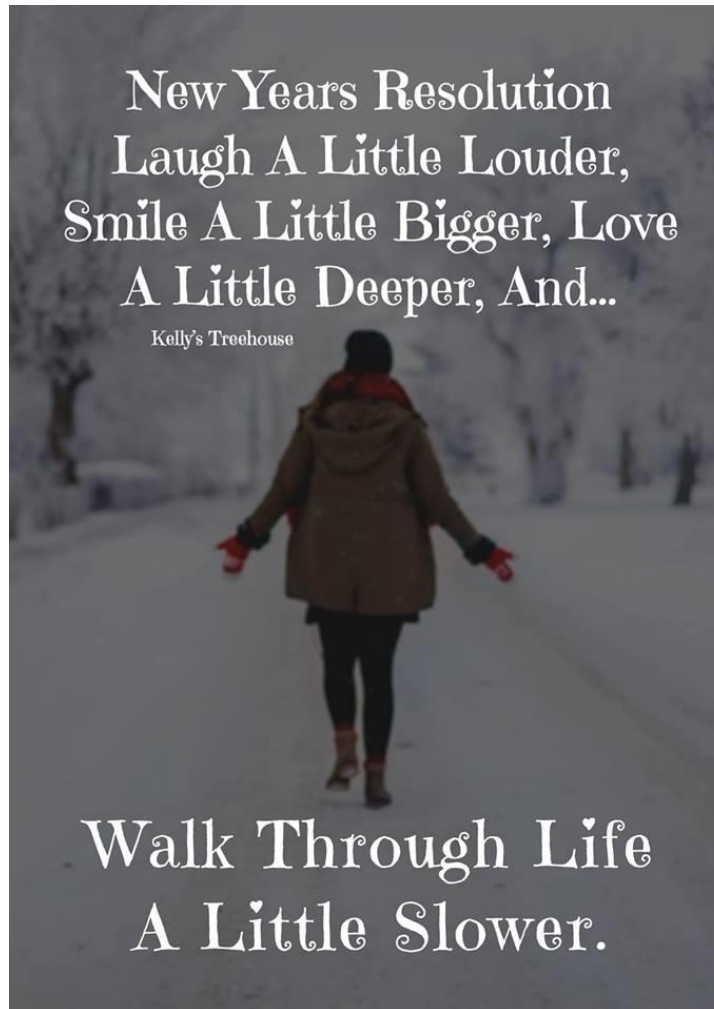
**Look For**



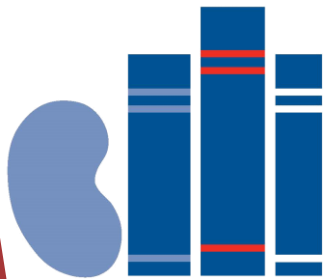
**The Funny**



# Make Goals Positive



Train your  
mind to see the  
good in every  
situation.



A black and white photograph of Audrey Hepburn, looking slightly to the left with a soft expression. Her hair is pulled back, and she is wearing a light-colored, possibly white, dress. The background is dark, making her face and hair stand out.

For beautiful eyes, look for the **good** in others;  
for beautiful lips, speak only words of **kindness**;  
and for poise, walk with the knowledge that  
you are **never alone**.

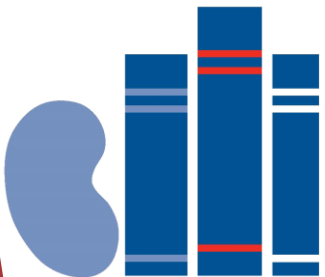
*- Audrey Hepburn*

Goalcast

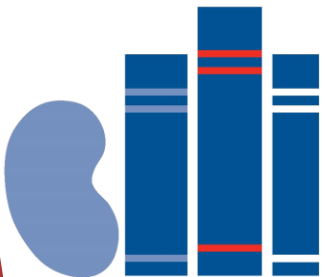


# 5 Things Positive Attitudes Will Do

- Support healing
- Reduce Stress
- Build Resilience
- Create Harmony
- Promote Hope



How does humor and laughter add  
to a positive attitude







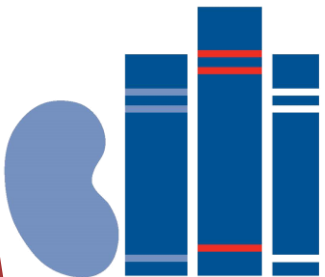
Every



Laugh



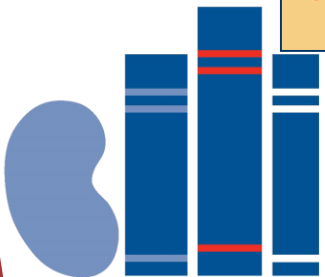
Matters





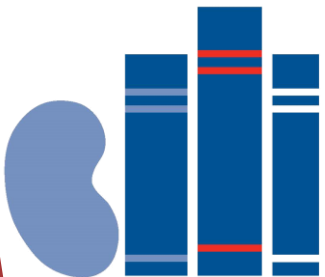
## Let's Clear Up Some Myth-conceptions *(All of these are wrong!)*

- You are born with a sense of humor
- A sense of humor is about telling jokes
- You need a reason to laugh
- You laugh because you feel good
- You can't be both serious and humorous

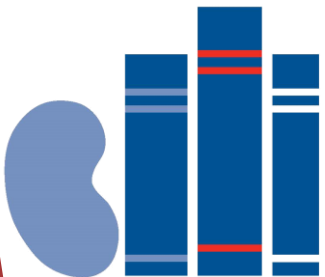


We've talked about not making resolutions, having a positive attitude, and keeping humor and laughter as part of our lives.

**Do the 6 happiness habits build on these and can you share how we can develop them**



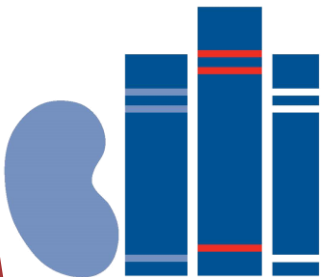
# Develop A Good-Hearted Living Plan



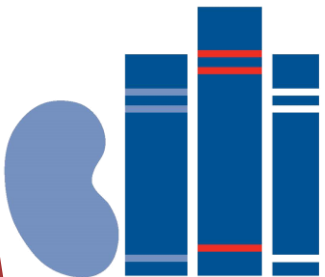
# Monday = Compliments

**A compliment is  
verbal sunshine.**

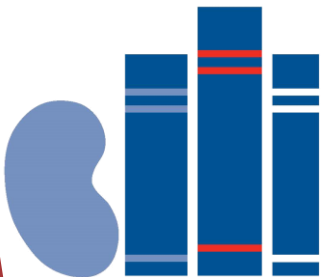
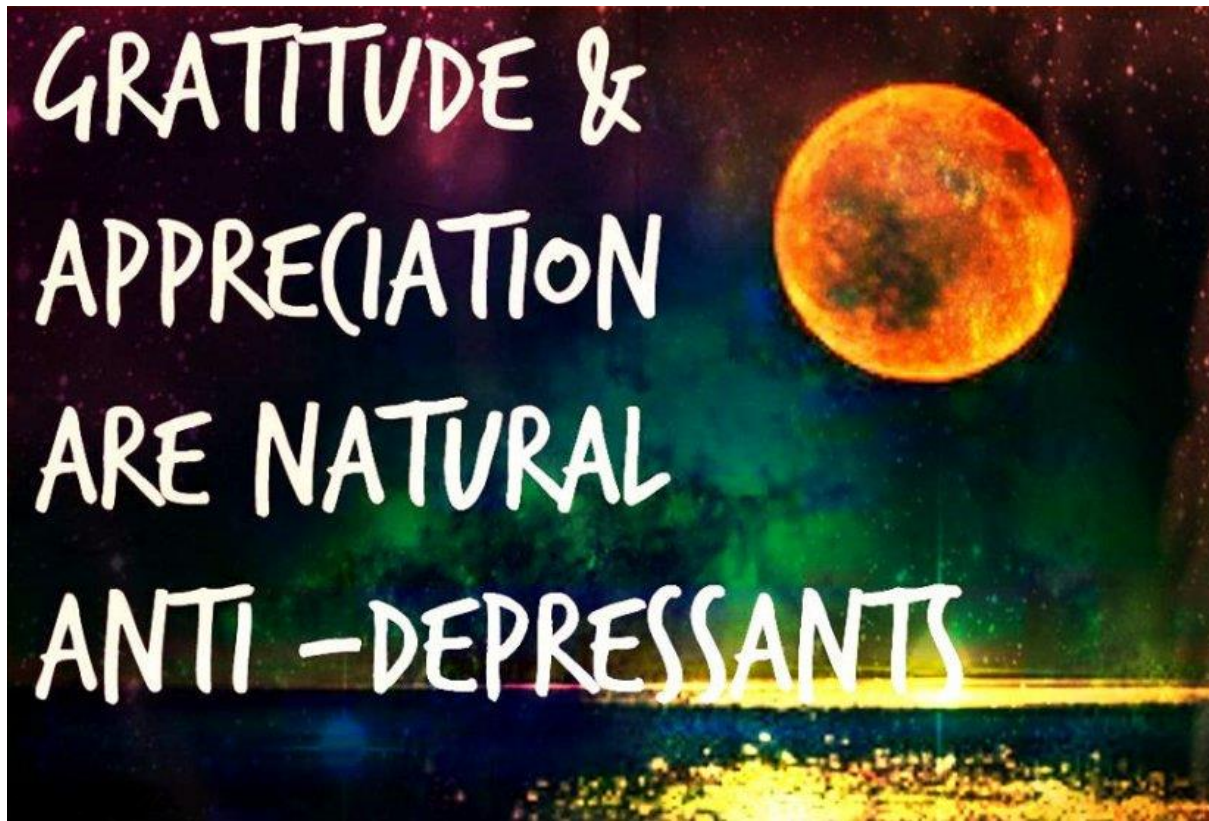
Robert Orben



# Tuesday = Flexibility



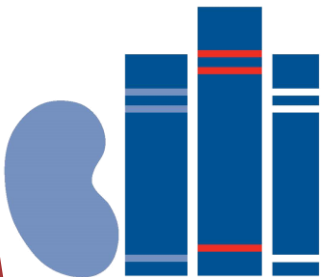
# Wednesday = Gratitude



# Thursday = Acts of Kindness

MY WISH FOR YOU IS  
THAT YOU CONTINUE.  
CONTINUE TO BE  
WHO AND HOW YOU  
ARE, TO ASTONISH A  
MEAN WORLD WITH  
YOUR ACTS OF  
KINDNESS. CONTINUE  
TO ALLOW HUMOR TO  
LIGHTEN THE BURDEN  
OF YOUR TENDER  
HEART.

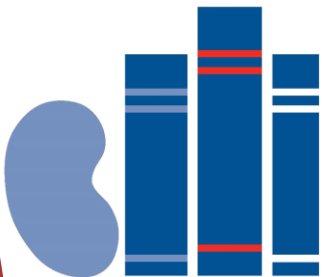
MAYA ANGELOU





# Friday = Forgiveness

**THE FIRST TO APOLOGIZE  
IS THE BRAVEST.  
THE FIRST TO FORGIVE  
IS THE STRONGEST.  
AND THE FIRST TO FORGET  
IS THE HAPPIEST...**



# **Weekends = Chocolate (Do Something Sweet)**

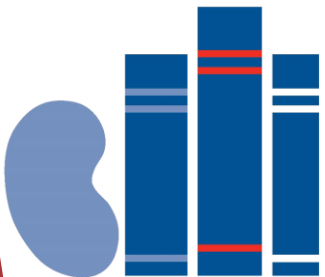
**THERE IS NOTHING  
BETTER THAN  
A FRIEND,  
UNLESS IT IS  
A FRIEND  
WITH CHOCOLATE.**



Can you summarize these  
**6 habits**  
one more time

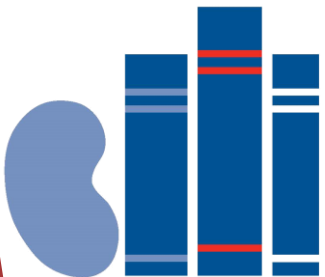


And, in how many languages



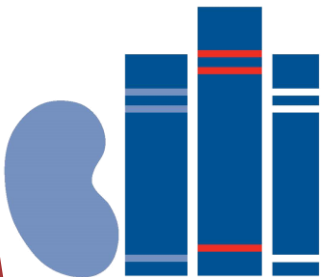
# Six Habits of Happiness (Good Hearted Living)

- Monday = Compliments
- Tuesday = Flexibility
- Wednesday = Gratitude
- Thursday = Acts of Kindness
- Friday = Forgiveness
- Weekends = Chocolate



What Will *YOU* Do Going Forward?

Questions



# Thank You for Attending Today

Please complete the Feedback Form

Handouts to be emailed/posted

Next webinar: February 28<sup>th</sup>

*It Takes a Village: Preparing your support plan  
for transplant care*

