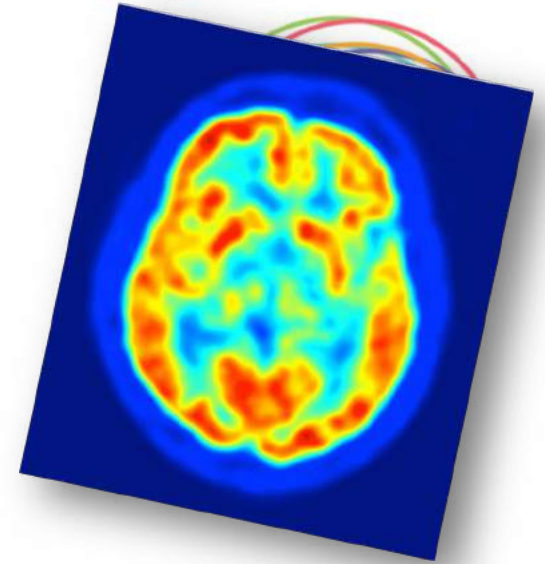


Module 1: Introduction to

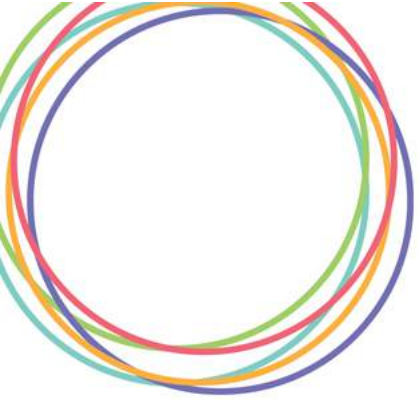
Wholebeing Happiness

Yes



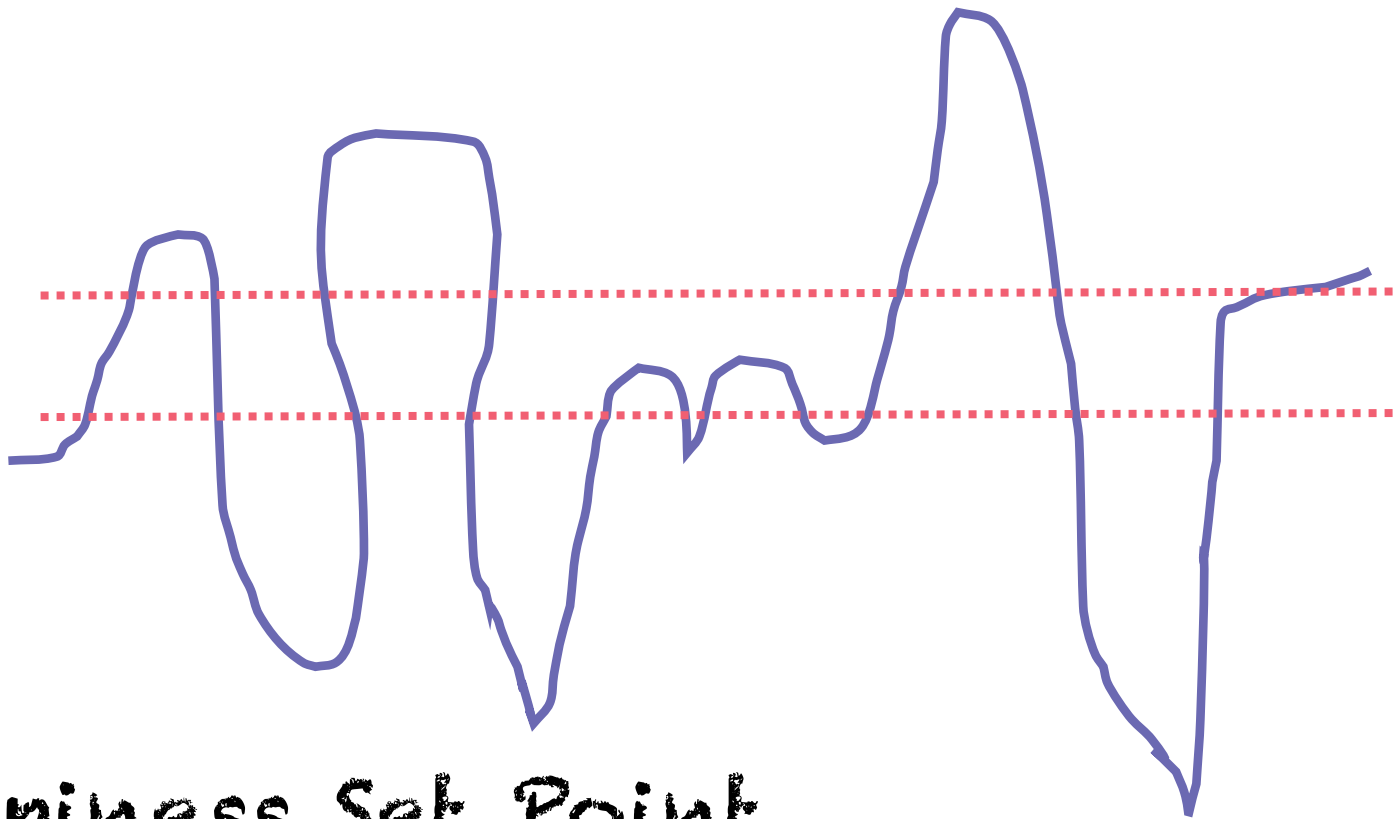
Where am I going?

Transitions.

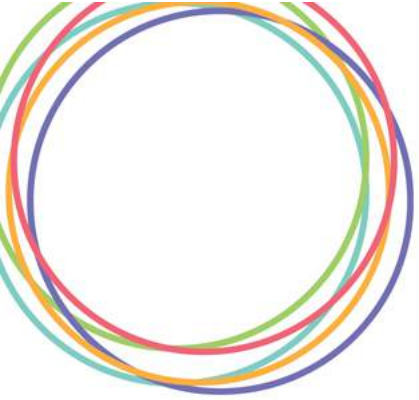


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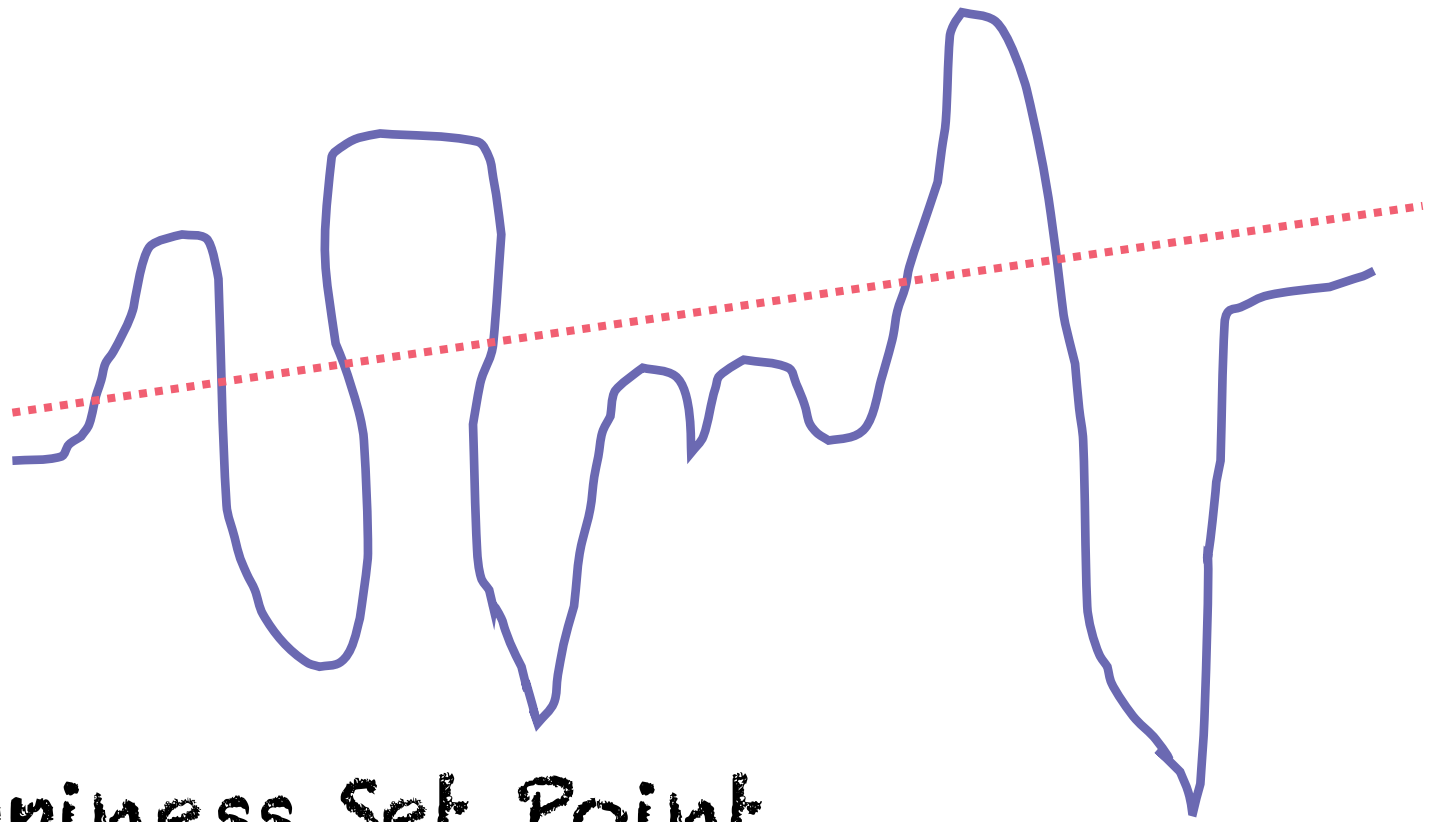


Happiness Set Point

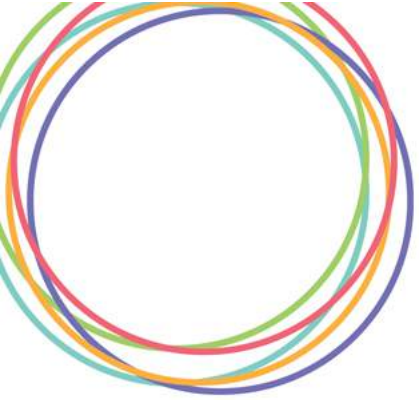


Module 1: Introduction to

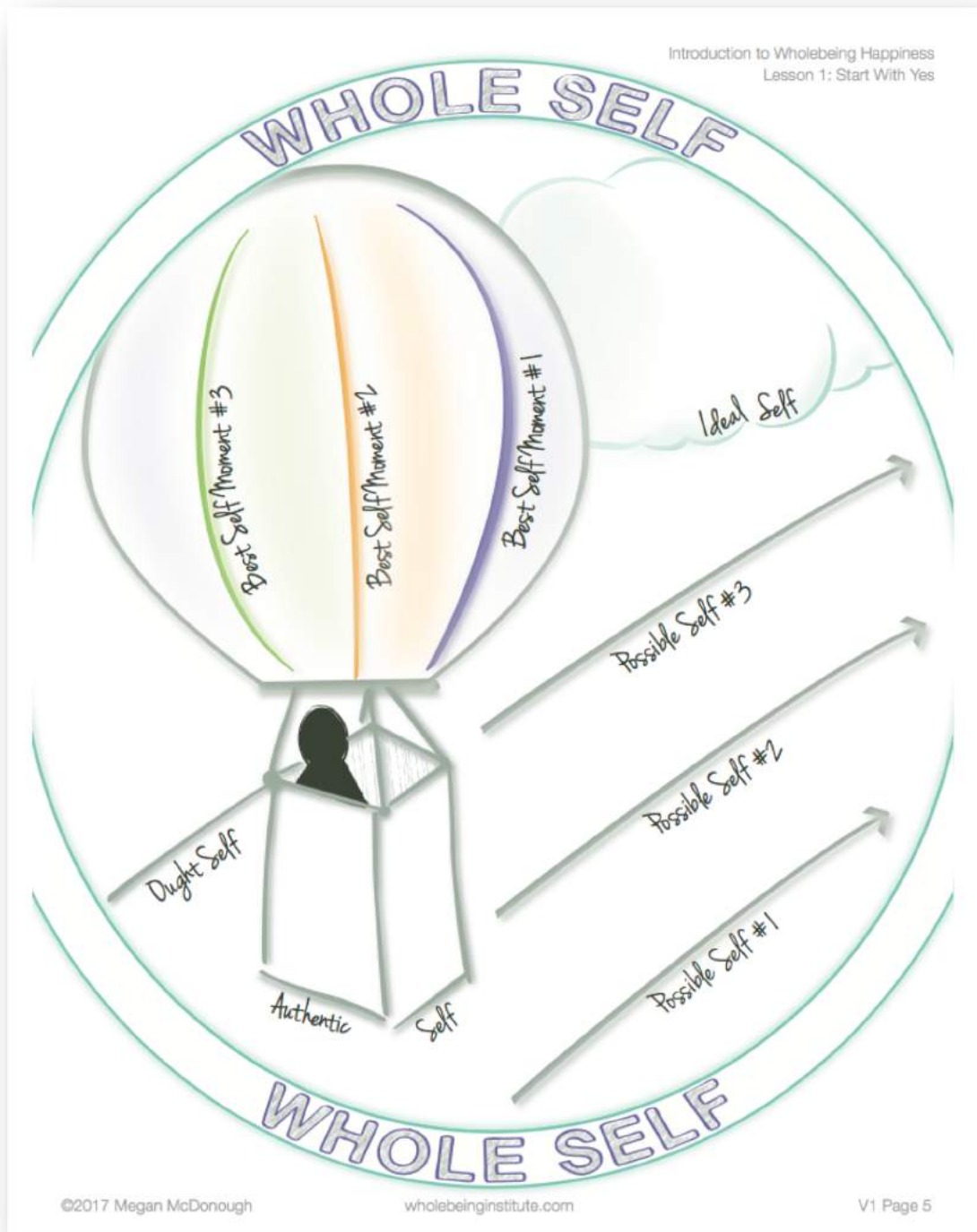
Wholebeing Happiness

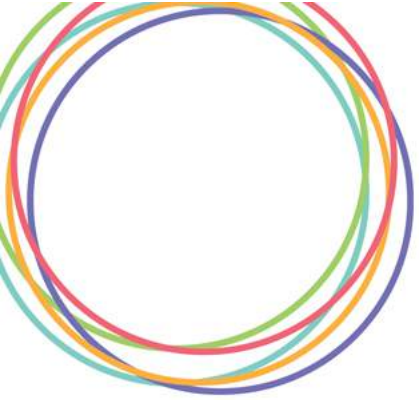


Happiness Set Point



One of my best self moments was when...





Module 1: Introduction to

Wholebeing Happiness



Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all of your life dreams. Now, write about what you imagined.

Don't worry about the grammar or style of your writing. Just write; no need to edit.

You can write the same story for all four days, completely different stories on different days, or some combination of both. Use the full 20 minutes (no shortcuts!) for four consecutive days.

On the fifth day, review everything you wrote over the past four days. What jumps out at you? What themes do you notice?



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