

Deep Happiness: The 8 Secrets

Have you ever asked God, "What in the world are you doing?"

Ephesians 2:10 - For we are His workmanship, created in Christ Jesus, which God prepared before hand that we should walk in them.



The Deep Happiness Test

On a Scale of 1-10 how are you at these qualities
(1 is very little and 10 is lots of this quality)

I am grateful, teachable, and humble 1 3 5 7 10

I have processed my mistakes, wounds and losses 1 3 5 7 10

I have developed impulse control and use my emotions to fuel and enjoy life 1 3 5 7 10

I pursue my dreams and positive purpose with diligence 1 3 5 7 10

I am forgiving, nonjudgmental and gracious 1 3 5 7 10

I think positive, beneficial, constructive thoughts rejecting unethical, depressive and selfish thoughts
1 3 5 7 10

I savor each day, harmonize with the people around me, and do not attack others 1 3 5 7 10

I set boundaries for myself and others and am willing to invest and sacrifice to protect those boundaries
1 3 5 7 10

Blessed are the Poor in Spirit

The Happiest people are _____, _____ and _____

Can you be _____ for all that God has already given you?

Exercise #1

Exercise #2

Are you still _____, are you _____?

Who are you learning from?

What do you need to know that you don't know?

Can you admit you _____ God and others?

Pride

Envy / Jealousy

Anger

Lust

Sloth

Gluttony

Greed

What would God have to do to or allow get you to stop focusing on _____ and notice Him and others?

Blessing

Loss of a job

New _____

_____ of loved one

New job

Transfer

No new opportunities

Pay cut