

What's your happiness baseline?

Welcome to this edition of your Weekly Winning Resource all about the word felicity. Felicity is what we all hope to achieve one day. It's a state of intense happiness. Ask anyone what they want out of life, and nearly everyone will say, "I just want to be happy." The million dollar question is what makes you happy? Do you have a list of things that will make you happy? Most people do. We all want success, money, great relationships, a nice car, and a nice home. Are these things the key to felicity? The answer is yes, for short-term happiness. However, studies show for long-term intense happiness, the answer is no. The reason is, humans have an amazing ability to adapt to circumstances. Things like a new car, a raise at work, or even a new love interest, can be exciting at first, but we quickly return to our happiness baseline. This innate behavior is a protection mechanism that we all do automatically. So, the way to live with felicity is to work on improving your happiness baseline. Then, no matter what is happening in your life, you will have felicity. Science proves humans can cultivate a greater happiness in life and it doesn't take winning the lottery. It's an inside job working to better our perspective and attitude. This is great news because it shows that improving our happiness baseline is something we all can do.

Your Weekly Winning Word:

Felicity:

the state of intense happiness; happy place.

Your Weekly Winning Article:

While it's great news we all have the ability to improve our happiness baseline, it's not always easy. Anytime change is involved, it's difficult. However, if you have some specific things you can do to help you create some new habits to improve your overall mindset, it can make it a lot easier. In our Weekly Winning Article we share 4 things you can do to help improve your happiness baseline. Check it out here:

[Click Here to Read](#)

Your Weekly Winning Challenge:

Work on the 4 things outlined in the winning article this week to improve your happiness baseline. Take time to prioritize your self-care and determine what you could do that would have the most impact on your body, mind, and spirit. How can you be more intentional? What is one goal you can take action on this week? What do you keep telling yourself you are going to do, but you're not doing it? Do that! Is there an area of your life where you are overly concerned about what people think? Start to let go of this worry and focus on what makes you fulfilled.

Your Weekly Winning Quote:

“Seek not greater wealth but simpler pleasure; not higher pleasure, but deeper felicity.” ~Ghandi

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AUGUST WEEK 4 	MONDAY 22	TUESDAY 23 Your On Demand Coaching is Ready!	WEDNESDAY 24	THURSDAY 25
	FRIDAY 26	SATURDAY 27	SUNDAY 28 Weekly Winning Resource Arrives in your Email at 5:15pm CST	NOTES: Save the Date! Virtual Fall Success Seminar Thursday, September 22nd 1pm-4PM CST on Zoom Guest Speaker: Sara Miller

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[*CNL – Dream Outside the Lines – Jeannie Quick*](#)

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