

THE HARD PARTS OF HAPPINES

ANTHONY **POPONI**

SPEAKER · TRAINER · COACH



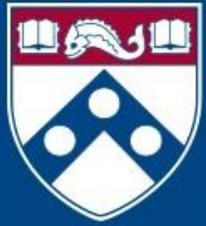
BOYS & GIRLS CLUBS
OF BEND

1. THE HARD PARTS OF HAPPINESS

2. YOUR WORST SELF

3. YOUR BEST SELF

4. WHAT IS YOUR STORY



Penn
UNIVERSITY of PENNSYLVANIA

POSITIVE PSYCHOLOGY CENTER

POSITIVE EXPERIENCES

POSITIVE TRAITS

POSITIVE INSTITUTIONS

HBR.ORG

Harvard Business Review

JANUARY-FEBRUARY 2012

66 **The Big Idea**
Runaway Capitalism
(Beware the Peacock Effect)
Christopher Meyer and Julia Kirby

139 **Managing Yourself**
The Skills Every
21st-Century
Manager Will Need

156 **Life's Work**
Kareem Abdul-Jabbar

PLUS Audacious Ideas 2012

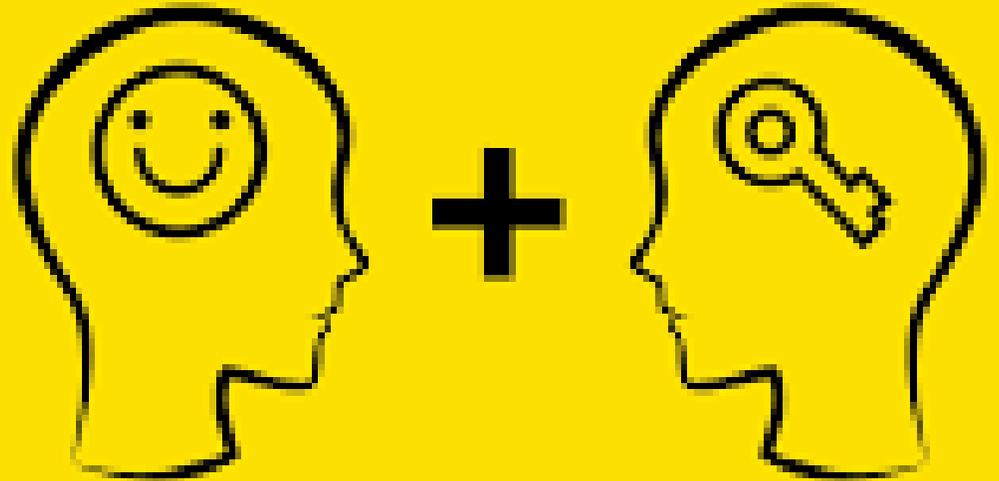
SPECIAL DOUBLE ISSUE

THE VALUE OF HAPPINESS

HOW EMPLOYEE
WELL-BEING
DRIVES PROFITS



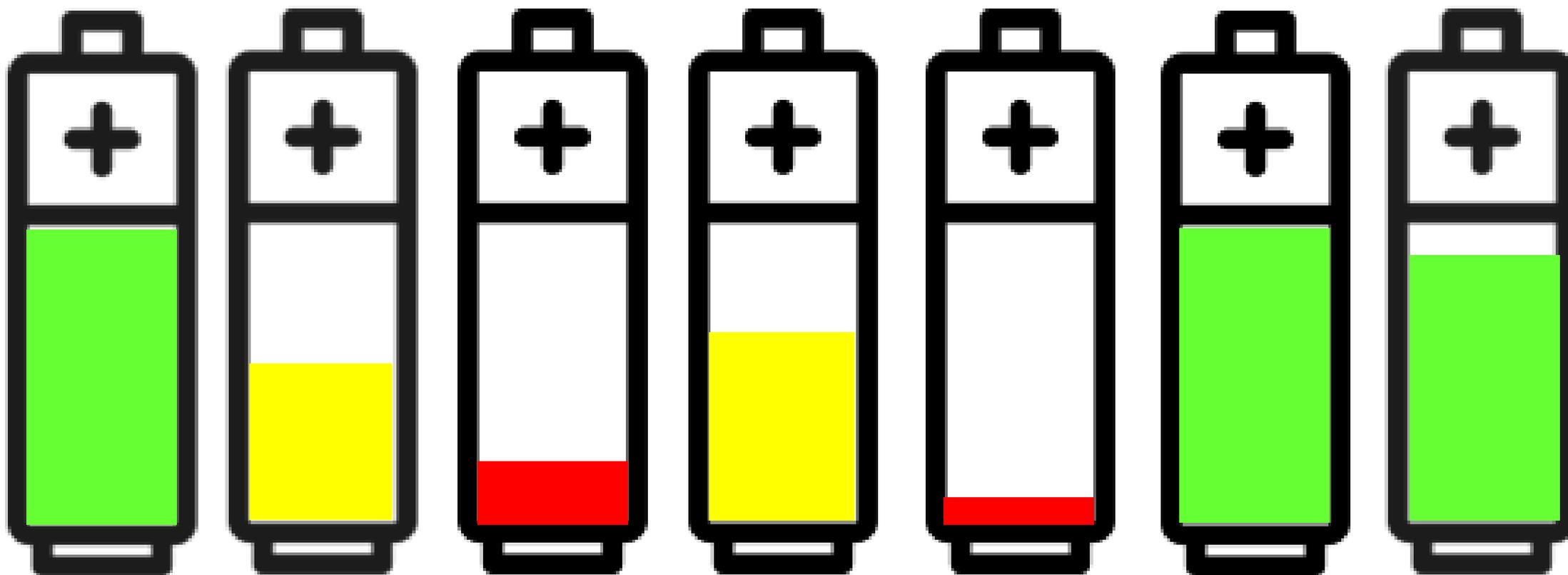
positivity



success

CATEGORY	WHAT IT MEANS	ME TODAY
HEALTH AND FITNESS	Are you active, fit, and feeling healthy?	
FINANCIAL SECURITY	Do you feel financially secure and able to handle downturns?	
CAREER FULFILLMENT	Is your job just a job, or is it a career or even a calling?	
COMMUNITY	Do you love your community and surroundings?	
FUN AND PLAY	Do you have fun and enjoyable activities in your life?	
PERSONAL DEVELOPMENT	Are you growing emotionally, spiritually, and intellectually?	
LOVE LIFE	Do you have a stable and positive romantic relationship?	
FAMILY AND SOCIAL	Do you have strong, positive relationships with family and friends?	

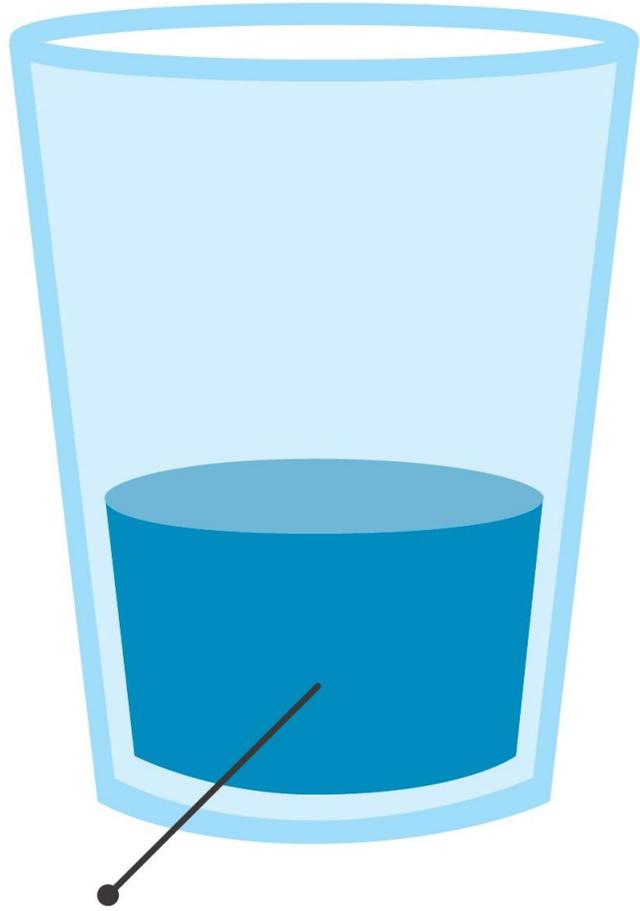




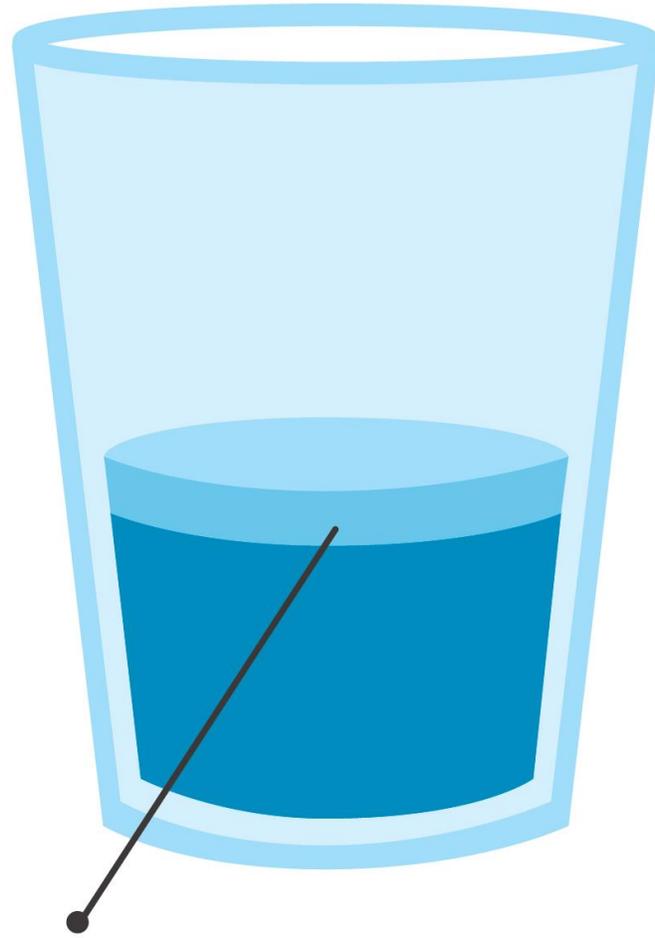
Stop living your life half-glassed.

FOCUS **ON THE** **40**





50% GENETIC



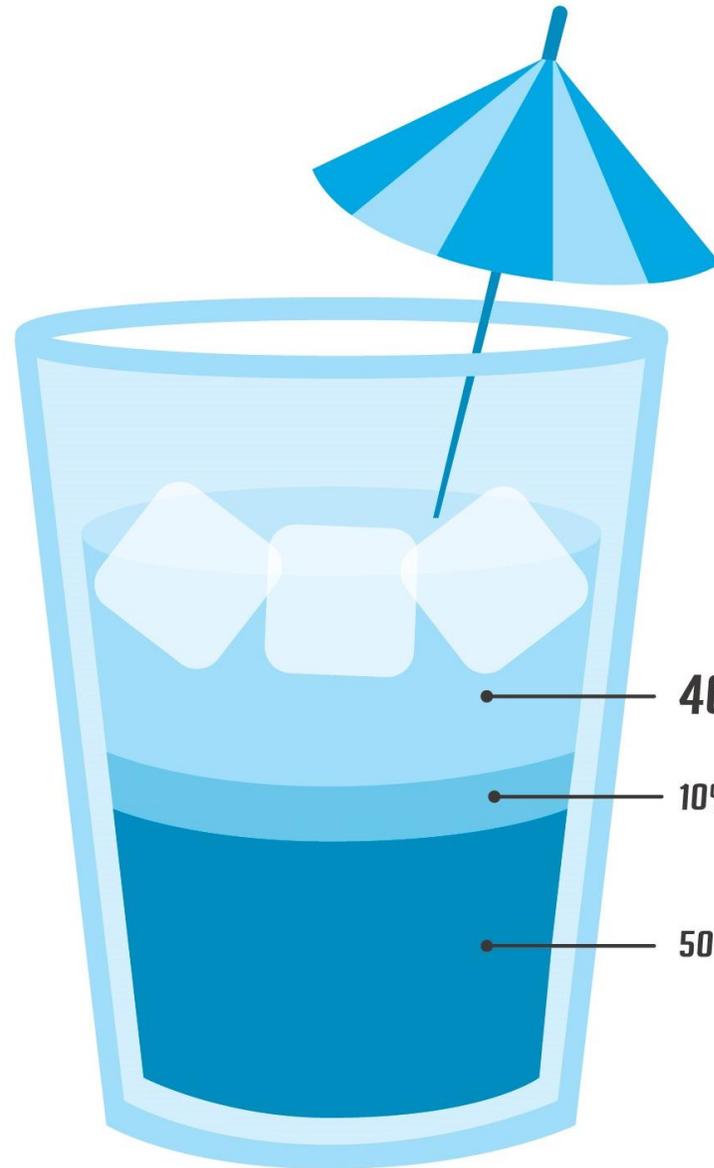
10% CIRCUMSTANCE

I'LL BE HAPPY WHEN



**HAPPINESS
JUST AHEAD**





40% ALL YOU

10% CIRCUMSTANCE

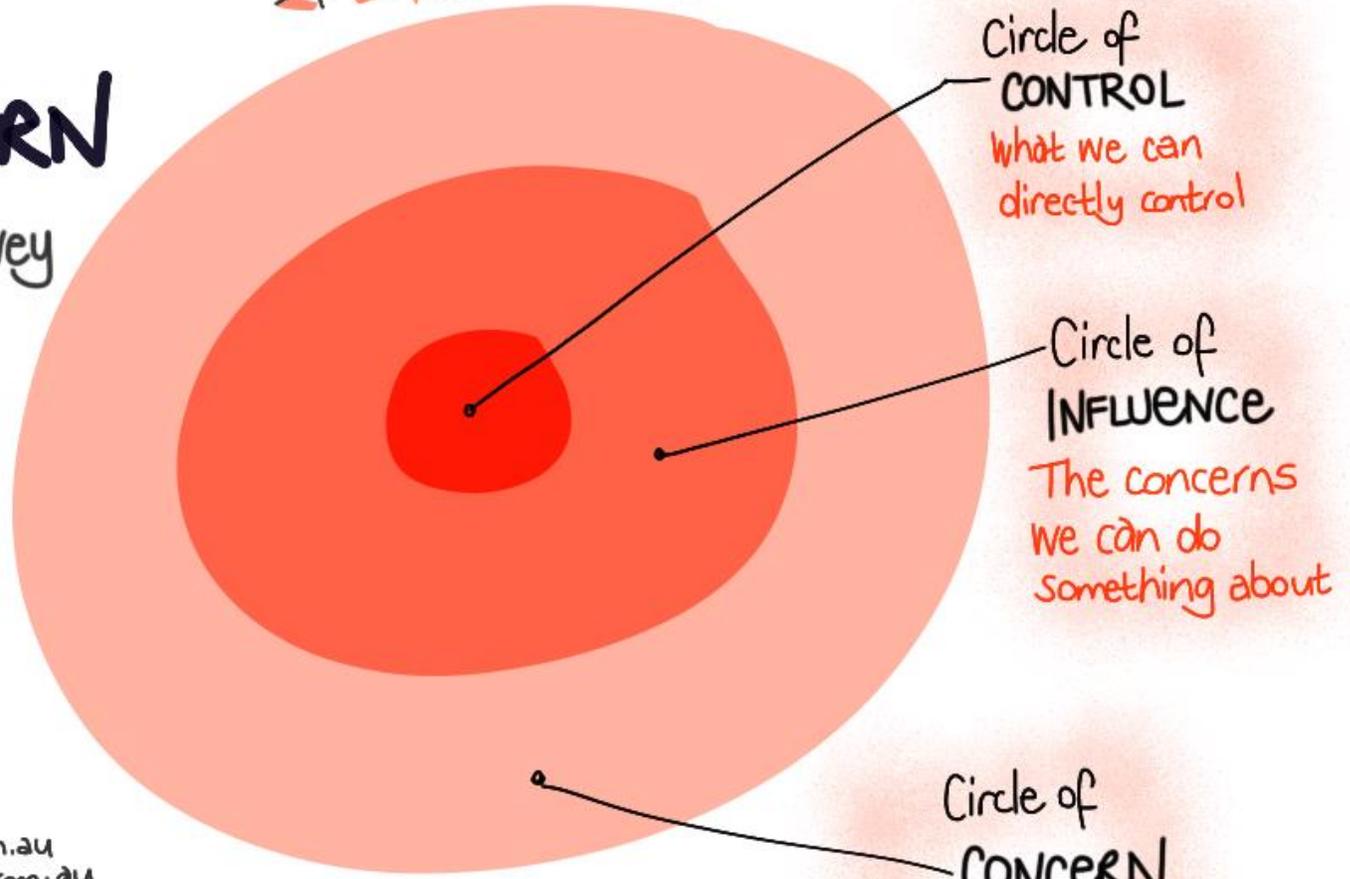
50% GENETIC

CIRCLE of CONCERN

by
Stephen Covey



We need to focus our energies on what we can control + influence!



Circle of
CONTROL
What we can
directly control

Circle of
INFLUENCE
The concerns
we can do
something about

Circle of
CONCERN
Wide range of
concerns

© discoveryinaction.com.au
eyesandassociates.com.au
DRAWING



What we cannot
control or influence
we need to **LET GO** of!



FUN!

**THE
SWEET
LIFE**

**THE
FULFILLED
LIFE**

**THE
VOID
LIFE**

**THE
DRY
LIFE**



PURPOSE

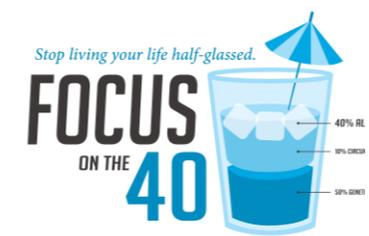


**"HAPPINESS CAN BE HARD.
BUT THE HARD PARTS OF
HAPPINESS ARE ALSO THE
GOOD PARTS."**

- ANTHONY POPONI

ANTHONY POPONI
ENGAGEMENT · INSPIRATION · MOTIVATION

$$F + F + F + F + F = F$$





FEELINGS

EXPANDING POSITIVE EMOTIONS

HAPPINESS | OPTIMISM | ELATION

CONTENTMENT | PLEASURE



A TABLE FULL OF NEUROCHEMICALS

NEUROCHEMICALS OF POSITIVE EMOTIONS	ARE PRODUCED IN MOMENTS OF...
<i>Oxytocin</i>	trust, bonding, touch, positive social interaction
<i>Dopamine</i>	task completion, getting rewards
<i>Serotonin</i>	recognition, pride, accomplishment, status, respect
<i>Endorphin</i>	laughter, exercise, crying, stealing ¹



FRIENDS

POSITIVE RELATIONSHIPS

AUTHENTIC | CONNECTION | SUPPORTIVE

VULNERABLE | ALIGNED





FULFILLMENT

LIVING WITH PURPOSE

MEANING | VALUES | BELONGING

SERVICE | OTHER-FOCUSED



▪ **MAY** ▪

**NATIONAL FOSTER CARE
AWARENESS
MONTH**

FOSTER CARE AWARENESS



MAY

**IS MENTAL HEALTH
AWARENESS MONTH**

#breakthestigma



FORWARD

GROWTH AND MASTERY

SELF-GROWTH | AWARENESS | SUCCESS

ACHIEVEMENT | UNIQUE CONTRIBUTION



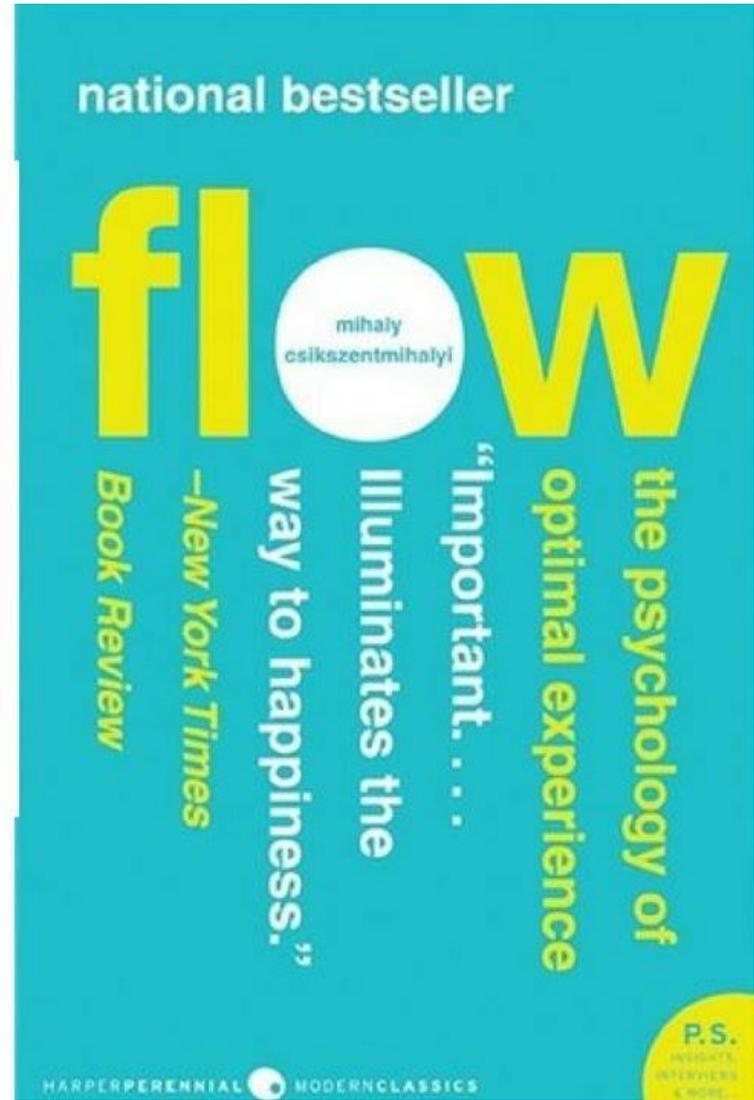
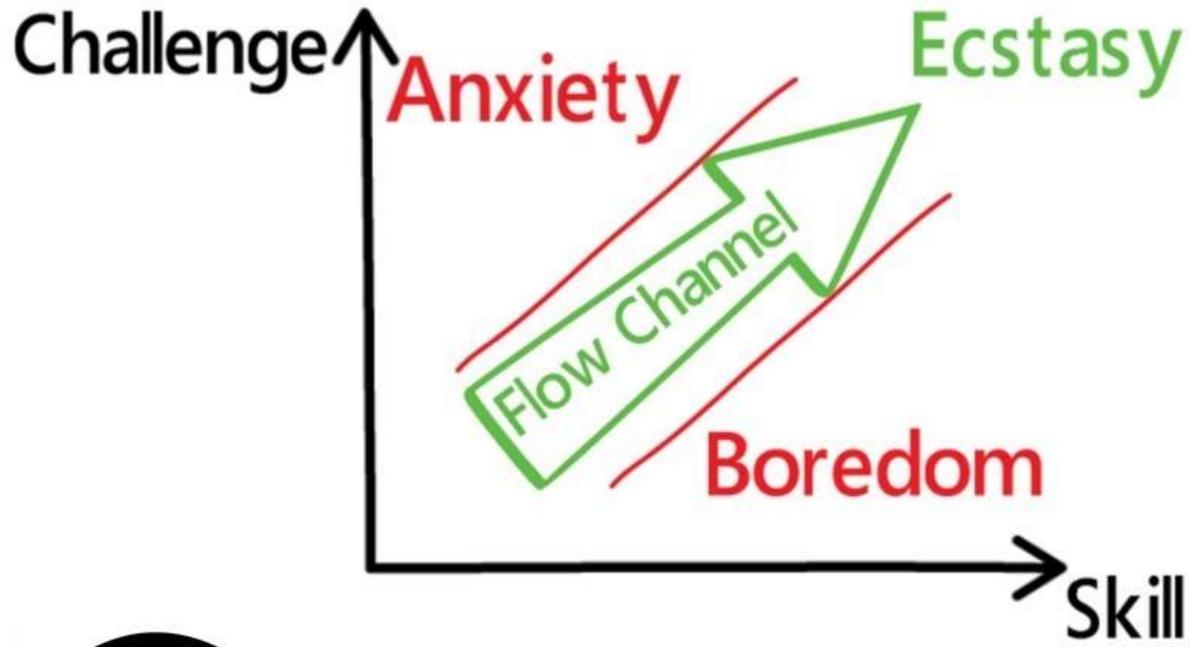
FOCUS

ENGAGED IN LIFE

STRATEGIC DISCOMFORT | CHALLENGE STRESS

ENGAGEMENT | GOING DEEP

FLOW



CHALLENGE

STRESS

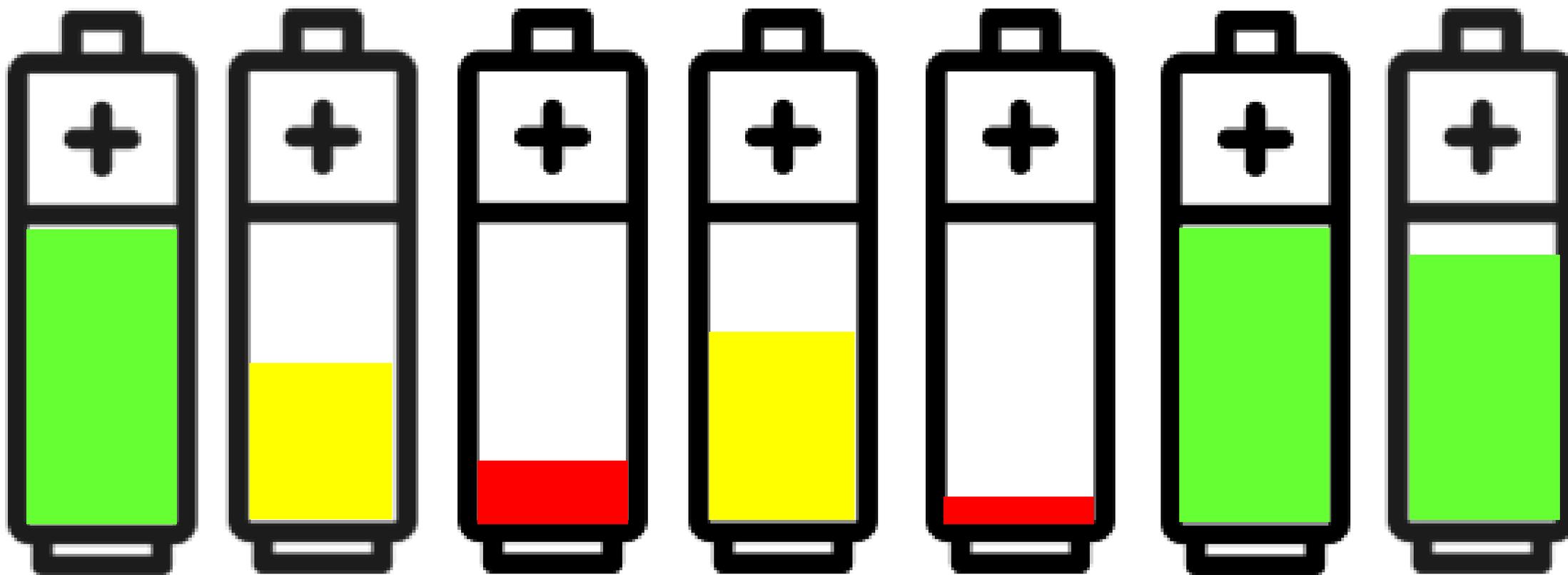
NEGATIVITY

BIAS

Physical Threats and Social Threats

2 and 14







INSTITUTE ON
CHARACTER



Creativity



Curiosity



Judgment



Perspective



Bravery



Perseverance



Zest



Honesty



Social Intelligence



Kindness



Love



Leadership



Fairness



Teamwork



Forgiveness



Love of Learning



Gratitude



Spirituality



Self-Regulation



Humility



**Appreciation
of Beauty**



Prudence

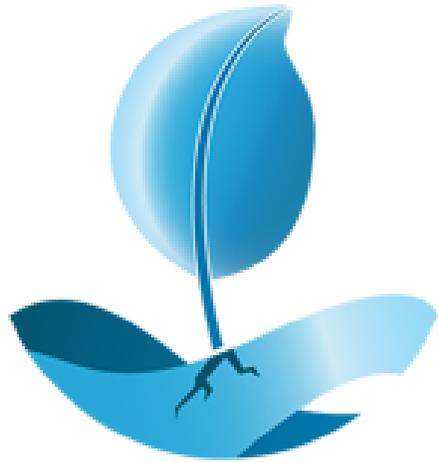


Hope



Humor

NATURAL
EFFORTLESS
ENERGIZING



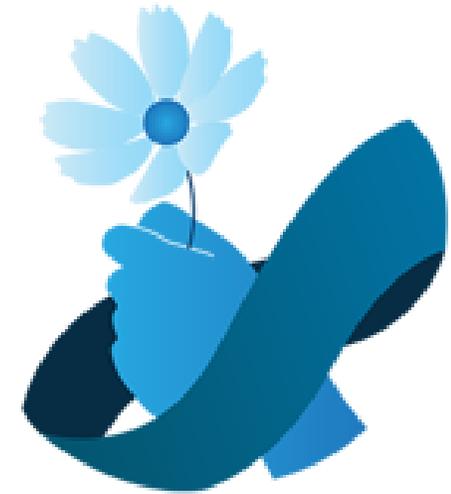
HOPE



SOCIAL INTELLIGENCE



HUMOR



GRATITUDE



KINDNESS

IMAGES "BORROWED" FROM VIACHARACTER.ORG



HAPPY2022



**“Tell me, what is
it you plan to do with
your one wild and
precious life?”**

Mary Oliver, “A Summer’s Dream”

