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roadSIGNS Newsletter

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Greetings!

I am once again a student! Yes my brain still functions and yes, I still enjoy robust conversations regarding topics I love.

*My Certificate in Applied Positive Psychology (CAPP) program began September 19th. I chuckled as Jim photographed me in my 'back to school attire' feeling very much the new student and sensing the anxiety that accompanies any new journey. Arriving at the location for my first weekend intensive, I began introducing myself to my fellow learners. And so this new journey begins.*

Over the next few months I will share through the e-newsletter some of the learning and pieces that catch my interest. I learned that much of what I am embarking on is not

new to me as Positive Psychology forms the underpinnings of our ME FIRST work. What the program does offer me is more breadth and width to my understanding and knowledge as well as the important research that continues to emerge.

Out of the gates I was reminded that Positive Psychology is about building what is right with you and enhancing the positive aspects of life. A great place to begin is by looking at happiness and how you might shift from 'the pursuit of happiness' into 'being happy'. Welcome to **Exercise your Happiness!**

Enjoy the read!

Betty

For the fall of 2015, we are taking a sabbatical from retreat work and Our Labyrinth Walk in September while Betty completes her certificate in Applied Positive Psychology. We will be back with ME FIRST, our annual Intentions and Vision Day and more in 2016.

We will be continuing HEALTHY LIVING CAFE in collaboration with the QUIRKY CARROT. We will be on a new night - 3rd Monday of each month (September 2015 to June 2016) excluding December. On October 19th, our next speaker will be Shannon Marion (Registered Physiotherapist) who will be talking about posture. The title of the talk is "Don't Let Gravity Drag You Down".

Find out more and register [HERE](#)

The next Labyrinth Walk will be held Saturday, December 19th, 2015.

For details go [HERE](#)

## In This Issue

[This month's Sign](#)

[Your aSIGNment](#)

[Travel Tips](#)

[Someone in Your Corner](#)

[Upcoming Events](#)

## This month's roadSIGN



"Dancing in the Sun" Earth Energy Art by Betty Healey

## October Newsletter

"Now and then it's good to pause in our pursuit of happiness  
and just be happy."

**Guillaume Apollinaire**

### **EXERCISE YOUR HAPPINESS**

There is a belief that we are all entitled to 'pursue happiness'. The problem is that many people spend a lifetime pursuing it and never really find it.

When interviewed and asked 'what do you want most from life?' most people will respond 'to be happy'. Since seeking happiness seems to be relatively universal, what can you do to end the chase and start being happy? What can you do to exercise your happiness?

#### **What Is Happiness?**

Don't you love it when science endeavors to quantify a rather elusive concept? Happiness, as you know is a subjective and personal experience of life. What makes me happy may simply annoy you and vice versa.

All that said, in the Positive Psychology literature there is a Happiness Formula:  
(source: Center for Flourishing Manual)

### **The Happiness Formula**

$$\mathbf{H = S + C + V}$$

**H** = Overall Level of **H**appiness

**S** = Biological **S**et Point (how your life is influenced by major events)

**C** = Life **C**onditions (the situation in which you live)

**V** = **V**oluntary Activities (how you choose to exercise your happiness)

Your choices related to the **V/voluntary activities** offer you the greatest opportunity to exercise and optimize your happiness. Here are three aspects of life to consider: **Gratitude, Optimism and Savouring.**

#### **Gratitude**

In looking back at your life, your ability to be grateful for what life has offered you optimizes your ability to be happy and content. People who are able to count their blessings lead healthier, happier lives.

As I have learned from years of working with gratitude there are two key factors in having a gratitude practice related to events of the past. First is to be able to express gratitude for the 'good, the bad and the ugly', understanding that without many of the lessons you have learned from those difficult times, you would not be the person you are today.

Allowing yourself to be grateful for those less than perfect people and situations that crossed your path also moves you forward into forgiveness, a kissing cousin of happiness.

Secondly, your ability to see how you succeeded in various situations, both good and bad, and what you accomplished in doing so, anchors gratitude in self-acknowledgement and appreciation. This builds confidence and self-esteem and brings you to a more generative relationship with yourself. In other words, it allows you to be happy about YOU.

#### **Optimism**

In looking forward to your life, your ability to be optimistic about the future and the possibilities that will be extended to you, builds your happiness muscle. This is akin to attracting what you give your energy to, for you cannot manifest what you cannot conceive for yourself and believe is possible.

In looking forward, a useful strategy is engaging both your intentions, being clear

regarding the life you are creating for yourself, as well as developing a vision, seeing yourself in a future situation and calling in all of your senses to support what that will 'be' like.

## **Savouring**

Finally 'savouring'! This is a new concept for me and I must say perhaps the most powerful one of the triad (only because I already practice the other two).

Savouring implies being fully present to those many moments of your day, the moments of pleasure, beauty, fun, love, whatever, and drinking them in. It is definitely related to gratitude but more in the context of the 'NOW'. It requires slowing down, reflecting, noticing, and taking experiences in.

Moments before writing this newsletter, I went outside and walked our labyrinth. Even though it is Sept. 28th, I noticed the warmth, the rosy pink of the Sedum and the bees drinking the last of this season's nectar. I sat on a bench and listened to the trickle of the water in the fountain. I savoured the sights and sounds of the season, realizing how rare it is for me to do so. It is shocking to me how easily I neglect the NOW!

## **Final Word**

Have you given yourself permission to be happy? Have you considered what builds your happiness muscle?

One thing is clear - all of us need to stop pursuing happiness and simply identify every day the things that bring us pleasure and joy. They are not complex and in fact they are usually the simplest things in life. I invite you to begin exercising your happiness through gratitude, optimism and savouring life.

## **Your asSIGNment**

- Take a look back at your life and list the five most significant events for which you are grateful. Notice how they shaped your life. It is important to notice the role YOU played in the event and what YOU contributed/learned.
- Take a look at your future and consider all the possibilities that lay before you. Harness your optimism regarding these possibilities. See yourself in that future place and imagine what your life will look and feel like.
- Start savouring the special moments of your day. For the next 21 days, write down 3-5 happenings in your day for which you are grateful and take a moment to simply appreciate them.

## Travel Tip

As you look in the rear view mirror, notice your gratitude for what lay behind you. As you look ahead, imagine the possibilities that will line the road. As you drive, savour the beauty of the moment, and in the bigger context, the journey.

## Conscious Communication Coaching

Conscious communication is mindfulness. Our coaching clients are experiencing amazing results in their life as they learn to be clear about what they want and to take action in doing and being.

roadSIGNS is dedicated to offering coaching packages and retreat programs based on the principles of Conscious Communication and designed to assist you in living the life of your choice.

Here is what two of our coaching circle participants shared with us recently:

***... the nuggets of wisdom that have revealed themselves throughout our short and powerful six weeks (of coaching) will continue to unveil themselves to me and lead to new questions and discoveries.***

***...The coaching sessions in FROM CRITIC TO COACH have helped me discover how to return to pure energy, to experience the true meaning and purpose of the game I call Life.***

Give yourself the gift of coaching. [Contact us](#) to arrange a coaching consultation and explore the options.

## Lumina Learning Systems

Learn about your personal preferences and your core qualities/strengths through the Lumina Spark Portrait. This comprehensive psychosocial assessment leads you gently down the path of self-discovery through a unique portrait of who you are and how you show up in different life situations. It is a great starting point in developing your awareness and learning strategies for being resilient.

**I have always wanted to learn to mother myself first  
but I did not know how to do it.**

**Lumina has given me the tools to understand  
what it is I need to do for myself and how to engage my strengths.  
It has opened the door to being coached through my top qualities/strengths.  
Monica**

Check out the website, [www.roadsigns.ca](http://www.roadsigns.ca) for more information and/or contact [betty@roadSIGNS.ca](mailto:betty@roadSIGNS.ca) .

## Events:

For details regarding any of our upcoming events in 2015 [visit our website](#)

### **ME FIRST Self-Study Program**

The ME FIRST Self-Study Program offers a structured approach for your ME FIRST experience. This 10 module self-study program replicates the ME FIRST Retreat experience allowing you to complete it at your own pace

For more details go [HERE](#)

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### **Healthy Living Cafe - Monday October 19th,2015**

October's focus is on Posture. Our speaker will be Shannon Marion, Registered Physiotherapist and her topic will be "Don't Let Gravity Drag You Down". That day is our Federal Election day so vote early then come relax and learn with like minded people. You can also indulge in some coffee or tea and a Quirky Carrot sweet treat which is included in the price of admission.

For more details and to register go [HERE](#)

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### **Winter Solstice Labyrinth Walk**

Join us for the next Labyrinth Walk on Saturday December 19th, 2015.

For more details go [HERE](#)

Your comments and suggestions on this newsletter are greatly appreciated. Forward this e-mail to a friend or colleague who you think would appreciate the message. A simple way is to use the "forward e-mail" button below my signature.

If you would like to sign up for my monthly e-mail, please follow this link  
<http://www.roadsigns.ca/newsletters.html>

Sincerely,

Betty Healey  
roadSIGNS