



Exercise 2: The meaning of happiness

THE MEANING OF HAPPINESS

There's one more vital question to ponder as you embark on your journey of self-discovery. You can print this page too. It's far more powerful to write down your answer by hand with a pen on paper than to save the document and do it on your pc, though you could do that if you prefer. Even the latter is better than merely doing it in your head. One again, put your name and the date at the top.

It's a good idea to keep all your bits of paper together in one folder for easy reference.

Name

Date

- Q: What exactly does happiness mean to you?

A:

Only by answering that question can you begin to know what elements you need to assemble to start building your foundation. What does your happy life look like and what does it contain? Only your heart knows the answers. They are to be found only through deep introspection, witnessing and visualisation. In the book from which this exercise is taken you will find many ways you can conduct that inner search.