

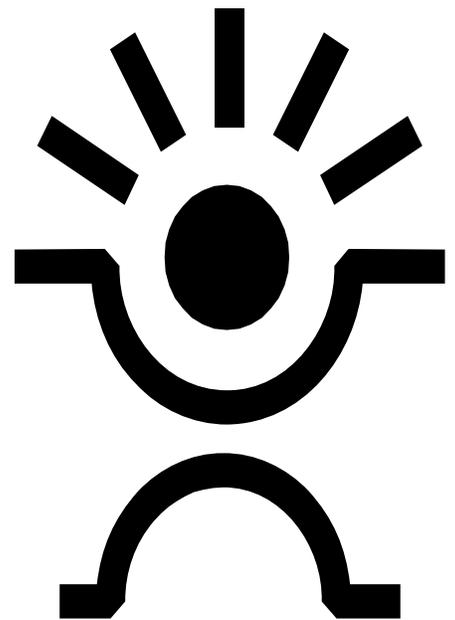
Opting for Happiness: A lifestyle choice



1 Hour Class

Tuesday, April 21 , 2009
Time: 1:00 p.m. — 2:00 p.m.
Location: MEE Zone
601 W. Main

To register, contact
Ashley Halford at 526-1229 or
e-mail ashley.halford@modot.mo.gov



Our culture often focuses on things that can make us happy; a big house, money, medication, etc. Yet people often find that they continue to be unhappy even after acquiring such possessions. This training emphasizes that happiness is not something that happens “to” you rather it’s something that you “choose”. Abraham Lincoln once said, “Most people are about as happy as they make up their minds to be”. Participants will develop their own definition of happiness and will learn about five keys to happiness that is within the reach of everyone.

- Define what happiness means to you
- Identify characteristics of happy people
- Create an action plan to opt for happiness