

Introduction

- Time-tested principles that have been proven to make a difference
- If you apply these principles in your own life, it has been my experience that you too can achieve real happiness!



Introduction

- As you begin this life-enhancing journey toward lasting happiness, you will probably discover you need to make a few changes in your life.
- For one, you may need to rethink some of your attitudes about the sources of happiness.
 - Ultimately, happiness boils down to small course corrections made daily.



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- **Knowledge without application is just education.**
- You can learn all the things that contribute to true, lasting happiness, like gratitude, forgiveness and love, but if you don't *apply* them in your life on a *daily basis*, not much will change.



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- At the end of each module there will be an Action Section, which includes
 - Points to Ponder
 - Questions to Consider
 - Action Steps
- Reflect upon the Points to Ponder and the Questions to Consider, and then take the Action Steps!
- Once you begin to actually take action, the changes you desire in your life will automatically follow!



Introduction

- **The difference between who you are and who you want to be is what you do!**
- If happiness is what you seek, then reading, pondering, and applying the 7 Paths to Lasting Happiness is a great way to start!

