

The Happiness Cycle

THE HAPPINESS DARE

THE LIE WE BELIEVE: IF ONLY _____, I WOULD BE HAPPY.

Our If Only's paint a _____ past, a _____ present, and an _____ future.

Exodus 16:1-3 The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt. 2 In the desert the whole community grumbled against Moses and Aaron. 3 The Israelites said to them, "If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death."

Exodus 16:21 The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey.

Numbers 11:4b-6 ...again the Israelites started wailing and said, "If only we had meat to eat! 5 We remember the fish we ate in Egypt at no cost--also the cucumbers, melons, leeks, onions and garlic. 6 But now we have lost our appetite; we never see anything but this manna!"

Numbers 14:2 All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, "If only we had died in Egypt! Or in this wilderness!"

Our If Only's _____ our happiness _____

WE ARE ABLE TO _____ HAPPINESS IN THIS _____ THAT _____ BE _____ IN ANY OTHER _____.

The Principle of _____

I will be happier by being _____ for the present, rather than _____ the past or _____ for the future.

Happiness does not cause me to be _____ for what I have; _____ for what I have causes me to be happy.

One of the best ways to hold on to your happiness in hard times is simply by saying _____.

On your best day, gratitude reminds you that your _____ are not your own. And on your worst day, gratitude reminds you that you are not _____.

Gratitude is acknowledging the goodness in our lives as life exists _____, not as we _____ it to be.

It's impossible for us to be _____ and _____ at the same time.

Gratitude is the strong _____ on which our ultimate happiness is built.

No matter what our style, the richest form of happiness begins with two words: " _____ "

Our ability to be _____ will increase in proportion to our ability to _____.

Happiness _____: At the end of the day, write down 3 _____ things that happened in that day.

Gratitude-based happiness that is properly _____ will be _____.