

The 16 Guidelines for a Happy Life

The 16 Guidelines for a Happy Life are based on the inspirational values and principles a 7th century Tibetan King introduced to his people. They are “ideas to make life better” that played a crucial part in changing Tibet from a warlike nation into a civilisation renowned for its peace and serenity. Presented here within the context of modern research in positive psychology, this workshop examines how we can increase our baseline happiness. The Guidelines take a direct and practical approach to the subject of happiness. They propose that everyone has the capacity to be happy. However this can only be achieved through sustained effort to relieve the causes of unhappiness, and by paying attention to the well-being of others.



Published as a book and launched at the Happiness Conference in London, October 2007, the 16 Guidelines for a Happy Life is also available as a wiki (www.16guidelines.org) for people to contribute. Each guideline has a role model, reflections, challenges, quotes and resource materials, all designed to be easy to dip into and used on an individual basis or for group workshops.

Outline of the 16 Guidelines for a Happy Life

How we think Transform your mind, transform your life

- 01: Humility
- 02: Patience
- 03: Contentment
- 04: Delight

How we relate to others Cherish others: independence is a myth

- 09: Respect
- 10: Forgiveness
- 11: Gratitude
- 12: Loyalty

How we act Every skilful action makes a better world

- 05: Kindness
- 06: Honesty
- 07: Generosity
- 08: Right Speech

How we find meaning If everything is changing, anything is possible

- 13: Principles
- 14: Aspiration
- 15: Service
- 16: Courage

Workshops can be organised on a flexible basis depending on needs and schedules. The following table shows a sample outline course or series of brief workshops.

Sample Workshop Outline

| Session | Objectives |
|---------|---|
| 1 | Introduction to Guidelines: how can they lead to a happier life? <ul style="list-style-type: none"> • What is happiness? The 3 levels • How successful are we in our pursuit of happiness? • My happiness inventory • Causes of happiness: “The Bliss List” |



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- 2 How we think
- Seligman's happiness formula: $H = S + C + V$
 - What we can change – Framing our day within a framework of motivation and delight
 - Happiness is a skill that can be trained
 - Humility, Patience, Contentment, Delight
 - Appreciating what we have

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- 3 How we act
- Guarding against the high jacking of our mind
 - What great actions would I like to do?
 - Kindness, Honesty, Generosity, Right speech
 - What's stopping me?

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- 4 How we relate to others
- Really great ways we relate to others – benefit and influence
 - Transforming adversities into opportunities
 - Respect, Forgiveness, Gratitude, Loyalty
 - Some great ways to enhance the way we relate to others

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- 5 How we find meaning
- What's important?
 - Am I on track?
 - What are the possible derailers?
 - Principles, Aspiration, Service, Courage
 - Great ways to stay on track

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- 6 “Life would be so wonderful if only we knew what to do with it.”
(Greta Garbo, USA)
- Adopting a basic outlook on life that embraces a greater purpose
 - Dealing with self-doubt, low self-esteem, lack of self-confidence
 - Identity and how it plays its part
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