

# HAPPINESS U – Core Curriculum – 101 Series

## Classes that address the Physical

### **Overcome Overwhelm 101**

Do you feel that your life is filled with challenges or obstacles that seem to hold you back? Are you overwhelmed with all you “have to do”? The more overwhelmed you are, the more uninspired you tend to feel – and this results in living a life that is further and further away from who you really are. Feeling overwhelmed by physical, emotional, mental or spiritual aspects of your life comes from not fulfilling what is truly most important to you. This class will help you to see why you feel overwhelmed and where you can draw stronger boundaries, or learn to let certain things go (even if you think there is nothing you can let go!) This will enable you to consciously make choices to operate from your heart, and you will find that things will align and opportunities will appear to help you move on your path with greater ease.

### **Get Unstuck 101**

Do you feel stuck in your life in some way, as if you aren’t moving forward in the way that you want? There are many reasons we can feel stuck in our lives. Perhaps you are in a job, relationship or situation that you are not inspired by, but feel that you can’t leave because of certain obligations or dynamics. Or, maybe you find yourself doing the same thing over and over, knowing that you need to make a change, but not knowing how. This class will address being “stuck” from a different perspective and bring a new awareness to your being. Come get insight into what may be keeping you in a stagnant place and how you can find a new path forward.

### **Clutter Clearing Plan 101**

Do you have clutter in your environment you want to clear out, but could really use an actual plan for how to do so? Do you want guidance on what to keep, and what to get rid of? Would you like some help in letting go of the “I can’t get rid of it because it’s still good” mindset? If so, this class will not only show you where to start, it will give you the inspiration you need to move forward. Our clutter ties us to the past and holds us back energetically in many ways. So whether you have monumental clutter, or just a small cluttered area, bring your calendar (yes, we will schedule your first clutter clearing appointment at the end of class), and let’s get started on a plan to reclaim your energy and your power!

### **Feng Shui 101**

Do you want to create an environment that is a source of support for you? If so, this class is for you. In just one class, you will learn the basics of feng shui and be able to fully grasp the essence of it so you can go home, and make simple and immediate changes that will make a big difference in the energy flow. You will learn why feng shui is so confusing, how it works, the must-know three basic rules, and have the opportunity to ask questions about your own home at the end of class. By practicing feng shui principles in your environment with intent, you can raise your potential of manifestation on many areas of your life. Add ease and flow to your life by understanding how to create an energetically supportive environment (and it’s not all about clearing out clutter!).

### **Healthy Money Mindset 101**

Do you stress out because you don’t have enough money? Do you wish you had more money so that you could do all the things you want to do? The stress you have about your finances is one sure thing holding you back from more financial abundance. If you change your mindset about money, you naturally change the way you manage it, which can make a big difference in your financial flow. This class is for you if you are open to creating a new relationship to money. If you value money but don’t value the saving of money, it may be the reason why it flows out of your life. Let’s spend some time getting conscious about money and breaking through your own limiting view on abundance!

## Classes that address the Mental

### **Positive Mindset 101**

Do you wish you could be more “positive” about things in your life, and things you see going on around you? Do you find yourself thinking “negative” thoughts and then telling yourself that you should be “more positive”? If so, this class is for you! There is a huge collective myth around “being positive,” and many believe that if we keep thinking positively, eventually all the negative will go away and we will feel balanced. This class will show you why that will never happen. Learn how to move out of a skewed perspective of what “positive” is, and embrace a healthy mindset and balanced outlook about how you are “supposed” to think. There is so much more to “thinking positive” than you can imagine and once you “get it,” you are set free.

### **How to Say No 101**

Do you say “yes” when you want to say “no”? Do you wish you could get out of certain responsibilities and commitments but just don’t know how to – without feeling guilty? Many of us have been conditioned to live our lives according to other’s rules (society, perceived authorities, traditions, parents, cultures, spouses, etc.) This creates perceptions on how we should live our life and by doing so, we get caught up in living outside of our true selves. You are not destined to be a doormat forever, especially if you choose to put forth the effort to learn the skill of how to say “no” and why it’s sometimes the best thing you can do for yourself. If you don’t value your time and energy, no one else will. Come and learn how to get on the “no” train and feel good about it.

### **Banish Stress & Worry 101**

Do you worry about things that you have no control over? Do you live each day with more than an average amount of stress because you worry about the outcome of something? Worry is our most common daily mental activity and holds us back from inner freedom and happiness. It is the greatest misuse of our mental energy, not to mention a complete waste of time. This class is for you if you’d like to take steps towards trusting life more, right now, in the present moment – instead of hoping for the day when there is nothing in your life to worry or stress out about (which will never happen). Any worry you have is simply anxiety based on an idea you have in your head, a scary story that hasn’t happened yet, which in turn leads to more stress. Come and find a new perspective so you can enjoy more and worry less.

### **Be Judgment Free 101**

Do you tend to strongly judge others based on what they do or don’t do? Do you see your way as the “right way”? Even if outwardly you are helpful, and polite, if many of your inner thoughts are critical – constantly sizing up, dismissing and diminishing those around you, you will find value in this class. Being judgmental of others takes up a lot of mental space and is very revealing. Often what you dislike most in others, is a reflection of something in you – though your ego would never let you believe it. When we judge others we put ourselves above them. Come to this class if you want to see the other side of it, be more open and take a leap forward in your personal journey and transformation.

### **Avoid Distractions 101**

Do you need a plan to stay focused? Do you find that you have a lot to do, but by the end of the day have nothing to show for it? If so, you may just need some new perspectives on your life. During class we will write and examine your “to do” list, break it down in a new way, and look at it from a different perspective, giving you greater clarity. This will allow you to adopt new strategies and set boundaries. Leave class with a new plan. Distractions cease to exist once you define your focus. If you don’t put some effort into finding out how you can live a life that inspires you, your whole life will end up being just one big distraction.

# HAPPINESS U – Core Curriculum – 101 Series

## Classes that address the Emotional

### Happiness 101

Do you want to be happier? This class will show you where your happiness is, what's taking you away from it, and how you can steadily move towards a happier place in your life, and in your heart. If you feel a sense of dissatisfaction with your life, or feel unhappiness in your heart that you can't define the source of, it's time to get back in touch with your-self. Happy people are healthier people, they live longer and reportedly have "better" things happen to them. Most importantly, they see life through a different perspective. There is now scientific proof that happiness is not a personality trait, it's something that can be learned and you have much more control over your happiness than you think, even if the challenging circumstances around you don't change. Being happy in life has so many advantages – maybe it's time for you to get happier!

### Get Over It 101

Do you have a situation, or is there someone or something that is zapping your energy? Do you feel angry, resentful or betrayed? Sometimes it helps to see what happened from a different perspective, and understand that the way to let go is not to "forgive and forget" or to judge what the other did as wrong, but to see how the situation came up for you to learn something, and grow from it. Whether what you are holding on to is a minor or major thing, if it happened in the past or is very recent, if it's still in your life, you can gain value by seeing the bigger picture. This class is for you if you're ready to balance it out and move forward, or at least take a step to feeling better about it.

### Irritating Relationship Clarity 101

Do you notice that certain people's actions really irritate you? Do you find that no matter what you tell yourself or how much you try to ignore what they do, this friend, significant other, or co-worker's action can still get under your skin? While we are taught not to sweat the small stuff, it's actually the small stuff that zaps our energy and scatters our focus. So, how do you resolve relationship annoyances (whether the other person knows how you feel or not) without nagging outwardly or fuming inwardly? In most cases, it's not what the person does or doesn't do that's the issue, it's what this action represents. This class is for you if you are ready to face yourself, see the deeper meaning, and move towards understanding the real cause of your irritation!

### Boost Self-Esteem 101

Do you find that your self-esteem is stronger in some areas of your life and is weaker in others? If your confidence seems to be fading away, or is virtually non-existent in the area of relationships, career, finances or life in general, nurturing it will boost your self-esteem, and help you to feel more empowered in your life. This class is for you if you tend to undervalue your time and energy, jump to negative conclusions, see only the downside when it comes to yourself, reject praise for your achievements, and confuse your feelings with facts in, "I feel like a failure, so I must be a failure." Let's break through some old patterns, challenge the past and open up to new experiences and opportunities!

### Goodbye to Guilt 101

Do you have any of the following types of guilt? Financial guilt – when you buy something frivolous for yourself, or pay more for convenience sake; *Friend and Family guilt* – secretly dislike certain members of your family, or purposely avoid contact or *Kid guilt* – take a yoga class instead of doing something with them, or have to work during an important event for your child. You may even have a general free-floating guilt or sometimes allow others to put guilt trips on you. None of which feels good! Guilt is an emotion that arises when we unrealistically assume that what we have done (or not done) is bad, when in fact, it's our perception that's imbalanced. This class is for you if you are ready to say goodbye to guilt and develop new, healthier ways of looking at your actions.

## Classes that address the Spiritual

### Life Purpose 101

Do you feel that you are uninspired in some way, living life without clear direction and purpose? If so, be assured that no matter how you feel about your life, you are definitely here on earth for a defined purpose. When you know your purpose, you not only feel more fulfilled but you can also make a contribution to humanity in a manner that is uniquely yours and create a foundation for the path you want to travel in life. This class will reveal the multidimensional layers of your life's purpose and help you identify the best direction forward. Come away with an understanding of your true values and a simple, yet profound personal purpose statement that you can use daily as a roadmap for your life.

### Understanding Spirituality 101

Do you think of yourself as a "spiritual" person? How does being spiritual differ from being "religious"? How do you define your spiritual belief to others when they ask you? Is it what you do, who you are, or how you feel that makes you spiritual? Join this class to get all your questions answered about this controversial topic, and understand for yourself, what your form of spirituality is. Learn how being spiritual is not about what you do or about who or what you believe in, and how it's simply a matter of your state of consciousness, and your approach to life. This class will help you better understand your connection to your heart and your spirit, so you can be more inspired and confident in your life in terms of who you are.

### Astrology 101

Do you think of astrology as the horoscopes you read in the newspaper for fun? Do you believe horoscopes just tell you what kind of day you will have, or what kind of person you are best suited to marry? Most people do, but did you know that astrology is actually so much more than that? By analyzing the position of the planets at the time of your birth, you can gain profound insight into who you are. This class will help you better understand your personality and life potential through your astrological chart. It's a fun, basic beginner class where no knowledge of astrology is necessary. Note: You must submit your birthday, birth time (found on your birth certificate) and birth location at least 24 hours prior to class in order to participate.

### Universal Laws 101

Do you sometimes wish that life was easier, that you could manifest faster, or understand how to get to where you wanted to with less obstacles? If you sometimes feel that life is working against you, or you just want to know more of how to make life work for you, this class is the key. Understanding universal law, the spiritual extensions of physical laws (such as The Law of Gravity) helps you to understand what governs the unseen world of energy. You may have heard about "The Law of Attraction" – this class covers it, and many of the major laws, such as the Law of Karma, the Law of Abundance, the Law of Opposites and many more. With these laws as the foundation of your understanding, you will be in greater control of your life.

### Meditation and Affirmations 101

Do you want to learn to meditate? Have you ever tried to meditate and didn't know if you were doing it right? What is the importance of meditation and how often should you do it? Are there different ways to meditate other than just "sitting there"? What if you can't stop your active mind while meditating? All these questions will be answered and more. Meditation has become popular, not just for spiritual reasons, but also as a way to find balance and well-being. The first half of this class will be about the benefits of meditation, affirmations, visualization and setting an intention. The class will close with a relaxing guided meditation with music, to help you connect to your spirit of joy, peace and balance.