



HAPPINESS IS LIQUID

Happiness is liquid, in the same way, that monetary instruments such as stocks are liquid. Humans are built with emotional systems that include the capacity for happiness. It is a type of emotional currency that can be spent, like money, on the outcomes in life we truly value, such as our health, our relationships, and success at work.

One way to appreciate the existing wealth we all possess is to notice and magnify moments when we either receive from or give kindness to others.

Reflect on the following questions:

Who acknowledged you today?

How did it feel when you were acknowledged? Try visualizing that moment.

What else would you like to be acknowledged for?

Who had a hand in the day's greatest successes?

Who rose to the occasion?

Who took initiative?

Who offered support?

How were these people acknowledged?

How does it make you feel when you think of these things?

What does it make you feel like doing?

Email us back at myrmidonwrestling@gmail.com your response.