

Happy Mommy, Happy Families:  
How to Thrive and Instead of Just Survive

-5 ----- 0 ----- 5

Average Graph

Who is Happier? : Lottery winner and paraplegic

Perception of the Eye : Grey Boxes

Draw a Coffee Cup

List What You Do Each Day


Why So Hard? (genetics, society (e.g. TV), God/Nation/Family)

Exercises for Happy Mommies

1. The \_\_\_\_\_ Gratitude Exercise: Write \_\_\_\_\_ things thankful for. Even reflect on why. (I am grateful for...)

2. Gratitude Visit: write a thank you letter to someone in your past you are grateful for.
3. Random \_\_\_\_\_ of Kindness: perform 1 random act of kindness every day for a week.
4. What was the best part of your day? Why?
5. What went well today? List. Explain why each event was a good one.
6. Curtail intake of news.
7. Five \_\_\_\_\_ of silence
8. Savor Experiences: Mindfulness increase immune system -----> Healthier!
  - share good feelings with others
  - congratulate yourself
  - compare outcome to something worse
  - remind how quickly time flies
  - absorb in the moment – don't think
9. Write down \_\_\_\_\_ for later.
10. Exercise :- ) – fights colds, better sleep, stronger physically → stronger everywhere else
11. #1 Way to have GREAT kids? \_\_\_\_\_ TOGETHER
12. It takes 3 positive statements to counteract 1 negative statement
13. Making the \_\_\_\_\_ ---> Visible
14. Write a Mission Statement with your family (included)
15. Encourage multiple attachments: doctors, friends, relatives, coaches, etc.
16. Fake it until you \_\_\_\_\_ it!
17. Watch less TV
18. What is my motivation? Not \$\$ Antimotivation
19. Spend money on other people
20. Sleep!
21. Going to \_\_\_\_\_ increases lifespan by 7 years
22. The things that we think will make us happy don't. Focus on what makes you happy overall:
  - Experiences instead of things

- Time with Family and Friends
- Go Outside
- It also found that **happiness is maximized at 13.9°C (57 F)**
- Plan a trip, but don't take one
- Buy small pleasures instead of big ones
- Rent a dose of happiness (luxury car)
- Buy Less, Do More

## Keeping Kiddos and Families Happy

### #1 Optimism

- A: Adversity (the challenge, like *I just got a C on my test*)
- B: Belief (*I'm an idiot*)
- C: Consequence (*I won't study for the next test. Why bother? I feel low and immobile.*)
- D: Dispute (*Well, I didn't study very much and I bet if I had someone explain this better to me I could figure it out. The questions were really hard and most people didn't get over a B anyway. I have done much better on tests in the past.*)

Optimists believe positive events are caused by them. And this is evidence they will see more in the future. They see negative events as not their fault and will not be repeated. Pessimist is opposite. Positive Affirmations.

### #2 Mindset: Growth

Grit: Keep doing something  
I can do this.

Is their goal getting an A? Or mastering the material? Do they need constant validation?

Praise the EFFORT and PROCESS (PERSEVERANCE), not innate ability/talent.

→ perseverance for hard problems and greater persistence

In one study, we taught them that every time they push out of their comfort zone to learn something new and difficult, the neurons in their brain can form new, stronger connections, and over time they can get smarter.

6:34 at TED

[http://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve/transcript?language=en#t-478155](http://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve/transcript?language=en#t-478155)

#3 Hold Weekly Family Meetings: Ask what went well this week? What didn't go well? What will we agree to work on next week?

#4 Eat Dinner Together (or dessert, or breakfast, or bedtime snack, weekend meal etc.)

#5 Write a Family Mission Statement: What is really important to us as a family? What words describe our family? What are our strengths? What sayings best capture our family?

#6 Let Kids pick the punishment

#7 Ditch the sex talk. It's a conversation

#8 Create a Morning Checklist (included)

#9: Evaluate and Adapt!! Kids change, parents change, ages change – No family and no business can build on an inflexible plan

#10: \_\_\_\_\_: The great equalizer between Social Intelligence, Good Looks or IQ  
#1 predictor for success

#11: Self Control and how to teach it.

Video of Marshmallow Test: Kids <https://www.youtube.com/watch?v=IQzM8jRpoh4>

Work on our bodies: Exercise

Work on our hobbies.

Work on our homes.

Why not work on #1 predictor of happiness? Family?

### Books:

Martin Seligman “Learned Optimism” and “The Optimistic Child”\*\*

Shawn Achor “The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work”

Madeline Levine

“The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids”

Ben Carpenter

The Bigs: The Secrets Nobody Tells Students and Young Professionals about How to Find a Great Job, Do a Great Job, Be a Leader, Start a Business, Stay Out of Trouble, and Live a Happy Life

Sonja Lyubomirsky “The How of Happiness: A Scientific Approach to Getting the Life You Want “ and “The Myths of Happiness”

Bruce Feiler “The Secrets of Happy Families”

Christine Carter “Raising Happiness”

Stephen Lehmann “The Science of Happiness”

Gary Chapman “Five Love Languages”

John Gottman: Anything on marriage!

Dr. Kevin Leman “Have a New Family by Friday” or “Have a New Teenager by Friday” “New Husband” and “New Kid”

Adele Faber “How to Talk So Kids Will Listen & Listen So Kids Will Talk” \*\*

Paul Tough “How Children Succeed” \*\*

<https://www.randomactsofkindness.org/all-resources>