



### **Our Level of Happiness Is Our Choice**

Scientists once believed, and many of us were taught during our formal education, that happiness levels were inherited and could not be changed. Now we know that happiness levels can be raised and sustained when the change is a conscious goal and effort is made toward achieving the goal. The ups and downs of life are normal but the lows do not have to be as low and the highs can be higher if we cultivate an optimistic mindset.

While some still believe that certain levels of happiness are genetic many believe that science will soon show that this belief is another error. Dr. Robert Holden who has been teaching happiness to individuals around the world for more than 15 years does not see limits imposed by genetics, afterall, he has managed to teach happiness to Englishmen! (Dr. Holden is an Englishman and you may have to understand his humor to understand this statement.)

At Happiness 1st Institute our findings echo those of Dr. Holden and we believe that anyone who makes a decision to be happier can achieve that goal and that there are no limits imposed upon the level of happiness that is achievable beyond those which are self-imposed.

Citations:

Lyubomirsky, S., (2007) *The How of Happiness*. (New York: Penguin) Page 70

Lyubomirsky, S., Sheldon, K., & Schade, D., (2005), "Pursuing happiness: the architecture of sustainable change," *Review of General Psychology*, 9: 1111-1131

Tags: Baseline, set point, raise and sustain happiness levels

Happiness 1st Institute takes the best information from a variety of disciplines including Positive Psychology, neuroscience, quantum physics, emotional intelligence and ancient philosophies to create courses that provide skills and tools individuals can use to make themselves happier, more optimistic, more resilient and more emotionally intelligent.