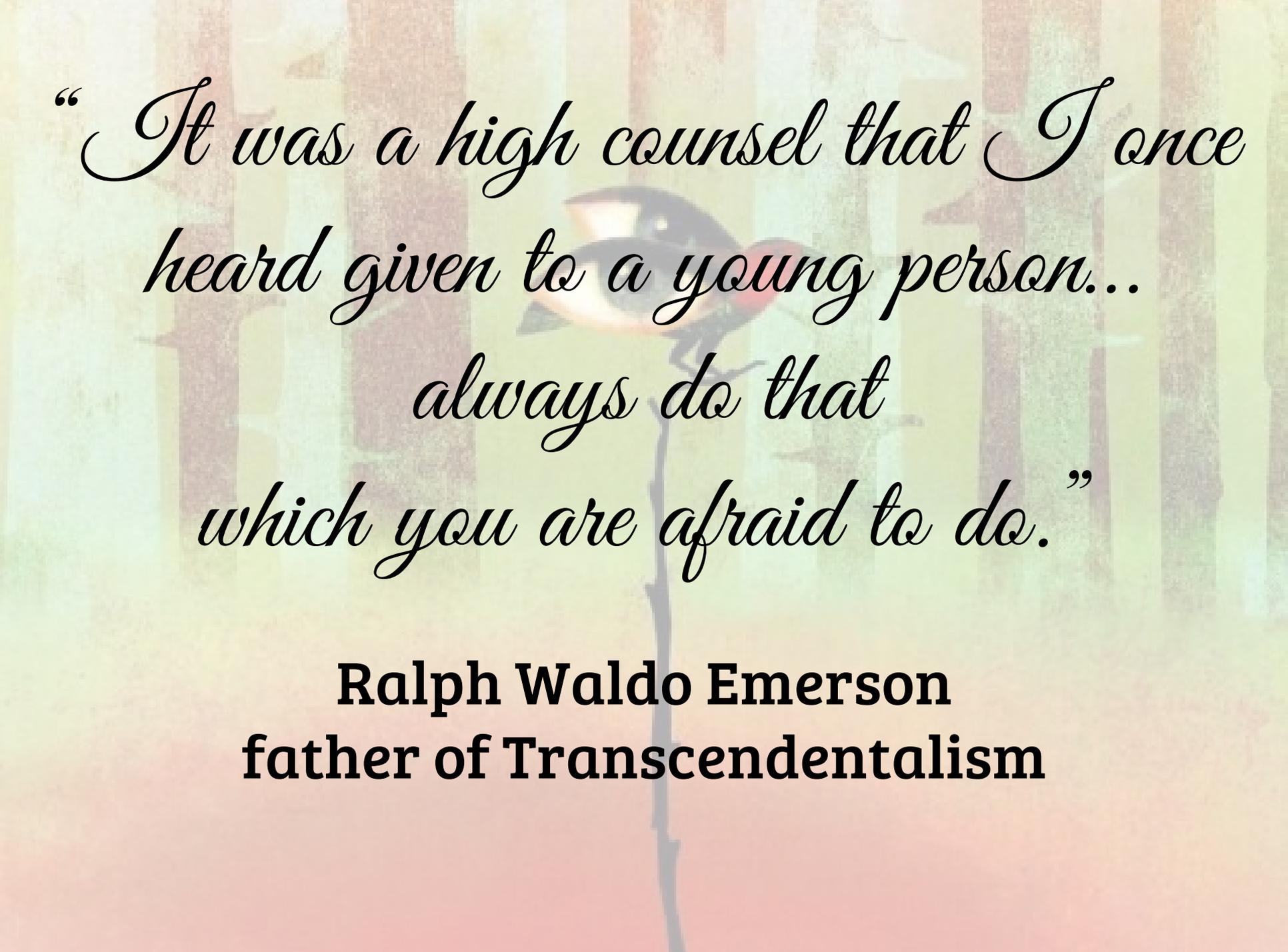




Transcendentalism

and

The Pursuit of Happiness



*“It was a high counsel that I once
heard given to a young person...
always do that
which you are afraid to do.”*

**Ralph Waldo Emerson
father of Transcendentalism**

Habits of Change

{ THESE ARE THE 6 MOST COMMON BEHAVIORS THAT PREVENT YOU FROM REACHING YOUR TRUE POTENTIAL }



PROCRASTINATION



LACK OF ENERGY



NEGATIVITY



LACK OF SELF-DISCIPLINE



SELF-DOUBT



UNGRATEFULNESS

Habits of Change

1. **Procrastination**: Putting off for later what should be done now. The only cure for procrastination is to start doing something immediately, without thinking and giving your mind time to come up with excuses.
2. **Lack of Energy**: Habits that rob you of health and vitality, i.e, sleeping too much, eating poorly, inactivity. The only way to grow in energy is to expend energy (don't snooze, exercise, get enough sleep, etc).
3. **Negativity**: Your thoughts control your actions, and your actions dictate your life. The more you give in to them, the stronger they become. If you want to change your life, change your thoughts.

Habits of Change

4. Lack of Self-Discipline: Lack of discipline speaks to a lack of self-control and will power; putting off what you truly want for what you want *right now*. It is a statement on what you TRULY value. What you truly desire, you will work hard to achieve.

5. Self-Doubt: A lack of confidence in one's self or one's abilities and pervasive feelings of inadequacy. Living with self-doubt can be crippling, but there is hope in turning the negative record playing in your head into a positive one.

6. Ungratefulness: A lack of gratitude leads to general discontent with life and an inability to recognize good. The root of joy is happiness, and it is not happiness that leads to gratitude, but gratitude that leads to happiness.

Personal Challenge

Take time to identify which of the six behaviors holds you back the MOST.

For the next THREE DAYS, practice the 5-second rule that Mel Robbins spoke about in her TED Talk. Don't give yourself the time to pull the emergency brake on being a better person!

Working on who we are, on our personal character and development, is a form of self-reliance, because it dramatically changes the source of our motivation from one that is external to one that is internal.

Personal Challenge

Keep a 3 day journal during this challenge and write a half page reflection at the end of each night detailing your challenges and successes.

By the third day you should be able to identify the triggers that keep you from reaching your potential. As part of your reflection, please make a plan for how you could address these triggers.