

Happiness Habits

SAY GOODBYE TO THE RUT...
SAY HELLO TO HAPPINESS AND JOY!



HABIT 3 PLEASURE + JOY

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PLEASURE + JOY

WOMEN WERE BUILT FOR PLEASURE

Think back to when you were a little girl. Chances are, you jumped with delight over a rainbow or a bug, you danced the second you heard music, you dressed up, painted, wrote stories, read played a sport, or did a million other things that made no "practical sense" but were simply sheer joy.

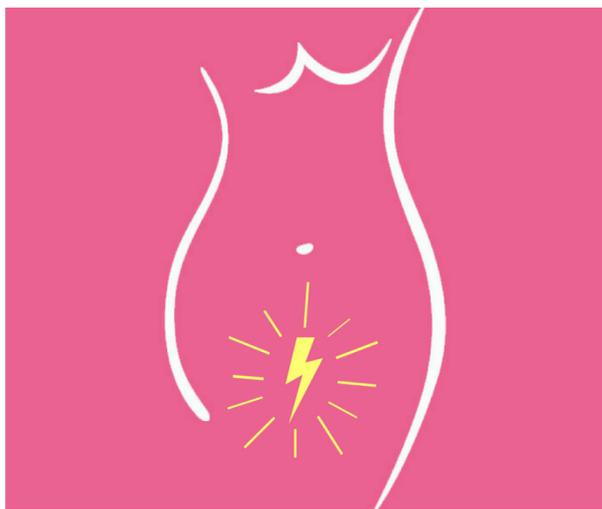


I know you have responsibilities now, but the fact is that the little girl is still inside of you, begging to be set free to play. She's part of the magic of being born a WOMAN.



Unfortunately, we've made "busy-ness", numbing, and boredom a habit. We try to fill the joyless void. We decided that joy was frivolous, a luxury, and unimportant. We put everyone else's happiness first and then wonder why we're depleted, cranky, and depressed.

Here is a simple fact: Women were born for Pleasure.



How do I know? The clitoris has 8,000 nerve endings with no other biological function except pleasure. To put it in perspective, a penis has 4,000 nerve endings and men use it for multiple functions! So women were designed for pleasure and joy.

A WOMAN'S GENIUS IS IN HER RADIANCE, HER JOY, HER PLEASURE. WHEN A WOMAN LAUGHS AND PLAYS EVERYONE ELSE LIGHTS UP!



THE BODY HEALS
WITH PLAY, THE
MIND HEALS WITH
LAUGHTER, AND THE
SPIRIT HEALS WITH
JOY.

PROVERB

PLEASURE + JOY

THE MORE JOYFUL YOU ARE, THE MORE YOU RADIATE LIGHT TO EVERYONE AROUND YOU.

To make happiness a habit, you have to allow yourself joy. Give yourself permission. You have to put your own pleasure first and let that joy radiate to everyone around you. Researchers find that emotions are contagious. Therefore, no guilt is needed because your happiness will benefit everyone you love.

Your enjoyment is a gift to everyone else.

So what brings you joy? Too many women don't know. Maybe you've forgotten your passions, desires, interests and ideas outside of your job or family. Or maybe you haven't allowed yourself time to think about it. You're not alone. It's normal but it isn't healthy - or helpful.

The key is to start getting curious about:



THE MORE YOU FOCUS ON YOUR OWN HAPPINESS, THE HAPPIER YOU'LL BE AND SO WILL EVERYONE AROUND YOU. HAPPINESS ISN'T SELFISH, IT'S OTHERISH.

JOY + PLEASURE

PLEASURE PROMPTS

Below are 2 journal prompts and a chart of 4 key happiness emotions for you to get clear on what brings you pleasure so that you can make a Happiness Habit of giving it to yourself. Close your eyes, take a deep breath, and place your hand on your heart. Feel the FEELING of each of these and then fill in as much as you can for each one. If you can't think of something, no worries! That's normal. Just let the feeling marinate in your heart and over time, the ideas will come.

To me, Happiness is...

When I was a little girl, I loved to...

HAPPINESS QUAD

JOY/LAUGHTER	FULFILLMENT/PURPOSE
PEACE/SERENITY	INSPIRATION/INTEREST

PRACTICE WITH EVERY KIND OF PLEASURE - YOU WORK HARD
AND YOU'VE EARNED IT!