

# Happiness TOOLKIT



REWIRE ME  
UNLOCK YOUR MIND

# Welcome to your HAPPINESS Toolkit!



## **Congratulations!**

You've taken the first step toward increasing your own personal happiness.

Happiness is our natural state of being. Just look at children, whose lives consist of being happy and playful. Do you remember those carefree days of childhood when you'd lie in the grass gazing up at the clouds, or joyfully run barefoot through the grass?

## **Our natural state is joy.**

While there's no one-size-fits-all solution, there are a lot of choices. I've created this Rewire Me Toolkit so you can benefit from the questions I've asked along the road and maybe avoid taking some wrong turns on your way to a more complete and happier life. I've discovered many science-based solutions to finding lasting happiness — which I'll share with you. So let's start exploring and get on the path to rewire yourself — and discover a new life blooming with happiness!

A handwritten signature in blue ink that reads "Rose Caiola". The signature is fluid and cursive, with a large "XO" written above the name.

**Rose Caiola**  
*Inspired. Rewired.*

H A P P I N E S S



# BELIEVE IN YOURSELF

**The greatest success is being yourself**

H A P P I N E S S



# Happiness DEMYSTIFIED

## **Life is hard, Buddha said for life has always been a struggle, a series of challenges and obstacles to overcome.**

Why do some people seem to find happiness and not others? Is it something in their genes? Are they lucky? Or do they simply choose to be happy?

Have you ever said to yourself, “If I could just make more money, or find love, or move to a bigger home, then I’d be happy!”

## **Resilience, purpose and connection**

But is that true? Well, making more money or moving to a more desired location might bring fleeting happiness; but how do we attain real — or authentic — happiness?

Emiliana Simon-Thomas, the science director of the Greater Good Science Center at the University of California, Berkeley, says happiness is “the propensity to feel positive emotions, the capacity to recover from negative emotions quickly, and holding a sense of purpose. Happiness is not having a lot of privilege or money. It’s not constant pleasure. It’s a broader thing: Our ability to connect with others, to have meaningful relationships, to have a community. Time and again — across decades of research and across all studies — people who say they’re happy have strong

connections with community and with other people. That’s sort of the recipe for happiness.”

Happiness has been studied for ages from ancient philosophers to gurus. In recent decades, researchers in the field of psychology have examined just what makes us happy and how can we get there.

## **Accentuate the positive**

Positive Psychology, a relatively new scientific study, examines how we flourish and thrive. It’s not just about how to get rid of negative thoughts or how to get out of a bad mood but about how positive emotions of hope, and resilience, can benefit us, and is based on the idea that people want to lead meaningful and fulfilling lives, and to cultivate what is best within themselves.

Martin Seligman, considered the founder of Positive Psychology, notes in *Authentic Happiness* that there are three pillars of study within the field: positive emotion; positive traits (including strengths and virtues, and abilities such as intelligence and athleticism); and, positive institutions such as democracy and strong family.

“The positive emotions of confidence, hope and trust, for example,” he says, “serve us best

not when life is easy, but when life is difficult. In times of trouble, understanding and shoring up the positive institutions, institutions like democracy, strong family and free press, are of immediate importance. In times of trouble, understanding and building the strengths and virtues — among them, valor, perspective, integrity, equity, loyalty — may become more urgent than in good times.”

## **Your brain on ‘Velcro’**

Rick Hanson, a psychologist and founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, and author of *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*, also notes the importance of positive emotions. He says that, “the brain is like Velcro for negative experiences, but Teflon for positive ones. That shades ‘implicit memory’ — your underlying expectations, beliefs, action strategies and mood — in an increasingly negative direction.”

He adds that “negative experiences in implicit memory banks naturally make a person more anxious, irritable, and blue. Plus it makes it harder to be patient and giving toward others.” This, he says, results in “a brain that is tilted against lasting contentment and fulfillment.” So how do you level the playing field? Hanson

says, “By tilting toward the good — ‘good’ in the practical sense of that which brings more happiness to oneself and more helpfulness to others — you merely level the playing field. You’ll still see the tough parts of life. In fact, you’ll become more able to change them or bear them if you tilt toward the good, since that will help put challenges in perspective, lift your energy and spirits, highlight useful resources, and fill up your own cup so you have more to offer to others.”

But by simply being attentive to the positive instead of the negative we can build our resilience and increase happiness. Isn’t that amazing?

## **So, is happiness a choice?**

Psychologist Tom G. Stevens, author of *You Can Choose to Be Happy: You Can “Rise Above” Anxiety, Anger, and Depression*, thinks so. It is our “core beliefs, values and life skills that make the difference between happiness and unhappiness,” and notes that by changing our thinking, we can get more mental control over our emotions—and life. We have the ability to adjust our emotions, he says. Over aroused states such as anger and anxiety can be turned down like a thermometer in order to gain access to a more peaceful and calm place.

THE GREATEST  
SOURCE OF  
HAPPINESS  
IS THE ABILITY  
TO BE GRATEFUL  
AT ALL TIMES

**Zig Ziglar**

H A P P I N E S S



# The Surprising Benefits of SMILING

## **I believe a smile is the most effortless gift you can give to someone.**

Imagine walking down the sidewalk and getting an unexpected smile from a stranger. How does it make you feel? Even in that brief moment of pleasure, it brings me fully into the present and takes me out of my head.

Interestingly, smiles show much more than pleasure. There are many scientifically proven ways that smiles are beneficial. According to research, a smile can indicate trustworthiness, attractiveness and likability, just to name a few.

## **Allows others to forgive more easily.**

Have you ever noticed that when you catch people doing something wrong, their natural reaction is to smile? Turns out this behavior is rooted in psychology.

Researchers LaFrance & Hecht found that we are more lenient with people who smile after they have broken the rules. Why? Because we find those who smile more trustworthy compared to those who don't.

## **Helps us to move past mistakes or embarrassment.**

Whether you forgot your spouse's birthday or missed a deadline at work, the study shows that something as simple as an embarrassed smile makes others think less of the slip up. A smile acknowledges you made a mistake, which communicates that you are humble and relatable.

## **Makes us feel better.**

When we're upset or stressed about something, a smile (even a forced one) signals our brain to release those feel-good chemicals. Also known as the facial feedback hypothesis, a forced smile can trick the mind and improve our mood.

## **Boosts attractiveness.**

It's no secret that we are drawn to people who smile, which explains why smiling is a major factor in attraction. A smile indicates happiness and positivity, which are two things we all want to be around.

## **Makes you appear successful.**

Researchers tracked the lives of women who had the best smiles in their yearbook photos and found those who smiled more often were more successful overall. They "lived happier lives with happier marriages and fewer setbacks."

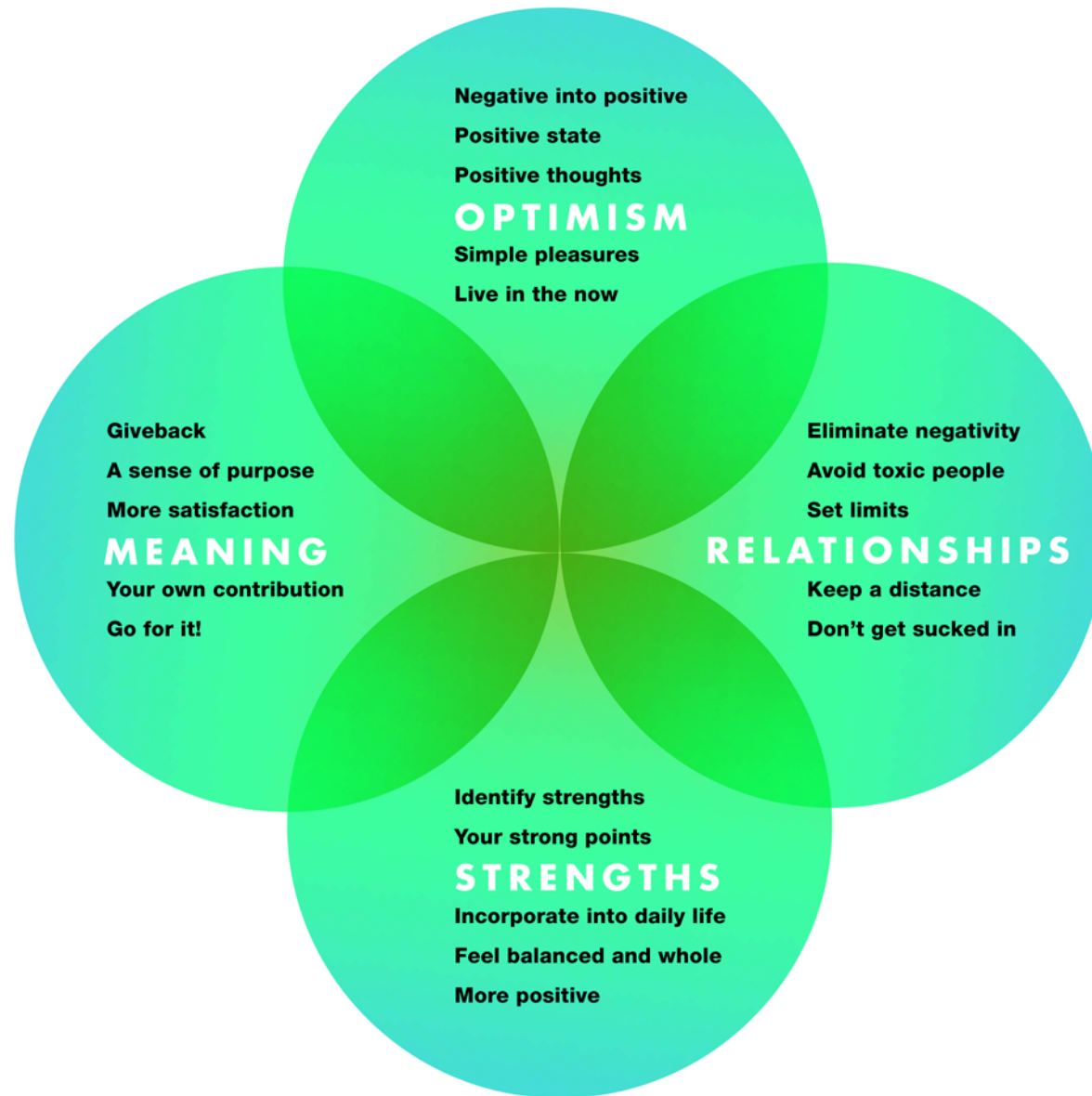


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# 4 Steps to HAPPINESS



NOTHING CAN  
BRING YOU  
PEACE  
BUT YOURSELF

Ralph Waldo Emerson

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