

# #1 Happiness Qualities

During the past several years the Abundance Company has distilled from research and 1,000's of observations, interviews and surveys a list of the qualities that happy people possess. In our seminars we asked participants to identify the traits of people who they think have a great sense of humor.

What do funny people do? What are their secrets of happiness? What are the attributes people who are joyful and successful?

Our list represents 30 general awareness, attitudes, attributes and actions of happy people. The individual expression of happiness is boundless, immeasurable, limitless, infinite, enormous and immense. Being happy is synonymous with a wellness lifestyle.

When you see a happy person, find out what they do to become so.

What qualities would you add to the list?

Review the 30 qualities of happiness. How would you rate your level of happiness on a scale from 1 to 10 ( your highest potential)?

Which of these happiness qualities would you like to develop? Raise your skill level of happiness, develop an action plan and practice being happy.

believes he/she deserves to be happy  
finds pleasure in daily events  
smiles & laughs with ease  
has cosmic and comic perspectives  
looks within for the source of joy  
plays for the sake of play  
extracts pure joy in the moment  
acts childlike rather than childish  
delights in surprises  
sees life as an adventure  
can laugh at oneself  
realizes all pleasure is self-generated  
possesses an abundance mentality  
is playful & lighthearted  
has positive attitude & outlook  
acts spontaneously  
plays with problems  
makes pleasure a priority  
welcomes the unexpected  
is self-entertaining & rarely bored  
nurtures one's sense of humor  
doesn't take self too seriously  
lives one's dreams  
uninhibited innocence & childlike wonder  
has a wide range of humor styles  
able to fantasize & pretend  
performs random acts of kindness  
lives in gratitude & bestows appreciation  
has a sense of belonging