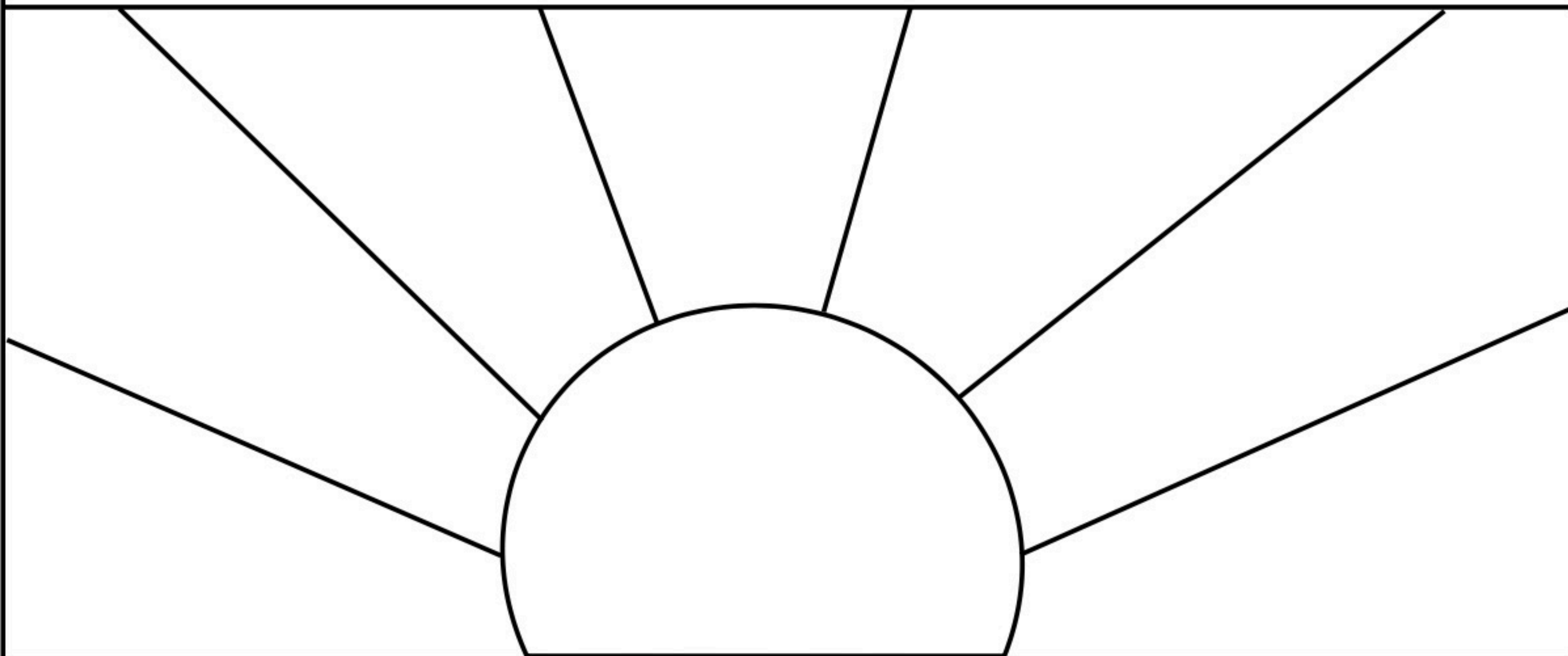


The Happiness Project - What made you smile today?

I'm welcoming you to take a little journey with me exploring the question: Can a question like "What made you happy today?" create a sustainable web of thoughts leading to transformation in mindset?

I invite you to use the spaces of this sunset to represent moments of your journey, day by day. You might reflect on the question and sketch or brainstorm on a separate piece of paper. You might ask someone else this question and hold a window of time for them to reflect on it. Notice what happens in your heart and relationships as you journey with this question.

While you are creating, I will also be creating a similar piece, which will be a collection of all different interpretations to the question from each person I ask. I invite us to both experience this question as a journey and then come back together to reflect on how the process went, any surprises, takeaways, or inquiries and see what we discover about how a question might be able to create a sustainable web of thought change leading to transformation in mindset.



Write your reflections on this process here...