

Life Mastery Outline

Course Description: This course is designed to help an individual learn actual skills that will enhance their capacity for happiness (joy, contentment, peace of mind, stability) and also make an immediate and substantial difference in the way a person responds to complex, difficult or painful situations. An individual will realize that happiness becomes more than what is immediately pleasing, but becomes more a way of living that can also encompass the times when things do not appear to go right or well.

Course Objectives:

- Learning to live with a greater self-responsibility and awareness of your choices
- Recognizing that you can be a positive influence on everyone around you
- Be kinder to yourself and others
- Increase self-confidence and trust
- Build better relationships (personal and professional)
- Better manage your life and time
- Use your strengths and talents for the greater good
- Live your life like it really matters
- Enhancing journaling experience and personal meditation time

Required Text(s) and Materials:

- *Choosing Happiness: Life & Soul Essentials* by Stephanie Dowrick
- A journal
- Relevant handouts identified by instructor

Course Assignments: Daily readings, class attendance, participation in group discussions, daily 15- minute teleconference discussions, journaling, and seed meditations

COURSE OUTLINE

- Class length is for (1 ½ Hours) each 2nd through the last Wednesday of the month
- The class will consist of daily readings from the *Choosing Happiness: Life & Soul Essentials* book
- In-class discussions will focus on each of the reading assignments from Wednesday to the following Tuesday (excluding Saturday and Sunday)
- Teleconference contact within small "Truth-in-Action" teams will focus on the reading assignment for that day and 15 minute discussion period
- Short meditations during class
- Blogging

CLASS DISCUSSION PROCESS

Class format

- **Exploring the Concept:** Read the daily statement in *Choosing Happiness*
- **Explain the Concept:** Participants are asked to explain in their own words what the reading means

- **Expanding the Concept:** Focusing on a deeper aspect of the reading through a list of guiding questions that are developed for the reading; guided questions that are listed in the reading; and or journaling.

Example: Chapter One: Trust who you are (First Entry: Trust Yourself as a Source of Happiness)

- a. What is happiness to you?
- b. What does the issue of trust mean to you?
- c. What are the ways that you can trust yourself as a source of happiness?

CHAPTER THEMES:

1. Trust who you are
2. Let your values and goals work for you
3. Choose your attitudes and responses
4. Build self-respect
5. Consider others
6. Honor the people you love
7. Think and act positively