



## 103b

# Your happiness, effectiveness and well-being

We tend to move through life without much review, in a state of semi-consciousness. That leaves us prone to the 'frog in a pan' syndrome, where gradual changes, though imperceptible from day to day, accumulate to create pain or unhappiness, until we ask ourselves in dismay, like the song by Talking Heads: "Well, how did I get here?".

**Exercise #1: It's a great practice to take some time out at least once a year and ask three important questions:**

1. What things make me happy?
2. What do I need to be really effective?
3. What things most contribute to my wellbeing?



**Exercise #2: In this course I'm focusing on sound and spoken communication, so I suggest you start with this lens.**

1. Which sounds make you happy, and how can you surround yourself with more of them?
2. Which sound conditions or communication skills will make you powerfully effective in whatever you want to achieve?
3. Which sounds contribute to your wellbeing – and which noises are working against it?

After you've considered sound, you may choose to expand your field of enquiry and ask those three questions with other lenses, for example relationships, achievements, activities, possessions, places or skills.

Money may come up, and financial stress is certainly something that causes unhappiness to many – but remember, money itself doesn't make anyone happy. The only things research shows to be strongly correlated with happiness are service (doing things for other people) and connectedness (positive relationships). Both require good communication skills!