



**KIM STROBEL**

## The Science of Happiness

Website: [www.strobeeducation.com](http://www.strobeeducation.com) and [kimstrobel.com](http://kimstrobel.com) for “joy drops”

Facebook Group: [Women Rising](#)

Twitter: [@HappyStrobel](#)

### **A little bit about Kim**

- ❑ A former teacher and curriculum director turned presenter and keynote speaker.
- ❑ Currently a happiness coach for business, schools, and other organizations.

### **Why does happiness matter?**

- It's not enough just to have intellectual intelligence we also need to have joy and happiness to keep us fulfilled.
- It's not just about feeling happy because everyone likes to be happy. There are real advantages to leading a happy life.
- You can't deny your feelings. You have to allow yourself to feel the negative feelings but have the tools and strategies to get yourself out of them.

### **What does the research say about happiness?**

- Each of us has a happiness baseline level that we return to after experiencing an uplifting or a negative experience within 1 to 2 years.
  - 50% of your baseline happiness level is genetic.
  - 10% of your longtime happiness is based on your external circumstances.
    - We allow our external circumstances to take up more than 10%.
  - 40% is within our control.
- We can elevate our happiness baseline level through intentional practice.
- The science says that when you become a parent you become a little less happy because you have so much more on your plate to be responsible for and worry about.

*"You aren't selfish for putting yourself first."*

### **What changes can we make to increase our happiness?**

- If you can't find one hour in 24 hours that you can devote to yourself then you are in trouble. Find one hour each day to take time for yourself.
  - If you are in a relationship having a non-negotiable date night once a week will have a profound impact on your relationship.
- Practice gratitude daily through a gratitude journal. Scan your environment for all that is good rather than all that is wrong. Write down three things you are thankful for and continue that for 21 days.
  - Being purposeful in your gratitude will help you rewire your brain to have more positive thoughts.
  - Speak it into being with your words. Our brain will begin to believe the words we say and it will bring it into reality.
  - *"The view you adopt for yourself profoundly affects the way you lead your life."*  
Carol Dweck
  - Our beliefs are so strong that they become our actions. Our actions become our habits. Our habits become our reality.
- Be happy in the now rather than playing the "if-when" game with our happiness.
  - Even if your life is not exactly what you want it to be you can look and see what makes you happy in the now.
- Have a vision for what you want in the future.

### **How does happiness affect our students?**

- Our brain is more productive if it happy as opposed to neutral or negative.
- Students can also use gratitude to begin their day. Teachers can have students share one thing they are grateful for out loud at the beginning of class.

### **Resources:**

- [FREE webinar](#)
  - Start a Learning Revolution with Genius Hour & Growth Mindset  
Wednesday, August 21, 2019 • 5:30 pm PT/6:30 MT/7:30CT/8:30 pm ET
- [The Happiness Advantage by Shawn Achor](#)

### **Related posts on the Ditch That Textbook blog:**

- [Come on, get happy! 20+ happiness tips from the #DitchBook community](#)