



# Action for Happiness

## *Join Our Happiness Habits Course!*

### **What is it?**

A six-week, online group course which explores practical ways of improving happiness and well-being.

### **Is it evidence-based?**

The course is built upon the 10 Keys to Happier Living, a positive-psychology framework used around the globe. The original “Exploring What Matters” Course demonstrated significantly positive impact on well-being in a randomized control trial from Oxford and the London School of Economics.

### **Who can sign up?**

The course is open to anyone 18 years or older. Feel free to sign up with friends and family!

### **What will we actually do?**

Each weekly session covers a different topic, featuring videos from experts in various fields, mindfulness practices, group exercises, and small actions for participants to try out between sessions.

**ACTION FOR HAPPINESS**



## WEEK 1: Gratitude



**What can we learn about happiness?** Vanessa King -  
Head of Psychology, Action for Happiness



**How can we become happier?** Shawn Achor -  
Best-selling Positive Psychology Author

## WEEK 2: Self-Care



**How can we be kinder to ourselves?** Kristen Neff -  
Professor of Psychology, University of Texas



**How can we get the basics right?** Rupy Aujla -  
Doctor and Healthy Eating Expert & Darryl Edwards -  
Movement Coach and Author

## WEEK 3: Relationships



**Why are relationships important for our happiness?** Robert Waldinger - Professor of Psychiatry, Harvard University



**How can we look after our relationships?** Roxy Manning - Psychotherapist and Nonviolent Communication Expert

## WEEK 4: Resilience



**How can we be more resilient?** Tal Ben-Shahar -  
Positive Psychologist, Harvard University



**How can we be happy in dark times?** Maria Sirois -  
Positive Psychologist and Author

## WEEK 5: Kindness



**How can we become kinder?** Matthieu Ricard,  
Buddhist Monk and Author



**Why does kindness matter?** Chude Jideonwo -  
Journalist and Entrepreneur & Nipun Mehta - Founder of ServiceSpace

## WEEK 6: Meaning



**What makes life meaningful?** Gretchen Rubin, Bestselling Author & Jon Kabat-Zinn - Professor of Medicine, Uni Massachusetts



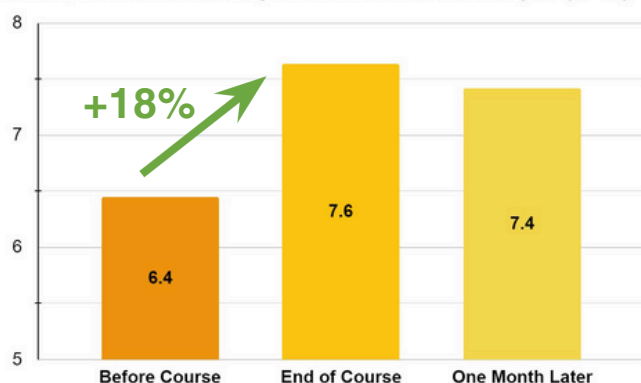
**What should be the purpose of our lives?** Richard Layard - Economist, London School of Economics

At Action for Happiness we are proud to have a commitment to evidence-based interventions - ensuring that anything we develop or recommend really does work. For the Happiness Habits course we have extensively piloted the content and taken before and after measures to evaluate the impact and the results are in:

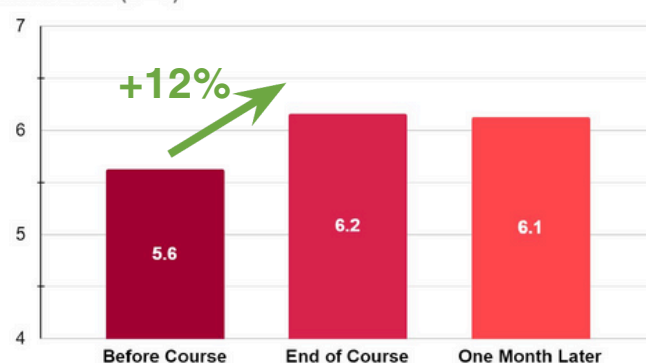


**Attending the course significantly raises both satisfaction with life and how compassionate we feel towards others.**

Overall, how satisfied do you feel with life nowadays? (0 -10)



I tend to feel compassion for people, even though I do not know them (0 - 7)



**92%** of course attendees say the course had a positive impact on their lives, giving it an average rating of **4.7/5** overall.

These results mirror what we have found about our previous courses like Exploring What Matters (the original Happiness Habits course), which was evaluated by Oxford University and London School of Economics in a Randomised Controlled Trial and found to be more impactful on happiness than getting married or becoming employed. Read more about that here:

[actionforhappiness.org/course-evaluation](https://actionforhappiness.org/course-evaluation)



*"The whole course was fantastic. Every element was so well thought out and impactful. From the check in, to the mindful moments, connecting one on one, to generating ideas in smaller groups. I just loved all of it."*

*~ Joanne, Participant*





# Ready to Join? Great!

## Course Essentials:

- 6 Weekly sessions starting August 20, 2025.
- Sessions are every Wednesday from 5-7pm PDT.
- Completely virtual, you can join from anywhere!
- Course is donation-based: give what you can, and if you're not in a position to give, that's okay too!



***Sign up by texting one of our facilitators: Fernanda at (619) 322-5612 or Kian at (619) 456-1864.***

