

Be unstoppaBle. Take the leap. Sing outside the shower. Shake things up. Be

Let your guard Down. Have an adventure. PLAY BIG!

Laugh.

Be Playful. Fear less. Love your goofy life. Shine your light. Make waves.

a whakadoodle. Redefine the impossible. Be a star.

The SPIRE Model of Happiness!

For a person to be happier, resilient, healthy, and successful, focus on the wholebeing: S-P-I-R-E!
What can you do to focus on each aspect of happiness?



S

SPIRITUAL

Leading a meaningful life and mindfully savoring the present.

P

PHYSICAL

Tapping into the mind/body connection.

I

INTELLECTUAL

Engaging in deep learning and open to new experience.

R

RELATIONAL

Nurturing a constructive relationship with self and others.

E

EMOTIONAL

Empathy and feeling all emotions, reaching towards resilience and positivity.

The Happiness Element 

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