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Intentional happiness: 7 paths to lasting happiness

What is happiness? Aristotle answered this by saying happiness is the meaning and purpose of life, the whole aim and end of human existence happiness is a choice! It is also attractive, healthy, and being connected, but it takes effort. That being said, what inhibits our happiness? Several factors have a direct impact on our level of life satisfaction and fulfillment, including fear of change, fear of success, and fear of failure, comparisons, selfishness, and the buen of perfectionism, lack of forgiveness (and self-forgiveness), our inner critic, and toxic relationships. When these mental and emotional roadblocks are removed, our inner joy will be freed from these constraints thus leading us to happiness and fulfillment. The seven paths to lasting happiness reviews several of these roadblocks and provides both principles and take action exercises for individuals to learn from, and through its application to ultimately achieve genuine happiness, including: 1st path: loving yourself, personal brand, perfectionism, inner critic, comparisons: 2nd path: gratitude, attitude of gratitude, University of Adversity: 3 path: forgiveness, forgiveness equals freedom, self-forgiveness is the key: 4th path: follow your passion, getting out of your comfort zone brings growth: 5th path: nourish your spirit, faith vs. fear, meditation and purpose: 6th path: loving relationships, love languages, criticisms and toxic relationships, authentic listening and trust: 7th path: service, the antidote to selfishness: thousands of individuals have taken this life satisfaction survey, and various graduate students throughout the world, (including universities from Singapore, UK, and the Philippines and others) have used it as part of their graduate thesis. It is intended as a tool measuring current level of happiness. It could be used before and after treatment/coaching to show changes in level of happiness.

Biography

Elia Gourgouris is the President of The Portland Happiness Center—an organization dedicated to creating personal success and happiness. Over the last 25-plus years, as a passionate promoter of optimism and deeply meaningful relationships, he has helped thousands of people achieve happiness and fulfillment, both in their careers and in their personal lives. He recently authored one amazon best-selling book, *"7 Paths to Lasting Happiness"*. In it, he helps readers identify and work through principles such as gratitude, personal branding, and forgiveness which everyone can apply to their lives for deeper, more meaningful and lasting happiness. He has published over 120 articles for various newspapers and magazines, including the Huffington Post. He is a nationally known Keynote Speaker, Executive Coach, and a Leadership Consultant. He received his BA in Psychology from UCLA and his MA and PhD in Clinical Psychology from the California Graduate Institute.

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