

# PURSUIT OF HAPPINESS

HAPPINESS IS A JOURNEY. NOT A DESTINATION



HOW'S LIFE? AS JOYOUS, LOVING, MEANINGFUL AND FULFILLING AS YOU'D LIKE IT TO BE?  
AND IF NOT, WHAT CAN YOU DO ABOUT IT? WE ONLY HAVE THIS LIFE, THIS GIFT, NOW!

## Core Values

Calm / Clarity  
Curiosity / Consciousness  
Do Right / Universal Good  
Better Together  
Respect / Care

## Module (One Session of 90 Minutes)

- Search Inside Yourself
- The Source of Unhappiness
- Universal Law of Nature / Existence
- Purify Your Mind - Manage Your Energy
- 10 Habits to Claim Your Life Back

SADLY, MANY OF US LIVE - AND DIE - WITH A SENSE OF UNFULFILLMENT. WE DON'T HAVE TO BE  
VICTIMS OF OUR SOCIETY, OF OUR CONDITIONING OR OF ANY CIRCUMSTANCE - AND THAT  
THE KEY TO CHANGE LIES INSIDE EACH OF US.