

KRYPTON COURSE #003

The Happiness Project

From the work of Gretchen Rubin

STUDENT EDITION

***NOTE! Check to see if this is the latest edition
or pick up the [organizer edition](#) by clicking here***

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You could read this curriculum, absorb it on your own and declare victory.

If you did that, it would be like all the videos, blogs and writings on the Net. Useful, perhaps, even important. But you won't be getting the real benefit.

When we learn together, we push ourselves, discover real insights and most of all, dance with the discomfort that's essential to turn education into learning.

At Krypton, our mission is to enable groups of people to come together for brief, powerful, in-person learning experiences.

If you've been invited to a course, we hope you'll give it your best and contribute to each and every session. Or, if you've found this online somewhere, we hope you'll step up and lead a Krypton course.

Learn together.



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Learn together™

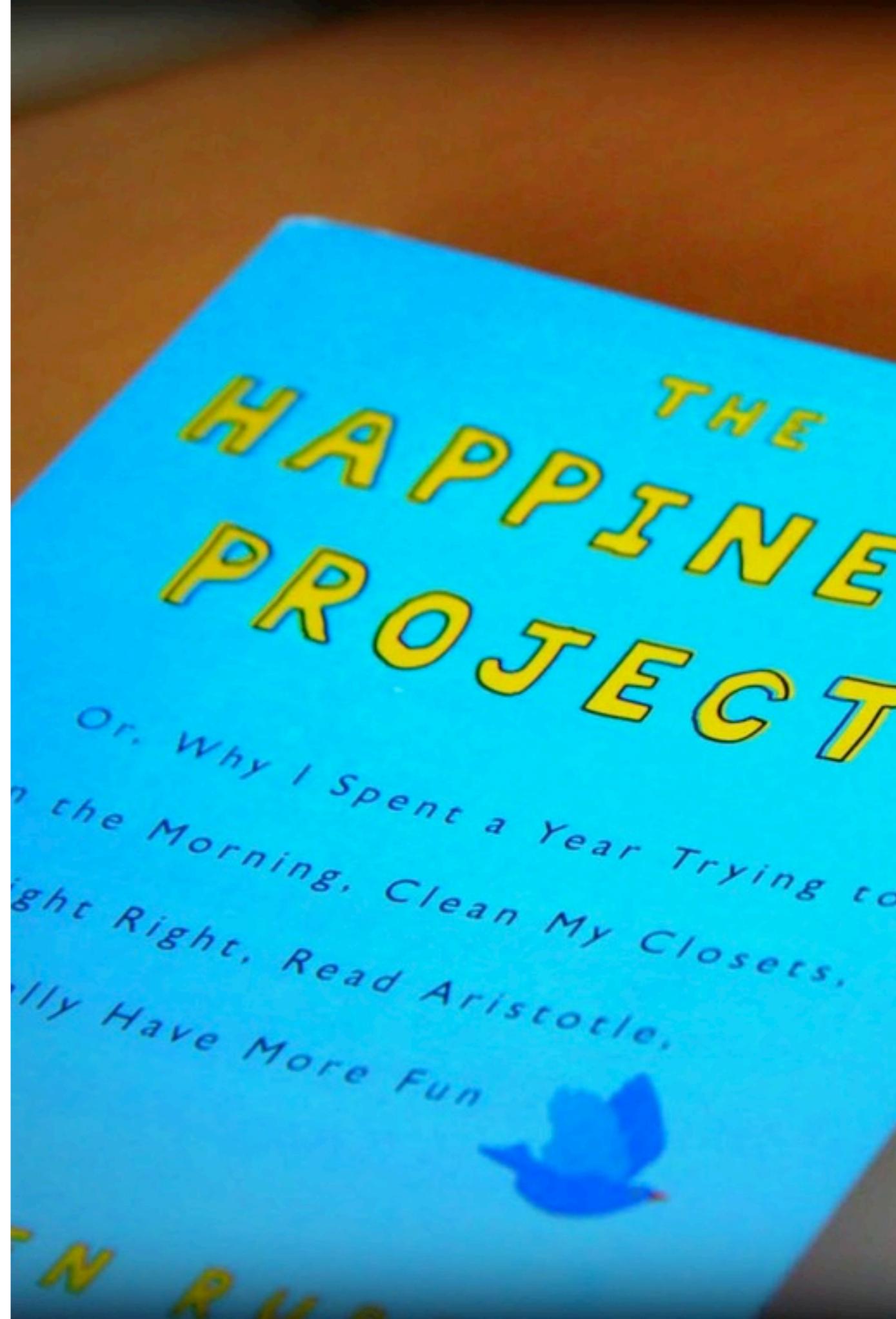
The Happiness Project

From the work of Gretchen Rubin

Be happier! This course takes learners through a playful, five-step experiment to discover what specific habits will make them happier

Course objectives

- Formulate hypotheses about what makes you happy.
- Discuss those happiness theories with the group and get feedback.
- Test out these hypotheses to see if they make you happier in their daily lives.
- Make goals and plans to increase their levels of happiness beyond the course.
- Establish a support network to hold other students accountable to their goals.



Happiness and Gretchen Rubin

The author of two bestsellers about happiness, Gretchen has devoted years to shining a light on an obvious but overlooked question, “what makes us happy?”

It turns out that the easy answers aren’t the right ones.

In this course, you’ll explore many of the ideas that Gretchen has shared on her blog and in her books, all revolving around a simple truth: happiness is something we can increase through thought and through our actions.

Key materials

Introductory Gretchen Rubin Video: [Don't worry, be happy](#) (49:01)

[The Happiness Project](#) With millions of copies sold (more than 100 weeks a bestseller) this book represents some of Gretchen's best work and the paperback edition (or the Kindle) is a fabulous supplement to the course.

Week 1, pre-class

Watch and Read:

- Happiness Project, Chapters 1-2
- [Seven tips to boost your energy](#) (1 page)
- [Ten tips to reduce clutter](#) (1 page)
- [How to Be Happier](#) (1 page)

Watch 4 of these 8 videos:

- [Get more sleep](#) (3:35)
- [Get more exercise](#) (2:36)
- [Toss and organize](#) (3:30)
- [Tackle a nagging task](#) (2:37)

Watch 4 of these 8 videos:

- [Give proofs of love](#) (2:02)
- [Fight right](#) (2:02)
- [Don't expect praise or appreciation](#) (2:23)
- [Kiss more, hug more, touch more](#) (1:56)

Think and write:

- What does happiness mean to you? What made you happy in the past? Why do you think it made you happy?
- What do you think of Gretchen's claim that the term "happiness" is intimidating? In what ways do you agree or disagree?

Continuous

Do:

- **One sentence journal.** keep a journal on your progress on activities you are doing in class.
- **Get more sleep.** Try getting more sleep than normal. Try turning off the light at night, taking out your contact lenses earlier, brushing your teeth earlier and putting away mobile devices.
- **Get exercise.** Pick days and times to exercise, write them down on paper, and exercise at those specific times for all four weeks. Give yourself credit for even the smallest effort--remember that
- **Make your bed.** Try making your bed every morning.

Do:

- **Get up earlier.** Wake up an hour earlier every day to make more time
- **Important things.** Set aside 30 additional minutes every day to make time for things you enjoy.

One time

Do:

- Reduce clutter. Try throwing away something you don't need. Try throwing away anything you can dispose of in 1 minute. Try cleaning up in the evening. Try hanging things up, putting books away, and hanging clothes once you are finished.
- Stop procrastinating. Do something that has been nagging you. Consider doing it first thing in the AM to cross it off your list.
- Go to a doctor's appointment that you have been putting off.
- Send an email that has been sitting in your draft folder.
- Fix something in your house that has been broken for a while.

Do:

- Buy something you've been waiting to buy but putting it off.
- Proof of Love. Give a proof of love to someone you care about. Make this something you can do everyday (e.g. filling your significant other's cup with water)
- Repair attempt. Try a "repair attempt" after a disagreement. Make a gesture of reconciliation. Don't rebuff the attempt but instead respond positively.
- Hugs. Try holding a hug for six seconds.

Week 2, pre-class

Watch:

- [Aim Higher](#) (2:14)
- [Enjoy the fun of failure](#) (1:39)
- [Ask for Help](#) (2:06)
- [Beware of Drift](#) (3:09)

Read:

- [Drifting](#) (1 page)
- [Enjoy the fun of failure](#) (1 page)

Think and write:

- When is the last time you failed? How did it make you feel? What did you do next?

Think and write:

- What do you think of Gretchen's idea that "anything that is worth doing, is worth doing badly"?
- When is the last time you asked for help at work and in your personal life? How did asking for help make you feel?
- Think about the last time you made a decision by not making a decision (and being forced into deciding as a result)? When it happened, how hard were you working? How did that make you feel? How did the decision turn out in retrospect?

Do:

- Ongoing. Continue working on the three ongoing items you chose from week one, which could include a one sentence journal, getting more sleep, getting exercise, making your bed, waking up early and making more time.

Week 2, pre-class

Do:

- Sleep. Try getting more sleep than normal. Try turning off the light at night, taking out your contact lenses earlier, or brushing your teeth earlier.
- Exercise. Pick a day and time to exercise, and exercise at that specific time for all four weeks. Give yourself credit for the least effort.
- Inspiration board. Make a collage (or Pinterest board) of your favorite books, quotes, images and websites.
- Job. Do something that will make your job harder. Learn a new program. Take on a new project. Go to a conference.



Week 3, pre-class

Watch:

- [Buy some happiness](#) (2:48)
- [Gym membership effect](#) (2:21)
- [Under-buyer or over-buyer](#) (3:26)
- [Spend out](#) (2:32)
- Michael Norton TEDx Talk: [Money can't buy you happiness](#) (10:59)

Read:

- [Tell Other People what makes you happy](#) (1 page)

Think and write:

- Reconsider the things that make you happy. What are the things that made you happy over the past week?
- In what ways does money impact your happiness? How does spending money on other people make you feel? How does adding money to savings make you feel?
- When is the last time you spent money to coax yourself into doing something? How did it make you feel when you spent the money? How did you feel two weeks later?
- What parts of the TED Talk did you find most convincing? Which parts did you find least convincing? Why?

Week 3, pre-class

Do:

- Ongoing. Continue working on the three ongoing items you chose from week one, which could include a one sentence journal, getting more sleep, getting exercise, making your bed, waking up early and making more time.
- Money. Try re-allocating your money to spend more on experiences than on items. Write down in your journal how that made you feel.
- Money or Time. Try spending money on someone else, or volunteer your time for someone else. Journal how that made you feel.

Week 4, pre-class

Watch:

- [Quiz: How mindful are you?](#) (3:12)
- [Resolution: Meditation on Koans](#) (3:13)
- [Use cues to cultivate mindfulness](#) (3:02)
- [Set concrete goals](#) (2:46)

Read:

- [9 things you can do to be happier every day](#) (1 page)
- [New Year's Resolutions: Four Tips for Writing Your Personal Commandments](#) (2 pages)

Think and write:

- Think about an experience when you went from one place to another without any recollection of how you got there? How did that feel to you?
- Think about the last time you found yourself in a routine but then had no recollection of how you got there?
- Do you find it hard to remember a name, even if they just told you? If so, when does that
- What theme in happiness thinking do you find to be false?

Week 4, pre-class

Do:

- Ongoing. Continue working on the three ongoing items you chose from week one, which could include a one sentence journal, getting more sleep, getting exercise, waking up early and making more time.
- Current Relationships. Call three people and try to strengthen those relationships. For example, you might show up for them (at an event or by phone), be generous with time or resources, or remember a day that matters to them.
- New Relationship. Try to develop one new relationship. Do that by joining a group, engaging someone you see everyday in further conversation, etc.
- Cues. Use more up sticky notes to remind you of something you care about.

Do:

- These might include phrases such as “be here now”, “my kids are what matter”, and “quiet mind”. Put these cues in your office, screen saver or room based on the tone you want to set and be in the present.
- Goals. Think about your concrete goals for beyond the course. Choose two concrete goals to commit to.
- Personal Manifesto. Use the list of goals to write a personal manifesto. Write down 4 things that you want to continue to do and 4 things that you want to stop doing after the class is over.

About Gretchen

Gretchen Rubin is a thought-provoking and influential writer on happiness. Her books *Happier at Home* and *The Happiness Project* have both been featured in the New York Times. Gretchen writes about her adventures as she test-drives the studies and theories about how to be happier.

[Find out more.](#)



We hope that this curriculum helped you, and that it provided a springboard for the group to create learning that will last.

If you've got feedback, and we hope you do, we've created a simple three question survey. Check it out [here](#).

To find out more about Krypton, click on the Narwhal to the right...

Thanks for caring and thanks for making a ruckus.

