

St Joseph's PROS Program Curriculum Outline

Course Title: The Happiness Project

Frequency and Duration: One time a week for 60 minutes for 12 weeks

Component and Service: CRS-WSM

Course Overview/ Description: In this group participants will be guided to create their own "Happiness Project", whatever that may look like. The group will be guided by the book "The Happiness Project" by Gretchen Rubin. Participants will identify areas of their life that they want to improve and work on identifiable goals to get to where they want to be. Some areas the group will focus on are energy, kindness, love, hobbies, volunteering and trying new things. This class is for anyone who wants to improve their lives and bring some fun into it.

Goals: The goal of this class is for participants to increase their happiness in one area of their life at the end of the 12 weeks.

Expected outcomes: At the conclusion of this course participants should have identified what area of their life they would like to increase their happiness in, identify strategies that will increase their happiness and started implementing these strategies into their life.

Modules

- 1) **What is Happiness?**
- 2) **Your Commandments**
- 3) **Your Resolutions**
- 4) **What Makes You Happy**
- 5) **100 Things**
- 6) **10 Keys**
- 7) **What do the 10 Keys Mean to You?**
- 8) **Your Happiness Manifesto**
- 9) **Happy Memories**
- 10) **Inspiration**
- 11) **My Good Things**
- 12) **Extra Acts of Kindness**