

ELIA GOURGOURIS, PH.D.

“Self-Worth and Happiness”

Tuesday, August 22nd:

Building Self-Worth as Daughters of God

- Thou Shalt not Compare
- The Burden of Perfectionism
 - i. The “Eternal Perfection” we seek is not available in mortality (see Elder Russell M. Nelson, “*Perfection Pending*,” Ensign, November 1995)
 - ii. Perfection or completion?
- Top Floor Perspective vs. Basement Perspective
- Your Spiritual “DNA”
 - i. An often under-utilized tool . . . (*your Patriarchal Blessing*)
- Forgiveness is the Key

Wednesday, August 23rd:

Happiness Is . . . Keys to Happiness, Part 1

- Discovering your purpose in life
- Living a balanced life
 - i. Physically
 - ii. Spiritually
 - iii. Emotionally
 - iv. Intellectually and Socially
- Developing new gifts and talents
- Open-mindedness

Thursday, August 24th:

Happiness Is . . . Keys to Happiness, Part 2

- Positive ways of dealing with stress
- It all starts with a dream . . .
- Why is laughter important?
- Living life with passion and joy
- A faith-centered life

4) **Friday, August 25th:**

Creating Daily Success Habits for Happiness

- Did I pray and ask for help from Heavenly Father?
- Was I honest in all of my actions today?
- Did I serve someone else today?
- Did I recognize my shortcomings and ask forgiveness?
- Did I have an attitude of gratitude?