

ELIA GOURGOURIS, PH.D.

*“Self-Worth and Happiness”*

**Tuesday:            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?

**Wednesday:            Building Self-Worth**

- 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:            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:            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