



FINDING HAPPINESS AND JOY DURING TOUGH TIMES

Living a life filled with happiness and joy is elusive even under the best of circumstances. There are hundreds of stories about highly successful people who seemingly “have it all,” but still aren’t happy. **So, can the rest of us possibly find it when our lives feel so disrupted, stressful, and uncertain - and is it even appropriate to seek happiness when the world seems so full of suffering?**

The answer is YES. No matter what, life always offers us opportunities to find positivity - if we are open to it - and **happiness and joy is the best tool we have to fight fear, despair, frustration, and cynicism.**

It’s no understatement to say that the pandemic has made happiness and joy feel more out of reach than ever - but the truth is that nothing’s changed. **We still have the power to focus on the good, and leverage it to improve our lives, our work, our communities, and the world.**

Embracing happiness and joy isn’t about turning a blind eye to what’s going on around us – **it’s taking practical steps every day to ensure we don’t overlook the positive: what we *do* have, what we *have* achieved, and what we *can* still accomplish.**

In this webinar, **Lisa Dietlin brings a wealth of insight, personal experience, and easy-to-apply tools to help us identify and embrace the happiness and joy that is always all around us, and utilize it to get through the tough times - now and in the future.**

“Lisa’s story should be required for everyone that needs to put things in perspective. Every day is a gift and we should cherish every millisecond we have with those we love.”

~ Brett Gasper, Senior Vice President - Wealth Management
The Gasper Financial Group/USB Financial Services



DISCUSSION TOPICS

Maintaining work/life boundaries

(avoiding overwork, making time for self/family)

Removing ‘achievement’ burden

(pressure to learn a new skill, do a home handy project, get in shape, etc.)

Expectations about appearances

(haircuts, weight gain/loss, ‘professional’ attire)

Frustration about inconveniences

(wearing PPE, social distancing, cancelled trips/family events)

Facing fear of the future

(what will life be like when this is over; will things ever be ‘normal’?)

Embracing H.O.P.E.

(Helping Overcome Pessimistic Expectations)

Owning your Happiness and Joy

(identifying the good that has come out of the situation, recognizing your strengths, and allowing yourself to celebrate the ‘small stuff’)

LISA M. DIETLIN is an **internationally** recognized expert on transformational change, philanthropy, and charitable giving. A leading figure in the American nonprofit sector, her deep fundraising experience, groundbreaking research on giving patterns, and influential ideas on transformational philanthropy have made her one of the most trusted philanthropic advisors in the nation, making numerous TV and radio appearances. Lisa’s belief that anyone can be an agent for positive change by Making A Difference® and achieve goals through THE POWER OF THREE has made her a highly sought after keynote speaker, delivering compelling and easily applicable tools for growth and achievement while maintaining a healthy work/life balance full of “Happiness And Joy.”