



Video Showcase!

Grab your camera or a video camera and start shooting!! As you work through each chapter of *The Project Happiness Handbook*, start thinking about how you can create your “visual story” (1 – 10 minutes max.) . Here are some ideas:

Chapter I: Happiness: *How have I brought happiness to someone’s life? How would I best portray the meaning of happiness?*

Chapter II: Obstacles to Happiness: *How have I overcome adversity in my life? How have I turned adversity into an opportunity? What was my Defining Moment?*

Chapter III: Self-Reflection: *What have I learned about who I really am? What is my gift? How have I shared my gift with others?*

Chapter IV: Self-Mastery: *What have I done to become a happier person? What have I done to improve my relationships with others?*

Chapter V: Compassion in Action: *How have I shown compassion in action in my life? What steps have I taken to show myself more compassion? How has forgiveness changed my life?*

Chapter VI: Interdependence: *What have I learned about the meaning of interdependence in my life? What steps have I taken to take responsibility for the impact of my choices (on myself, others or our planet)?*

Chapter VII: Share Your Gifts: *What is my Path to Happiness? What do I NOW know about happiness? How do I plan to put what I’ve learned about happiness into action in my own life?*

**VIDEO
SHOWCASE**

Top videos will be showcased on our website

www.projecthappiness.com. Upload your video to YouTube and send the URL to video@projecthappiness.com.