

In Pursuit of Happiness

Public Sector Accountants Conference

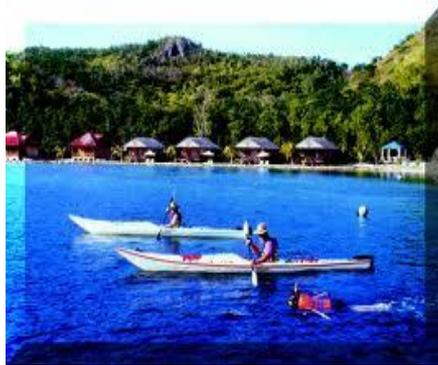
Zenith Hotel, Kuantan

13 Jun 2013



Hj Md Taib Mat
CEO / Founder
Akademi NLP Malaysia

A Story



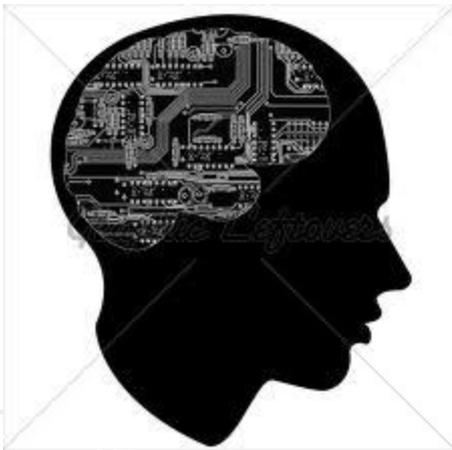
Question on Happiness

**What has to
happen for you
to be happy?**



The Answer is :

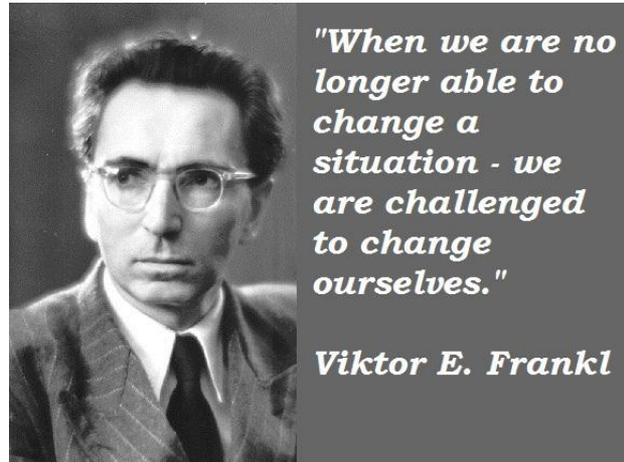
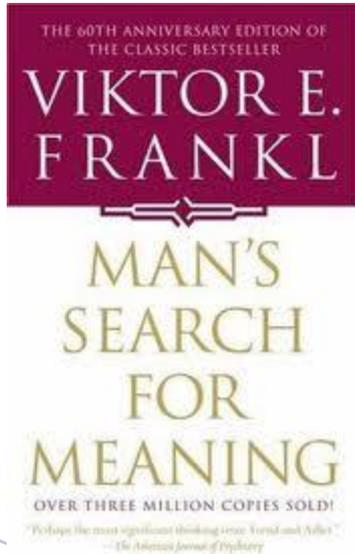
NOTHING !!!



**Happiness is an
inside job**

- **Get More Bonus**
- **Get my dream Job Promotion**
- **Boss satisfied with my job**
- **Being healthy**
- **My child get 9A SPM**
- **Get good appraisal**
- **He/she loves me**

The Story of Victor Frankl



Auschwitz



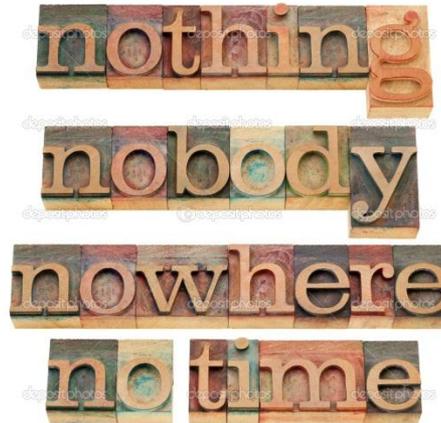
Dachau

The Story of Victor Frankl

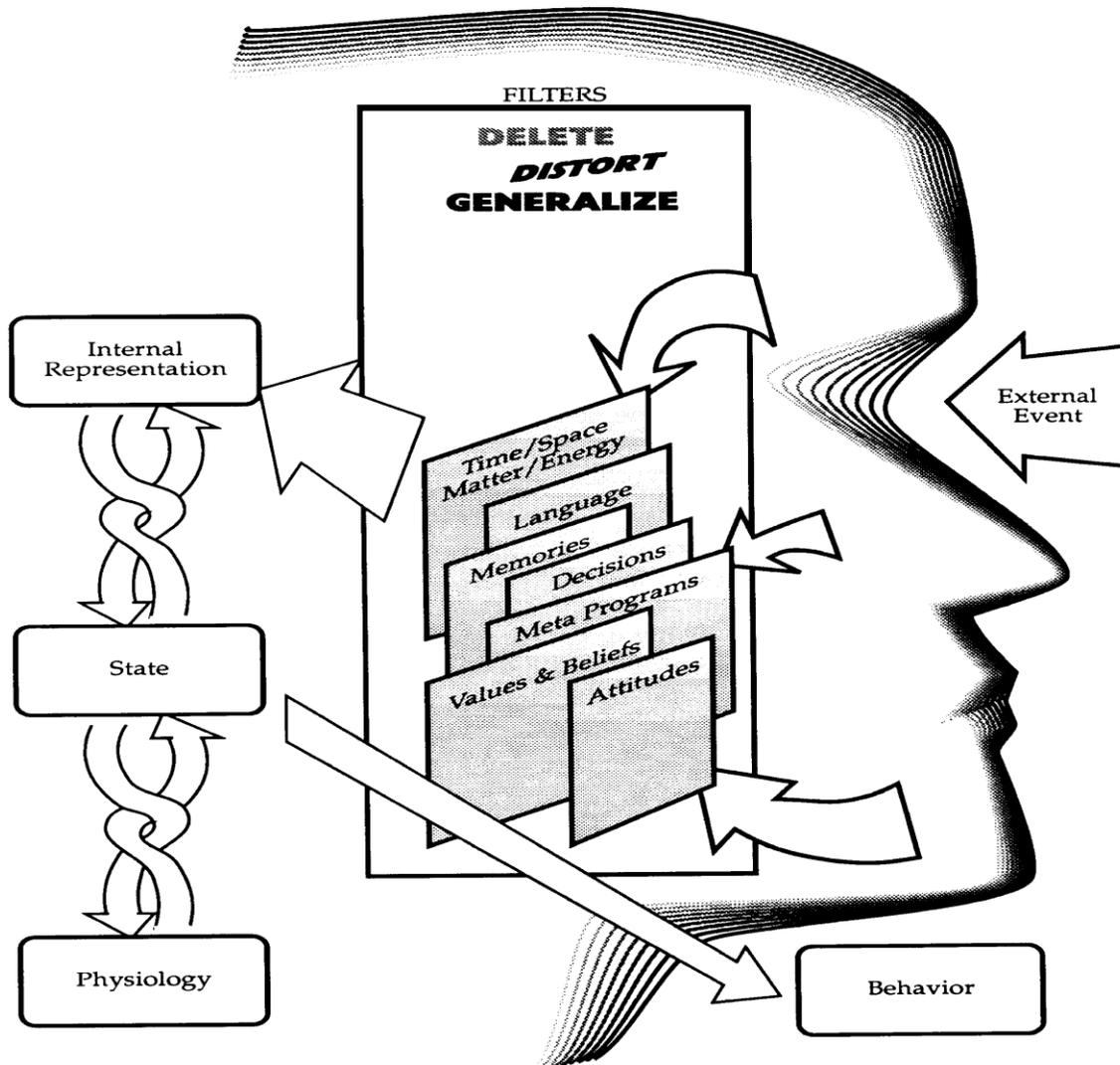
Then I grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: *The salvation of man is through love and in love.* I understood how a man who has nothing left in this world still may know bliss, be it only for a brief moment, in the contemplation of his beloved

Incantation

**Nothing or Nobody
can affect me
negatively**

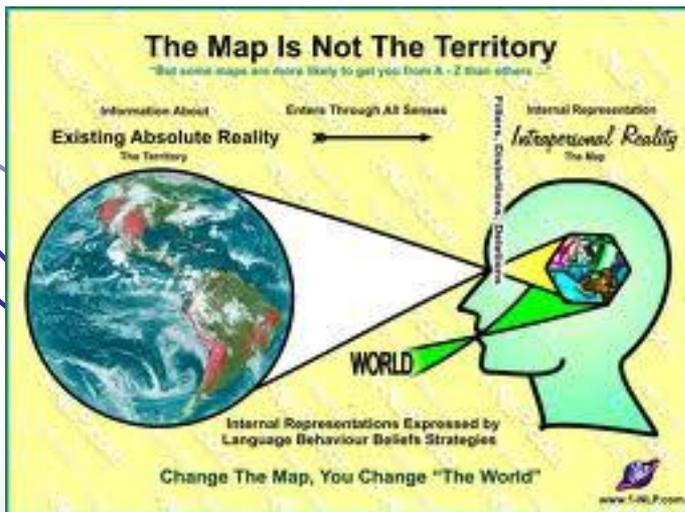


NLP Communication Model



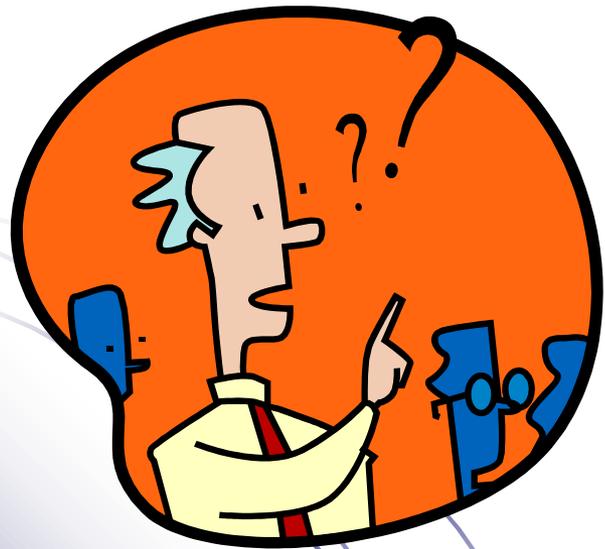
NLP Presupposition

The map is not the territory.
It is just a symbolic
representation of the territory



Primary Question

What Do I Really Want



How can I Get That?

When Somebody Throw Rubbish at You ...

**“Mine,
Not Mine.”**



Select States That Make You happy

1

Happy

2

Enjoy

3

Joyful

4

Focus

5

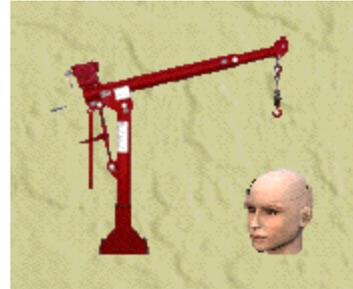
Calm

Law #1

**Most
Important
Thing**

3A For Your Happiness Movie

Access



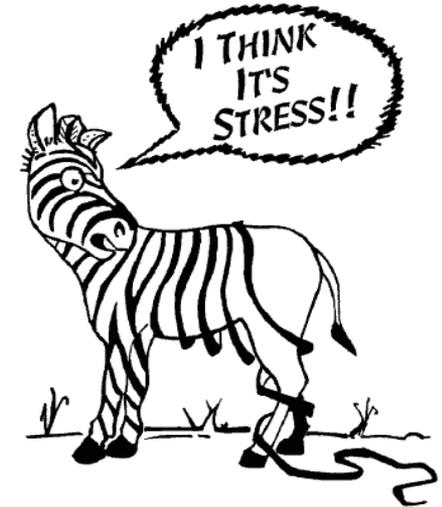
Amplify



Anchor



Changing States



- **Be Aware of your state**
- **Change Your Thinking**
- **Change Your Physiology**
- **Move (beta-endorphins – mood enhancers)**
- **Change Your Breathing**
- **Relax your muscle**
- **Change Your vision**
- **Pay attention to someone else**
- **Use your resource anchors**
- **Eat / Drink**

Tips To Being Happy

- **Love Yourself**
- **Keep Yourself Healthy / Physiologically**
- **Happy Mindset / Movie Mind (I want to be happy)**
- **Be Grateful**
- **Stay in good emotional state**
- **Stay in the Moment / Present**
- **Personal Goal / Challenge Yourself**
- **Make work a Play**



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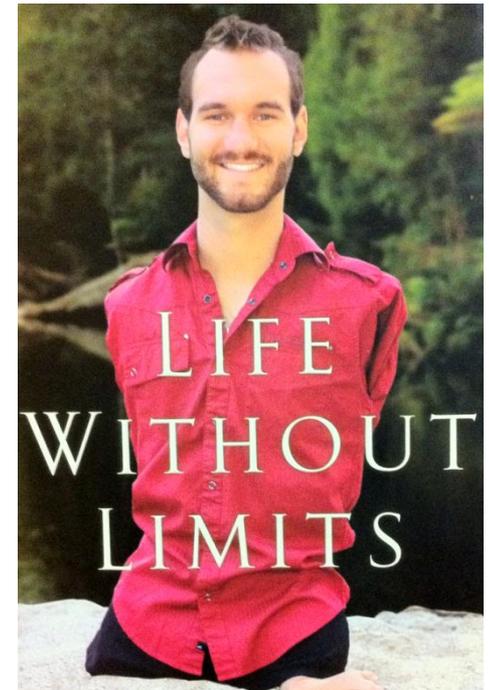
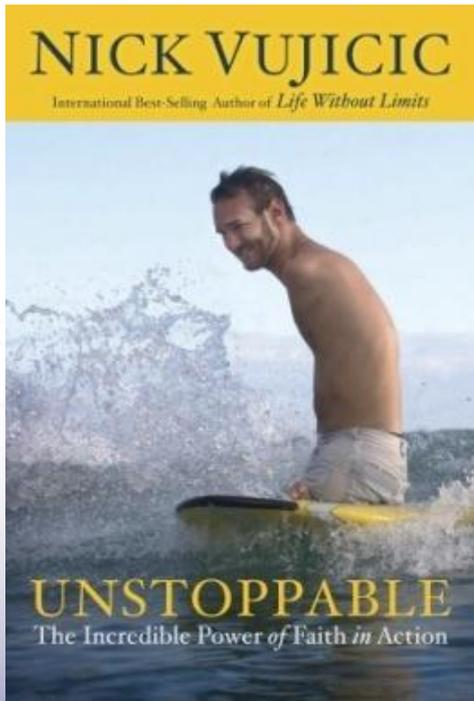
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A Story of Happiness

Nick Vujicic



Quotes on Happiness

“The purpose of our lives is to be happy.”

Dalai Lama

“Happiness depends on ourselves.”

Aristotle

“Happiness doesn’t depend on any external conditions, it is governed by our mental attitude.”

Dale Carnegie

Quotes on Happiness

“Happiness is not a goal. It is a by-product.”

Eleanor Roosevelt

“Be happy for this moment. This moment is your life.”

Omar Khayyam

“Love is trembling happiness.”

Khalil Gibran

Quotes on Happiness

“If you want to be happy, be.”

Leo Tolstoy

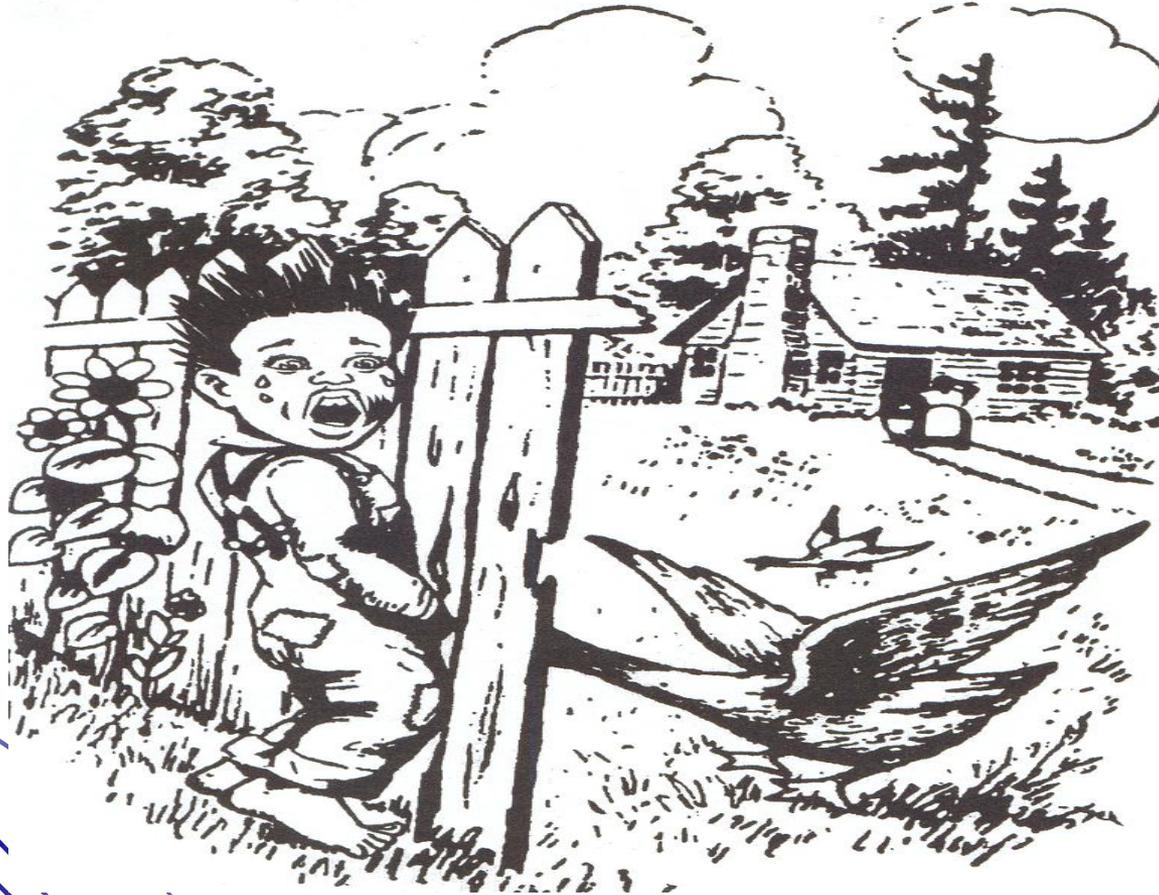
“True happiness ... is to enjoy the present, without anxious dependence of the future.”

Lucius Annaeus Seneca

“Happiness is an inside job.”

William Arthur Ward

The Greatest Game !!!???



The goose blame the boy, the boy blame the goose

End / Q & A



