Feeling good about the future can help to support our happiness. Choosing ambitious but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them. A sense of direction can help us relax and feel like things are on-track.

**Introduction (5 mins):** Start this month’s Get-Together by asking everyone to share their name and one action they have taken recently to bring some happiness to themselves or others.

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**TUNE IN to our experience with mindfulness and gratitude**

**Mindfulness Exercise (5 mins): Waking up with purpose**

Settle into the a comfortable connection with the body and the breath and imagine that you are just waking up on a brand new day with 24 hours ahead of you. Assume you are free from other responsibilities or needs - so what will you choose to do today that really matters to you?

**Gratitude Exercise (10 mins): Something I have achieved**

Turn to someone next to you and share about one thing you feel proud of having achieved in your life. This may not be easy if we fear being boastful or have critical thoughts. The key is to find something small and simple that we might not yet have had time to recognise and appreciate.

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**CONNECT with the views of others to help us deepen our understanding**

**Group Discussion (30 mins): What kind of life would you live if you had no limitations?**

As a group, open up discussion around the question above or some of the suggested questions overleaf. This is an opportunity to listen and learn from each other’s experience, so try to allow each other space and share real feelings rather than getting caught up in thoughts and ideas.

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**TAKE ACTION in practical ways to apply what we learn to our real lives**

**Action Setting (10 mins): Moving towards a personal goal**

Take a moment to think of one small practical thing you can do to carry a bit of what you've explored today into your life. You might like to try one of the suggested actions on the next page. By going around the group and each sharing a bit about our action we make ourselves more likely to complete it and inspire each other also!

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Want to know more about how to host a Get-Together and why we invite people to Tune In, Connect and Take Action? Visit: [www.actionforhappiness.org/get-together](http://www.actionforhappiness.org/get-together)
**QUESTIONS**

- Do your goals tend to come from within you or outside you?
- Does enjoyment come from completing our goals, or just working on them?
- What advice might your future self give you now about what really matters?

**ACTIONS**

1. **Set a goal for the week.** Identify a specific goal you’d like to make progress on this week. What smaller steps can you take to help yourself get started?
2. **Find your purpose.** What are your talents? What are you passionate about? What do you want to change? Combine your answers into a positive purpose.

**RESOURCES**

- **Calendar: Optimistic October.** Simple daily actions you can take
  
  [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)

- **Video: Getting things done.** This TED talk from productivity guru David Allen offers a simple but effective process for setting and achieving goals.
  
  [www.youtube.com/watch?v=kOSFxKaqOm4](https://www.youtube.com/watch?v=kOSFxKaqOm4)

- **Book: Learned Optimism.** Martin Seligman, founder of Positive Psychology, explains how to identify and overcome your self-defeating thought patterns.

**RESEARCH**

- People who are optimistic tend to be happier, healthier and cope better when facing tough times.
  

- Experiencing a sense of accomplishment when we achieve what we set out to builds our confidence in what we can do in the future.
  

"It is not in the pursuit of happiness that we find fulfillment, it is in the happiness of pursuit"

~ Denis Waitley