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

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.

CONNECT with others to help us deepen our understanding

Group Discussion (30 mins): What kind of life would you live if you had no limitations?
Ask a volunteer to read out the text below and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

When we’re hopeful about the future, we’re likely to be happier. This is not about wishful thinking, but rather about having a sense of direction and plans to help us to get from where we are now to where we hope to be. This enables us to turn our needs and dreams into reality. Hope can help us think about, and plan, how we’ll achieve our goals, both the big, long-term ones and the smaller, short-term, ones too. These goals give us direction in life. They’re the stepping stones from where we are today to our hopes for the future. And it’s not just achieving them that’s important for happiness – but choosing, planning and working towards them too.

Find out more in 10 Keys to Happier Living (Chapter 6): www.actionforhappiness.org/book

Questions for discussion:
- What are your most important goals for the future?
- What advice might your future self give you now about what really matters?
**Take Action** in practical ways to apply what we learn in our lives

**Action Setting (10 mins): Set goals that contribute to a sense of purpose**

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 below. By going around the group and each sharing our action we make ourselves more likely to complete it and inspire each other also!

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](http://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