

The Truth About Happiness

with

Rebecca L. Norrington

rlsignature@gmail.com

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Wednesday 10:45am-12:15pm

*Happiness Specialist — Inner Peace Practitioner — Author — Speaker
AFAA Certified Fitness Instructor — Reiki Practitioner — Life Long Student*

Happiness is a practiced skill. ~rln

Course Description: Designed to teach how to take control of your own happiness especially while facing life's biggest challenges. Students will learn how to improve relationships with friends, family members and most importantly the relationship with Self. Designed to reduce emotions such as worrying, anxiety, stress and anger. The class offers empowering, life-changing content that will enable students to experience more happiness regardless of the specific circumstances.

TOPICS INCLUDE:

- Why happiness is so important?
- The definition of happiness?
- How to improve relationships with others and with Self?
- How to be happy regardless of what “happens” to you.
- How to eliminate behaviors that subtract from your happiness.
- How to practice behaviors that add to your happiness.
- How to unlearn what you learned.
- How to be responsible for your own happiness.

CLASS OUTLINE:

1. Weekly Topics
2. Lecture
3. Student participation
4. Q & A
5. Weekly homework assignments (optional)

EXAMPLE OF STUDENT QUESTIONS:

1. On a scale from 1-10, how important is happiness in your life?
2. What is your definition of happiness?
3. Are you as happy when you're faced with life's inevitable challenges?
4. Can other people hurt your feelings?
5. Can other people disappoint you?
6. Do you blame other people for how you feel?
7. Do you blame your circumstances for how you feel?