

WORKSHOP

NO PAIN NO GAIN: THE WAY TO HAPPINESS

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Watch the corresponding video on the
Flash Drive before you begin.

PRINCIPLE

A study at SFSU recently found that happiness, ironically, comes from pain.

But how?

Have you ever worked diligently to accomplish a challenging task or goal? Finally won the race? Got the date? Made the sale?

How did you feel while slogging through the grueling preparation and practice? Not so good, right?

Though how about after you finished? After you left the gym? Finished the chapter?

...

The science, in this case, matches our intuition: when we purposefully exert ourselves in an attempt to improve, when we focus on difficult tasks, when we deliberately practice, rather than going through the motions – we are happier.

Maybe not during the struggle – but after, even if you don't actually accomplish the goal, you'll feel much better about yourself.

Moral? To be happy – do something productive. Improve. Get better. Move toward an accomplishment.

In short – No Pain, No Gain.

QUESTIONS

What is a skill that you would both enjoy learning and would be useful to your career? Why is this important to you? How will it improve your life?

I need to learn how to do internet marketing, specifically Facebook advertising...



QUESTIONS

When is a time when you can deliberately practice this skill (every day) to get better? How can you make it a habit?

Remember: connectedness is important. Who will you share this progress with? Collaborate with? Who will you teach what you've learned?

My brother-in-law and I have been “thinking” about finally starting our business for about a year now, so if I collaborate with him...

Take today as your first step. Even if it's difficult, practice for at least 45 minutes on improving your chosen skill. After you completed the practice session – how did that make you feel? Happier?
