

WHAT MAKES YOU HAPPY

What Makes You Happy – Part 1

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Note: The following content is a raw transcript and has not been edited for grammar, punctuation, or word usage.

00:01: So we're beginning a brand new series and I thought we should begin this brand new series with the title of the series with a question mark at the end. And so, here's the question as we begin. 'What makes you happy? What makes you happy?' The title of this series could be a question but could also be a statement. In fact, it could actually be a promise as in, for the next few weeks I'm going to tell you... And this is offensive, especially if this is your first time joining us. The next few weeks I'm going to tell you what makes you happy. And the reason I'm gonna tell you what makes you happy is because some of you, not many of you, but some of you... And again, this seems offensive. Some of you really don't know what makes you happy. And the reason... And the way to tell if whether or not you know what makes you happy is if you keep trying to be happy and you're not happy, it may be you don't know how to be happy. Imagine that.

00:55: Now, if you think it's kind of strange for someone who doesn't know you to make a promise like that just remember, every time you open up a magazine, every time you listen to the radio, every time you go onto the internet, every time you watch television, there are people that you have never met in places you have never visited creating commercials and ads and all kinds of things that promise you how to be happy. And let's be honest, we don't need to raise our hands, every single one of us have fallen for that at least one or two or 100 times in our lives. Right? If only I had, if only I drove, if only I wore, if only I... If only... If only... If only... Then maybe I would feel better about me. And we spend a lot of time and a lot of money, wasted a lot of time, wasted a lot of money, and if you're still not happy maybe... And I know it's offensive, maybe you don't know the answer to the question, what makes you happy.

01:37: For most of us... I think that's just a small percentage of us. For most of us... For most of us the reason this is important is because we have forgotten what makes us happy. Because, as we're gonna discover, it's very difficult to market actual happiness. You can market quick fix happiness but you can't really market and sell actual happiness. So there are not many people in our culture, not because there are bad people in our culture but there are not many people around us and there aren't many people in culture who are actually talking about the things that actually make us happy. So for the next few weeks we're gonna answer the question and I'm gonna tell you what makes you happy.

02:13: So we're gonna just jump right in with one of the most important things we're gonna say during this entire series. And this is one of those things that you know that every once in awhile we