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Happiness Quests:

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Positive psychology research shows that when we are happy-when our mindset and mood are positive-we are smarter, more motivated, and thus more successful (Full Sail 2015).

I picked my three quests and wound up doing them all. But I will combine them with recognition to the Quests Name, as it appears in the boxes.

In **Day1** of my **Journal** I recorded how great it was to see out team come together the way they did. (**e-mails to a person in my social network**) Lloyd and I took the reigns and I promoted him by e-mail to the other students. We kept e-mailing them and stated how they were needed and how we were glad to have them on our team...

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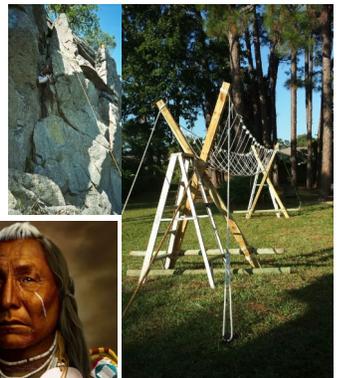
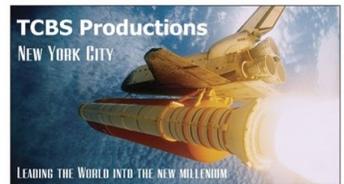
I paid a "**Gratitude Visit**" to my "Godfather" who is 93 by phone. I thanked him for being a very special mentor in my youth. Taking me to a baseball game, swimming, and on

trips with my Aunt Magaret and cousin Angela. They were a lot of fun and well traveled around the world.....Cont. pg.2

I took my "**Character Strengths**" Survey and learned where I have achieved the right things it seems in my life as I move to "Section 2" of my life. I am very fortunate that people have taught me "**Character Strengths**", such as "**Perseverance**" and "**Spirituality**," which play a vital role in the other character strengths. I was pleased to find that I am well-rounded in all of them, of course I am 62! It is very **encouraging after having to overcome the injuries of Vietnam** and now have to transient over to another side of the business of the media.

Spirituality plays a major role in having a purpose much greater than yourself. Many have walked such a path and found the journey is more important...

Cont. on pg. 3



Highpoints of this Quest:

- Mihaley Csikszentmihalyi, overcoming tragedy by looking up through a portal of positive purpose.
- All the definitions of play are in my tool chest as well as the multitude of links to more tools to help the flow and accommodate any requirement.
- I learn how to play being around children, like grandkids!

Lasting Well Being, a Plan for the Future.

"**Positive emotions**" are coming into my life because of feeding myself with **positive thought** and feeling by way of **reading, music and positive actions**. Keeping in the **flow** requires engagement, in which the spirit is willing but the flesh is weak. If I have to roll out of bed onto the floor, I keep positive by play being the medium of which I flow like on water as someone who has caught a

wave or picked up on a vibe from music being heard. The vibe, the hunger takes you to your feet and whatever else it takes to get to the venue where the flow is complete.

I move into a flow and **forget who I am** when I am filming like this past Saturday morning, which was inspired by a "Happiness Quest", which came from **making others feel**

welcome at the Turtle Inn. A "time share" where we have some weeks. So we can; being local, go to the pool deck whenever we.....Cont. on pg.3



Happiness Quest cont.



E-mailing someone in your Network and Day One of my Journal.

...one by one they showed up and contacted us. It was a good feeling that our Instructors direction, and **perseverance** with a **positive attitude** produced **great positive results**.

We also had a meeting on the **Google Doc. Program**, which produced our name and **voting officially Lloyd as Captain**. Three of our people work so they can come to the meeting and hear and vote and give quickly their thoughts by the phone, tablets or later submission. So all of the **platforms, web-sites** are expanding our abilities and giving us some breathing room.

Day Two of the Journal.

This morning I got up with 4 hours sleep. I was feeling better from two days of



stomach virus. My girlfriend dragged me to the "Turtle Inn pool deck on the beach where we have weeks. Because we have weeks then we have facility privileges year round. So we go to the pool deck and swim, go on the beach or just hang out and meet a different crew of people from all over, which is "**Apparently Purposeless.**"

I was speaking with this couple from S. Illinois and listening to their story of where they live and what they have done in life. I made two new friends but also found out through them that there was a parade of all the old drivers and cars that used to race on the beach. An "**Inherent desire**", "**competitor and storyteller**" in me pushed me out the cold morning and down to the beach.

So I made plans to go there and film the parade and all of the old drivers including our friend who was just inducted into the

hall of fame.

So one, the day was better being well, by doing a **positive action** it produced **positive results**, and action brought me relaxation from the grind, which is a new thing to put my foot on the break and go enjoy something when I am ahead.

The parade was great and my friend "Rex was not there but 36 or more drivers and their cars were there. **It got me back in the field shooting again** since my operation. It was fantastic. **I forgot about my injuries**, I was following the action and doing my sniper and ground roll shots. Now today I come outside and see the "Goodyear Blimp" flying overhead back to New Smyrna Airport. I shot some footage of that as well. So the "**Inherent Attraction**" to see my friend "Rex White," moved me to the place of "**Diminished consciousness of Self,**" and "**Freedom from Time**" swung me to a "**voluntary**" time of play with my camera and the Drivers and their cars that were the pioneers that launched one of the largest most costly sports of our Time. Nascar.

...A visit of gratitude!

...they expanded my horizons well beyond, Atlanta, Ga. I remember seeing pictures of Uncle Jack and Aunt Margaret in Oklahoma and New York when me and my mother and father came into New York harbor. They took us to with them to the N. Georgia mountains where it snowed two feet in September. I prayed, my grandma said, God doesn't do prayers like that son. Apparently he likes poor kids who lost their Dad.

You see, the thing that was so brilliant about my Uncle Jack, was he had a severe deformed with his nose looking like it was smashed to the side. I never let it bother

me and I learned to ignore the people around us, cause I knew he was whole on the inside. Like when you loose your arm or leg, you still have a spiritual arm or leg. People can still feel them.

It was a special relationship we had that taught me to not judge my friends or any man or woman for those things and what they look like , but who they are. He was also one of the top Army Computer Specialists in the fifties. We shared some really cool stuff, he is 93 taking care of his wife.

"I never let my Uncles birth defect bother me or the people around us that would stare, cause I knew he was whole on the inside."



...Character Strengths Survey

...that the end is not the most enjoyable and challenging. The end and the goal or the trophy or money from a deal, does not satisfy the need for adventure, challenging your own guts and your brain grows and more seems to live in it and take you places with your spirit like a flying bird. Cruising on a wind from where. My God is at the top and I don't have a need to find him in a building all of the time but in other people around the world and all the things that I have gained understanding of is brilliantly intertwined and designed to work a positive force of love and of good far above what we think good is.

I have Native American blood and a **spirituality** that has disturbed some but it is that truth looses us from the boundaries of our delusive realm of contentment, which we ourselves have made and is forged with trial and **"Patience"** to be-

come a formed reality. When I am in a flow I can write for days without stopping, it is the flow of filming, which is similar. The one who films is oft as much the actor as is the one before the camera and they become as one and you have **the flow** with the actor, football player, High speed Jet. It is all about **"Flow"** and **passion** that comes from a purpose of great worth to your beliefs and mankind, because purpose is the greatest leader, and provider of happiness. It overtakes you and you can harness it like the giant dragon-like birds of "Avatar." Like when as a disabled veteran I climbed 8000 ft. Mtn. because of an "Inherent Attraction."

I was greatly inspired by, Mihaly Csikszentmihalyi, (1990 pg.3), material things bring no enlargement to your happiness, but sharing those things with friends and family and increasing the lives

of other. When you reach the end of your productivity you will remember what. What if all we knew and dreams of the future were suddenly crushed by a war and you became interrupted in time and what was normal as the objects or the people and learni9ng in your brain to survive is exactly what he spoke to me.

They looked up they did not loose their minds because maybe they had already realized that material things are all around you and don't speak very much nor do they give you anything. Overcoming our fears and loosing ourselves in something that is us and nothing nin purity you will desire this over and over again. I understand the



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Lasting Well Being, a Plan for the Future.

...when we have time and the weather is right. All of these things worked together for a positive outcome of meeting people, receiving information for a good shoot opportunity, having a great shoot day breaking the ice for me to get back in the saddle after my surgery like I have said before.

So part of my greatest strategy is creating a place where all of my tools for creativity and work are at hand. Organizing all media, research and school related materials enables the flow. My school subjects and my work coincide and resonate into a **powerful flow** like shooting the rapids in

the Colorado.

Another strategy I use is low volume music, preferably instrumental so the lyrics do not distract me. Like Mihaly said,"You cannot listen to two people at one time." (1990 pg.3)

I take care of any pressing chore or pressing thing that



will cause a lack of focus which comes in with flow for me.

I am beginning a flow and a focus that you can see beyond where we are to bring that, which is not to be that which is because it is birthed in your mind and heart and brought forth in birth as a young child.

So part of my greatest strategy is creating a place where all of my tools for creativity and work are at hand.

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Business Tagline or Motto



Organization

Back Page Story Headline



Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a

regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.