



The Pursuit of Happiness: Journey Workbook

Robin Blackwood

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This Journey Workbook is part of The Pursuit of Happiness curriculum. The Pursuit of Happiness curriculum, which consists of the Teacher's Guide, the Journey Workbook, and Too Soon Old, Too Late Smart by best-selling author Gordon Livingston, is built on the premises of positive psychology and that being able to recognize desirable/undesirable attributes and making good decisions about the people we bring into our lives is central to the pursuit of happiness. Using Too Soon Old, Too Late Smart as the text, the course takes a close look at personality and behavior and how these play out in our relationships. The Journey Workbook is an organizational tool that will, upon completion, contain all of your work for the course - it's like a journal because it's personal, but it's also like a roadmap because it will provide useful, practical information on how to navigate personality traits and behavior patterns and pursue happiness in the context of your life and relationships. The Journey Workbook can be purchased independently of the Teacher's Guide, but the Teacher's Guide provides a solid framework for a more in-depth, structured and comprehensive learning experience in both the classroom and self-directed setting. The workbook contains pages for note-taking and reflection, all of the homework assignments and course handouts, and pages for future reflection along your journey of pursuing happiness.

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