WELCOME TO

Let Go, Forgive, and Set Yourself Free!

WITH DARIAN SLAYTON FLEMING, LCSW,
CERTIFIED HAPPINESS TRAINER

DISCLAIMER

- Does not subscribe to the medical model
- This is not therapy – no diagnosing in the workshop
- Self-help focus workshop
- Consult Workshop Facilitators for Therapy Referrals

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HAPPINESS

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LEARN KEY CONCEPTS

- ✓The Science of Happiness
- ✓Letting Go of Energy That Doesn't Serve You
- ✓What Forgiveness Is and Is Not
- ✓Living At Ease
- ✓Have fun!

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SET YOURSELF FREE

"Gratitude is essential to happiness."

- Marianne Williamson -

FOCUS ON GRATITUDE
PILLAR OF THE HEART

Three Good Things Exercise:

- Try this exercise for 10 minutes daily for at least 2 weeks
- Notice and appreciate the positive experiences that happen throughout your day

FOCUS ON GRATITUDE
PILLAR OF THE HEART

Three Steps to Gratitude Exercise:

- Emotions are the ignition for the universe
- Get as emotional as you can to get in touch with your feelings

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TEND TO YOUR RELATIONSHIPS PILLAR OF THE GARDEN

Think of your relationships as flowers in your garden.

SEVEN CHARACTERISTICS OF LOVE

- ❑ Kindness
- ❑ Patience
- ❑ Forgiveness
- ❑ Courtesy
- ❑ Humility
- ❑ Generosity
- ❑ Honesty

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Darian Slayton Fleming, Certified Happiness Trainer, LCSW

Love as a Way of Life, Gary Chapman

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SEVEN CHARACTERISTICS OF LOVE

Exercise:

- ❑ Name a characteristic of love you practice regularly
- ❑ What does that look like behaviorally?
- ❑ What characteristic of love do you want to improve on?
- ❑ What action can you take to improve your practice?
- ❑ Commit to taking action.

TEND TO YOUR RELATIONSHIPS
PILLAR OF THE GARDEN

Practice Appreciation Exercise:

- ❑ Acknowledge something you appreciate about another person
- ❑ Acknowledge one thing you appreciate about yourself

IF I LOVED MYSELF EXERCISE:

Train your inner voice to become kinder and help you take action to elevate self-respect

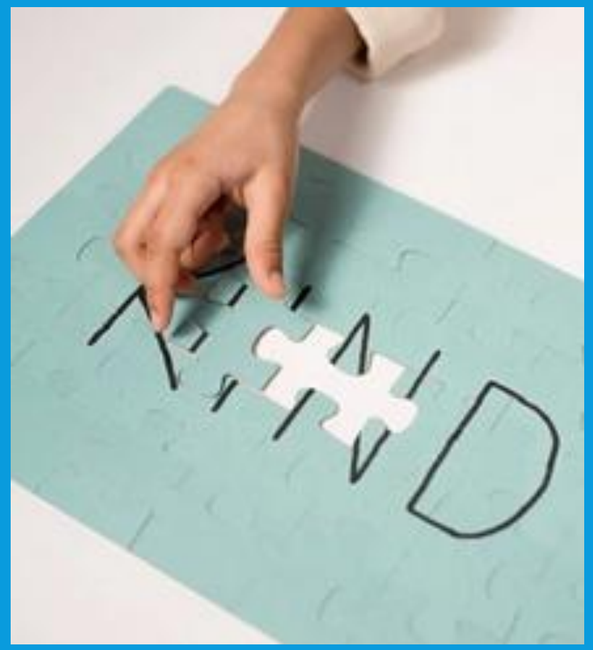
Darian Slayton Fleming, Certified Happiness Trainer, LCSW

Inspired by: Ford, K. (2018). *The self-love experiment: Fifteen principles for becoming more kind, compassionate, and accepting of yourself*. TarcherPerigee.

THE MOST LOVING THING

Pay attention to your feelings and improve your ability to experience self-love

PRACTICE KINDNESS



89% of relationships improve if you pick a person with whom you want a better relationship.

Darian Slayton Fleming, Certified Happiness Trainer, LCSW
The Kindness Challenge: Thirty Days to Improve Any Relationship introduces a 30-day plan aimed at enhancing relationships through intentional acts of kindness, Shaunti Feldhahn

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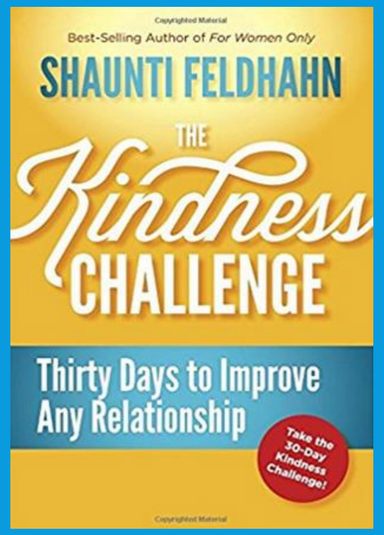
SPREAD LOVING KINDNESS

Expand your capacity for compassion by wishing loving kindness to yourself and others

JOIN THE KINDNESS CHALLENGE

- ❑ Avoid Negativity
- ❑ Offer Praise
- ❑ Act Kindly



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FOLLOW-UP SUPPORT GROUP

- Meet monthly for one year
- Participation is optional

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THE PILLAR OF THE GARDEN

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

- Marcel Proust -

DEDICATED TIME

CELEBRATE

In closing…

Thank you for making space for experiencing challenges and wins with me today

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