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

EMBRACE

HAPPINESS

Darian Slayton Fleming
office@embracehappiness.me
https://www.embracehappiness.me

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

"Sometimes you have to let go of the picture of what you thought life would be like and learn to find joy in the story you are actually living."

- Rachel Marie Martin -

Darian Slayton Fleming, Certified Happiness Trainer, LCSW

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EMOTIONAL BODY SCAN

Connect physical sensations to emotional pain.

www.HappyForNoReason.com

Darian Slayton Fleming, Certified Happiness Trainer, LCSW

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CHANGE THE EMOTIONAL MEANING OF YOUR PAST EXPERIENCES

Imagine alternative,
empowering outcomes

www.HappyForNoReason.com

Darian Slayton Fleming, Certified Happiness Trainer, LCSW

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VALUES CLARIFICATION AND COMMITTED ACTION

Align your behaviors with your personal values

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LOOK FOR THE LESSON AND THE GIFT

- ❑ List three lessons you learned as a result of taking this course.
- ❑ List one gift for each lesson you learned.
- ❑ Write down one thing you will do differently as a result of taking this course.
- ❑ Make a heart-felt commitment to mindfully practice the new, healthy habits you have gained through taking this course.

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INCLINE YOUR MIND TOWARD JOY

- Notice what's going on around you with the intention of giving awards.
- Be creative. For example, as you hear birds sing, which one would receive the sweetest song award?
- As you encounter flowers notice one that could get the sweetest scent award?
- There is no limit to the type or number of awards you can give in a day.
- Invite others to play this award game with you and at the end of the day, share the awards you've given out.

Darian Slayton Fleming, Certified Happiness Trainer, LCSW

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CREATE YOUR EMOTIONAL FIRST AID KIT

- Touch stones that help you remain grounded
- And live with ease!

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FOLLOW-UP SUPPORT GROUP

- Meet monthly for one year
- Participation is optional

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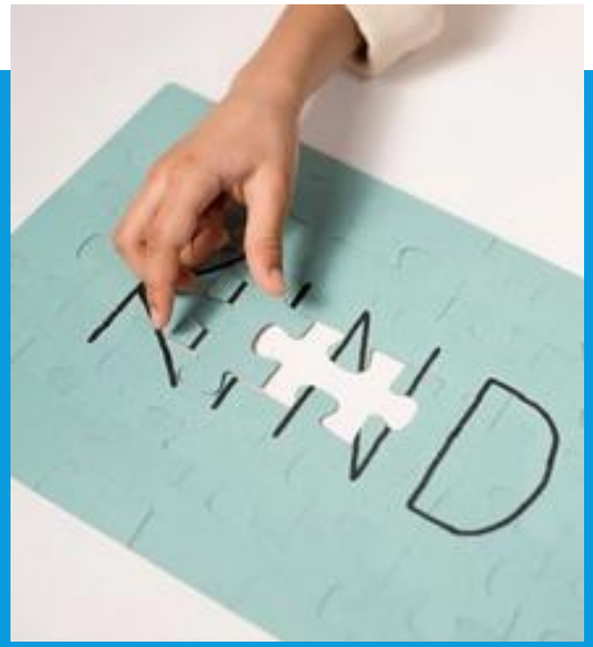
THE KINDNESS CHALLENGE

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



Jointhekindnesschallenge.com

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SET YOURSELF FREE

"If you carry joy in your heart, you can heal any moment."

- Carlos Santana -

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DEDICATED TIME

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CELEBRATE

In closing…

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

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