

Hi

Welcome to High Ideals News.

letter from the editor

Hello and welcome to all the new people who've joined us.

Today's newsletter has a little dose of Positive Psychology in it.

First, a bit of information about this field in case you haven't heard of it before, and then second, there's a great self-exploration tool listed in the resources section based on Positive Psychology.

Here's the scoop on Positive Psychology:

It's a new branch of Psychology which focuses on the empirical study of such things as positive emotions, strengths-based character and healthy institutions. Research demonstrates that it's possible to be happier - to feel more satisfied, to be more engaged with life, to find more meaning and to have higher hopes and probably even laugh and smile more, regardless of one's circumstances.

Positive psychology is quite rapidly sweeping the globe with people from all walks of life, industry and business professions getting engaged.

There are quite a few wonderful websites and blogs on the subject which you can discover for yourself in a simple internet search.

You may want to check out the Authentic Happiness website first, listed in the resources section below.

Looking for a tip, resource or something else? Let me know by sending me an email. If appropriate to do so, I may share the response with all the readers here so that we all might benefit.

All the best,
Noel

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news and events

We will be hosting High Ideals "Gatherings" again in Melbourne and Sydney soon, and are developing plans for other centres as well. The latest news and event information will be posted on our website.

The next High Ideals gathering in Melbourne will be held on Thursday, 1st October at the CQ Bar, Level 1, 113 Queen Street, Melbourne.

In Sydney, the next gathering will be held on Thursday, 15th October at the Whitehorse Hotel, 381-385 Crown Street, Surry Hills.

These evenings commence at 6.30pm and run through to 9.30pm. If you would like to attend please email julie.saunders@high-ideals.com.

floating your boat with a quote

"The true test of character is not how much we know how to do, but how we behave when we don't know what to do." John Holt

resources

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If you would like to become a High Ideals member, we have several special offer 'early bird' places still available. This means you receive your first year of membership for HALF PRICE (saving you up to \$200) and any new members who join this year will be able to proudly call themselves 'founding members'. Please visit <http://www.high-ideals.com/> for more information.

Quite likely to be considered one of the most popular websites on Positive Psychology is Authentic Happiness at <http://www.authentichappiness.com/>.

When you go there, you'll find a very impressive list of self-assessment tools that you can explore through and discover more about how you operate.

Please consider taking the VIA Survey of Character Strengths. VIA stands for Values in Action by the way.

This measures the 24 character strengths that all of us have, and ranks them in priority order in terms of which are the most important to each of us, and which we draw on when making major life decision... or any decision where the outcome is to be happy.

A tip though - When you get the ranking, please remember that you have all 24 strengths and that whatever comes in at 24 isn't a "weakness" It's just not the most important strength/value for you when making the majority of your decisions. The rest of the 24 are simply more important to you most of the time.

Enjoy the journey!

[Resources page](#)



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