

# THE FOUNDATIONS OF WELL-BEING

The Self-Caring Pillar

*Enjoying Life*

**Rick Hanson, Ph.D.**

# WHAT DO YOU ENJOY?

**Beautiful sunsets?**

**Your pet?**

**A friend's smile?**

**Finishing the dishes?**

**Helping someone?**

**Learning?**

**Loving?**

**Chocolate?**

**“ENJOYMENT” MEANS**

**PLEASURES OF THE SENSES**

**INTEREST**

**DELIGHTING IN**

**FEELING NOURISHED BY**

**WHY CARE ABOUT  
ENJOYING LIFE?**

# ENJOYABLE EXPERIENCES . . .

**Make life worth living**

**Help us recover from stress and upsets**

**Calm and nourish the body**

**Motivate us to stay on the path**

**Indicate beneficial experiences that grow inner strengths**

**WHAT DO YOU ENJOY?**

# THE LITTLE THINGS THAT ADD UP

**Soft pillow**

**Scratching an itch**

**Flipping a switch to bring light to a dark room**

**A flower**

**Children laughing**

**Water**

**A song**

**Talking with a friend**

**AS SWEET AS IT IS . . .**  
**WHAT GETS IN YOUR WAY**  
**OF ENJOYING LIFE?**



# **SPECIFIC BLOCKS TO ENJOYING LIFE**

**Thinking you don't deserve to enjoy life**

**Fearing you'll lose your edge,  
lower your guard**

**It's not appropriate for an  
adult/woman/man/etc.**

# GENERAL BLOCKS TO ENJOYING LIFE

**Not noticing what's enjoyable**

**Not feeling anything when you  
do notice things**

**Not taking it in when you do  
feel something**

**WHAT CAN YOU DO  
TO ENJOY LIFE MORE?**

# HOW TO ENJOY LIFE MORE

**Have** more experiences that are enjoyable:

Notice the ones you are having.

Create them; look for good facts and help them become good experiences.

**Internalize** these good experiences:

Help them last, be intense, felt in your body.

Sense and intend that they're sinking in.



# WHAT LITTLE THINGS COULD YOU DO?

**Upon waking, think of something you're glad about?**

**Take an extra minute with your morning coffee?**

**Pause to appreciate someone you life with?**

**Find something beautiful while driving?**

**Really savor an apple?**

**Appreciate something good about yourself?**

# WHAT ARE THE LONGINGS IN YOUR HEART?

**Does life feel too stressful, upsetting, or blah?**

**What needs are unmet?**

**What abilities are unused?**

**What values are unfulfilled?**

**Where does it hurt?**

# WHAT ARE THE LONGINGS IN YOUR HEART?

**What,  
if it were more present  
in your mind  
these days,  
would really help you?**



**LET YOUR LONGINGS  
BE YOUR TEACHER**

# **THE POWER OF ENJOYABLE EXPERIENCES**

**Most experiences of inner strengths are enjoyable.**

**Enjoyable experiences grow the inner strengths that will help fulfill the longings in your heart.**

# WHAT DO YOU WANT TO GET OUT OF FWB?

**How to change your brain for the better**

**Sense of peace, contentment, and love**

**Treating yourself like you matter**

**Sensitizing your brain to the good**

**WHAT ARE YOUR INTENTIONS  
FOR THIS FOUNDATIONS  
PROGRAM?**

# ENVISIONING YOUR OWN GROWTH

- Be on your own side with guidance and compassion.
- Know the difference between intending and driving.
- Imagine benefits of the 12 Pillars. Take them in.
- Self-Caring. Mindfulness. Learning.
- Vitality. Gratitude. Confidence.
- Calm. Motivation. Intimacy.
- Courage. Aspiration. Service.

*The days that make us happy  
Make us wise.*

John Masefield