

Scholarship Application

Applications are due by December 31, 2018 to smile@YourHappinessU.com. Please provide answers to all of these questions.

1. Describe in detail why you think you should receive a Happiness U scholarship.
2. What three things do you appreciate in life and why.
3. What are the challenges in your life at this time? How do you cope with them?
4. What do you hope to accomplish while a Happiness U member?
5. How will you apply what you've learned?
6. How did you hear about the Happiness U scholarship?
7. Circle five classes that most appeal to you.

Overcome Overwhelm 101. Learn more about what overwhelms you and how to draw stronger boundaries. This will enable you to make choices to operate from your heart, and you will find that things will align and opportunities will appear to help you move on your path with greater ease.

Get Unstuck 101. This class will address being stuck from a different perspective and offers a new awareness to your being. Gain insight into what may be keeping you in a stagnant place and how you can find a new path.

Clutter Clearing Plan 101. Learn how clutter ties us to the past and holds us back energetically in many ways. So whether you have monumental clutter, or just a small cluttered area, bring your calendar (yes, we will schedule your first clutter clearing appointment at the end of class), and let's get started on a plan to reclaim energy and power.

Feng Shui 101. By practicing feng shui principles in your environment with intent, raise your potential to manifest positive change. Add ease and flow to your life by understanding how to create an energetically supportive environment.

Healthy Money Mindset 101. Start a new relationship to money. If you value money but don't value the saving of money, it may be the reason why it flows out of your life. Get conscious about money and breaking through your own limiting view on abundance.

Happiness 101. There is now scientific proof that happiness is not a personality trait, it's something that can be learned and you have much more control over your happiness than you think, even if the challenging circumstances around you don't change.

Get Over It 101. Whether what you are holding on to is a minor or major thing, if it happened in the past or is very recent, if it's still in your life, you can gain value by seeing the bigger picture. This class is for you if you're ready to balance it out and move forward, or at least take a step to feeling better about it.

Irritating Relationship Clarity 101

While we are taught not to sweat the small stuff, it's actually the small stuff that zaps our energy and scatters our focus. This class is for you if you are ready to face yourself, see the deeper meaning, and move towards understanding the real cause of your irritation.

Boost Self-Esteem 101. This class is for you if you tend to undervalue your time and energy, jump to negative conclusions, see only the downside when it comes to yourself, reject praise for your achievements, and confuse your feelings with facts in, "I feel like a failure, so I must be a failure." Break through some old patterns, challenge the past and open up to new experiences and opportunities!

Goodbye to Guilt 101. This class is for you if you are ready to say goodbye to guilt and develop new, healthier ways of looking at your actions.

Positive Mindset 101. Learn how to move out of a skewed perspective of what “positive” is, and embrace a healthy mindset and balanced outlook about how you are “supposed” to think. There is so much more to “thinking positive” than you can imagine and once you “get it,” you are set free.

How to Say No 101. You are not destined to be a doormat forever, especially if you choose to put forth the effort to learn the skill of how to say “no” and why it’s sometimes the best thing you can do for yourself. If you don’t value your time and energy, no one else will. Come and learn how to get on the “no” train and feel good about it.

Banish Stress & Worry 101. This class is for you if you’d like to take steps towards trusting life more, right now, in the present moment - instead of hoping for the day when there is nothing in your life to worry or stress out about (which will never happen). Any worry you have is simply anxiety based on an idea you have in your head, a scary story that hasn’t happened yet, which in turn leads to more stress. Come and find a new perspective so you can enjoy more and worry less.

Be Judgment Free 101. Often what you dislike most in others, is a reflection of something in you – though your ego would never let you believe it. Come to this class if you want to see the other side of it, be more open and take a leap forward in your personal journey and transformation.

Avoid Distractions 10. During class we will write and examine your “to do” list, break it down in a new way, and look at it from a different perspective, giving you greater clarity. This will allow you to adopt new strategies and set boundaries. Leave class with a new plan. Distractions cease to exist once you define your focus. If you don’t put some effort into finding out how you can live a life that inspires you, your whole life will end up being just one big distraction.

Life Purpose 101. This class will reveal the multidimensional layers of your life’s purpose and help you identify the best direction forward. Come away with an understanding of your true values and a simple, yet profound personal purpose statement that you can use daily as a roadmap for your life.

Understanding Spirituality 101. Learn how being spiritual is not about what you do or about who or what you believe in, and how it’s simply a matter of your state of consciousness, and your approach to life. This class will help you better understand your connection to your heart and your spirit, so you can be more inspired and confident in your life in terms of who you are.

Astrology 101. By analyzing the position of the planets at the time of your birth, you can gain profound insight into who you are. This class will help you better understand your personality and life potential through your astrological chart. It’s a fun, basic beginner class where no knowledge of astrology is necessary. Note: You must submit your birthday, birth time (found on your birth certificate) and birth location at least 24 hours prior to class in order to participate.

Universal Laws 101. You may have heard about “The Law of Attraction” – this class covers it, and many of the major laws, such as the Law of Karma, the Law of Abundance, the Law of Opposites and many more. With these laws as the foundation of your understanding, you will be in greater control of your life.

Meditation and Affirmations 101. The first half of this class will be about the benefits of meditation, affirmations, visualization and setting an intention. The class will close with a relaxing guided meditation with music, to help you connect to your spirit of joy, peace and balance.



AGREEMENT BETWEEN YOU AND HAPPINESS U

I, _____, am applying for a six-month Happiness U scholarship.

If selected, I will receive an agreed upon attendance term of Happiness U education that starts in 2019. Note that not all classes may occur within the window of time that you select.

What We Provide

- A set of seven books and affirmation cards
- One weekend “Life Planning” workshop (offered only twice a year)
- One weekend “Declutter and Detox Your Life” workshop (may be offered in 2019)
- All member events, excursions, celebrations, classes etc. (offered 8 to 10 times each month)
- Access to all twenty of our core 101 classes (online)
- Sponsored attendance to all Happiness U off campus events.

Your Commitments

- Send a thank you email to the scholarship sponsor if one is named.
- Take a happiness test to determine a starting point. Be open to testing regularly.
- Attend one weekend Life Planning workshop.
- Attend a minimum of two member classes in person per month.
- Watch a minimum of four additional online classes per month. These are posted in the Facebook member group.
- Complete the 101 core classes posted online according to this schedule: 10 classes for the 6-month scholarship.
- Be open to participating in video interviews.
- Write a monthly journal of reflection that is posted on our blog and sent to the sponsor.