Applicants sought for 2019 Life Innovation Cohort

Happiness U launches search for leaders to revolutionize their lives and communities

Happiness U has launched a search for its 2019 cohort of scholarship recipients who will embark on a social change journey to use mindset enhancements to transform their lives and those of coworkers, their families and community. Anyone, who is 18 or older, may apply. Visit here: https://yourhappinessu.com/happiness-u-scholarships/ to apply or nominate someone today. Organizations can nominate employees who can adopt what they learn to enhance workplace wellness programs.

“Most of us are surviving in various states of happiness,” says Happiness U Founder Alice Inoue. “This scholarship aims to find people who are ready to take a giant leap forward in their journey to thrive in a way that not only helps them personally but helps those around them. Pushing your personal well-being to the next level is contagious.”

The program includes life planning, healthy money mindset, stress management, finding life purpose, happiness at work, exploring spirituality, guilt relinquishment and decluttering of home and life.

Happiness has become much more than a personal aspiration. It has become a national and global priority. Americans are increasingly unhappy. In 2007, the United States ranked 3rd and in 2016 it came 19th. The reasons are declining social support and increased corruption. Published by the Sustainable Development Solutions Network for the United Nations, the first World Happiness Report was issued in April 2012, in support of the UN’s focus on happiness and well-being.

“Just the fact that leaders across the globe are studying happiness and heralding it as a proper measure of social progress and the goal of public policy is astounding,” says Happiness U Founder Alice Inoue. “Well-being is emerging as the center of efforts from so many sectors – the nonprofit, corporate and even government.”