OPENING NOTE

H+ requires no more from you than a belief in the potential of yourself and the potential of your fellow human beings.

This is a belief that you can contribute to the world around in the way you act.

The framework of H+ sets out a way in which you can get a sense of achievement through positive action.

H-positive 'ATTRIBUTES'

Human

Health

Happiness

Help

Hope

WHY POSITIVE ??

In H+ the emphasis is on:

POSITIVE
CONSTRUCTIVE
CONTRIBUTING

The intention of helping others
and
the effort of helping others
is what matters.

The effectiveness of that help
needs to be developed
over time

Hope-failure- hope

There will be lapses, failure and deflations
Of
positive energy

But there is hope
that the negative phase will come to an end
and
the POSITIVE factors will re-establish

HAPPINESS POSITIVE

Happiness is also central to H+
Happiness needs to become a deliberate habit
and not just
the feeling when everything is perfect.

Don't wait for perfection
That shall never be

The idea is to evolve

HOW TO BE HAPPY

Happiness is not just
an absence of pain and suffering.

we also need to foster happiness
in a deliberate manner,
for example
by seeking out those things which make us
happy.

THINKING & HAPPINESS

Society has paid far too little attention to thinking.
This is unfortunate
thinking is
the most fundamental human skill.

Thinking determines both
our happiness and our achievements.

Thinking is very important for happiness

Thinking can change our perceptions and these
control our emotions.

THINKING & HAPPINESS

Our traditional thinking habits are based on recognizing a standard situation and providing a standard answer.

They are 'JUDGEMENT' based.

Then there is

Argument
Logical Deduction

and

proving that you are right

All this is excellent, but it is not enough.

CONSTRUCTIVE THINKING

We have neglected to develop
Constructive Thinking;
Creative Thinking;
Perceptual Thinking;
and Design Thinking.
You can ANALYZE the past
but
you have to DESIGNE the way forward.

Judgment brings the past into the future.
Design brings the future into the present.