

## Bonus: What's Better Than Happiness?



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With Your Host

**Jody Moore**

[Better Than Happy](#) with Jody Moore

## Bonus: What's Better Than Happiness?

I'm Jody Moore and this is Better Than Happy, bonus episode, What's Better Than Happy?

Did you know that you can live a life that's even better than happy? My name is Jody Moore. I'm a master certified life coach and a member of the Church of Jesus Christ of Latter Day Saints. And if you're willing to go with me, I can show you how. Let's go.

Hey gang, I wanted to hop on here real quickly and drop a bonus episode in your newsfeed. So if you're subscribed to the podcast, you will get this automatically downloaded. And if you're not subscribed and you found this later, then you should for sure subscribe so you don't miss when a bonus comes out.

I don't do these very often, but sometimes. So what I wanted to talk to you today is about what is better than happiness? And obviously that's the title of my podcast. If you've been listening for a while, maybe you have some guesses as to how I would answer that question.

I hope it's a question that you ponder for yourself and find the answer that you like because I don't profess to have the right answer. I just have a way that I think about it, that I'm going to offer to you today.

Let's think about happiness for just a moment. What is happiness anyway? There's a lot of different definitions, a lot of people define it in a lot of ways. One of the definitions that I really like that I heard not too long ago was this idea that happiness is the lack of wanting anything to be different than it is in any given moment.

I thought that was a pretty cool definition because I can relate to happiness feeling that way. And I think that's partly why happiness is sort of fleeting and it's also why I think that there is a life available that's better than happy.

Now, it's not to say that I'm anti-happiness. I'm all for every one of us having lots of moments when we don't want anything to be any different

## Bonus: What's Better Than Happiness?

than it is. But if we hung out there all the time as many of us believe is the goal, as our primitive brains think is the goal, then we would not be living the kind of life any of us would actually want. We wouldn't be contributing in the world the way that we want to.

And I just don't think it would go well. Here's what I mean. There are moments like let's think about when you're at Disneyland, waiting in line to ride Space Mountain. And it's now your turn. And the rollercoaster just pulled up, and you get to get on and sit down, and you're about to go on a fun ride. Hopefully you're with people you like and you're excited.

That's a moment of happiness. You don't want anything, for just a moment, to be any different than it is. You're just happy to be getting on that ride and you're anticipating the fun that you're going to have.

But if we stayed in that state all the time, we would simply become complacent with the world the way it is. There are many things in the world that I wish were different. There are many injustices in the world that we want to wish were different.

There are people in our lives who go through challenges and trials, and we go through challenges and trials. And we're going to want to wish that those things were different at times, right? In addition to this, even when we aren't thinking about trials and challenges, every single one of us as human beings is here on Earth, partly to grow and a part of our growth is creation and contribution in the world.

So if I never wanted even myself to be different or to create something different in the world that didn't exist before, then I would become very stagnant. I would stop learning, I would stop progressing, I would stop challenging myself, I would stop contributing and creating in the way that we know is healthy for us to do as human beings.

## Bonus: What's Better Than Happiness?

So stagnation isn't the goal, and if happiness is some version of not wanting anything to be different in that moment, just loving everything exactly as it is, you can see how ultimately, that would lead to stagnation.

So starting on Monday, January 25th, which is next week, I am going to be teaching a pretty epic program that I've been thinking about for a long time that I designed exactly for you if you are a podcast listener, whether you're a brand-new listener and you're just liking what you're hearing so far, or you've been listening for years, it doesn't matter.

I designed it for anyone who likes what they hear on this podcast. If it resonates for you in a way, if you think, gosh, that makes a lot of sense, that sounds right to me, that sounds like even something that I think I kind of already knew, but the way Jody taught it to the tools that she used to describe it sort of help me take it to the next level of knowing, if that's you and you want to learn to live a life that is better than happy, that feels extraordinary and amazing and has the ability to experience joy beyond what you probably are currently, and the ability to handle discomfort, when that comes along as part of the deal, then I want to invite you to join me for what I'm calling Better Than Happy Bootcamp.

This is a program that will be five days, one hour a day. You're going to join me live via technology. We're going to use Zoom, which I've been using for years. I always say I was using Zoom before it was popular. That doesn't matter. My point is that I've gotten pretty good at using Zoom to create a really rich learning environment for you.

You will not be on camera unless you choose to be. You will have the opportunity to raise your hand and come on and interact with me and talk to me. But otherwise, you don't have to worry about turning your camera off or muting yourself. I have a little bit different version of Zoom than what you might be used to.

## **Bonus: What's Better Than Happiness?**

So you can be in your pajamas, you can be on a walk, whatever. You don't have to get ready. Your house can be a mess. Your kids can be loud in the background if necessary. But every morning, the wake of the 25th through the 29th, so that's Monday through Friday, January 2021, at 9am Pacific time, we're going to hang out for an hour.

And I'm going to teach you how to apply what you've learned here in the podcast today. We're going to make it simple and doable. And if you're not already registered, you need to go get registered because it's \$19, which is a steal. And it's for, like I said, anybody who likes what they're hearing here on the podcast.

So you don't have to be a woman, you don't have to be a member of my faith, you can send your teenagers to this who maybe are struggling. If you are struggling with depression and anxiety, you're overwhelmed with everything going on in the world, you're fearful, you're worried, I don't care how long you've been stuck.

Maybe you have a goal that you can't get yourself to move forward on. Whatever it is going on, I promise you that what you will learn at Better Than Happy Bootcamp will help to point you in the direction you want to be headed.

For some of you, you will make huge progress in that five days. Some of you might just get a little direction change. But we're going to take what's happening here on the podcast much, much deeper as we explore the application of how to do all the things I've been talking to you about here for so many years.

So please go to [jodymoore.com/bthbootcamp](https://jodymoore.com/bthbootcamp), that stands for Better Than Happy Bootcamp, to get registered. You will get replays of everything so if you miss any of it live, you will have the opportunity to watch those again. You'll have lifetime access to those.

## **Bonus: What's Better Than Happiness?**

I cannot wait to meet you at Better Than Happy Bootcamp. And if you have a friend who you think could benefit, don't hesitate to invite them because the more the merrier. Alright, I'll see you soon. Take care.

Who is your life coach? If you don't have one, I would be so honored to be your coach. I created a virtual coaching program called Be Bold that I want to invite you to join me in. We can address challenges, we can work on goals, and we can do it in so many different ways.

We have group coaching, individual private coaching, and online chats along with hundreds of hours of courses and content that I've created just for you. When you're ready to really take what you're learning on the podcast to the 10x level, then come check out Be Bold at [JodyMoore.com/membership](http://JodyMoore.com/membership).