

Catch fire - build your success & life satisfaction with **FREE EBOOK**

Discover your passions, become your most authentic self, realize your full potential, get happy!

1. Discover and develop your natural strengths

We are all graced with unique strengths and talents – patterns of thought, feeling, and behavior that excite our energy and spirit.

Strengths and talents are often deeply hidden – not lying on the surface waiting to be found.

Maximizing our human potential, success, happiness and fulfillment is now in reach:

- Identify and know your strengths
- Develop and build your strengths
- Pursue activities and a life path that realize and exercise your strengths

DISCOVER WHAT SETS YOU ON FIRE

HASP identifies your unique strengths and talents.

DISCOVER NEW STRENGTHS

Most people have unrealized strengths.

HASP tells you *which strengths you are not using*.

Discovering and realizing new strengths can add exciting new capabilities and dimensions to your life.

KNOW YOUR WEAKNESSES

Exercising weaknesses saps your spirit and energy. HASP identifies your weaknesses so you can minimize their use for a more positive life.

THE MISERY OF LEARNED SKILLS

HASP identifies ‘learned skills’ – things you may be good at, but that do not align with your strengths.

Practicing these skills reduces your energy, happiness and life satisfaction. Identifying them helps you to manage and improve your life.

2. Assess your happiness and mental wellbeing

HASP happiness profile assesses your happiness, hope and joy; positivity; resilience; gratitude; self-esteem; satisfaction with life; stress; worry; social anxiety; depression; and physical stress indicators.

The written report identifies causes for concern and suggests possible actions for improvement.

A strengths & happiness coaching option is available.



RESEARCH: People who identify, exercise and build their strengths

1. Are happier
2. Are more confident
3. Have higher levels of energy and vitality
4. Experience less stress
5. Have higher levels of self-esteem
6. Are more resilient
7. Are more likely to achieve their goals
8. Perform better
9. Are more engaged
10. Are more effective at developing and growing as individuals

STRENGTHS HASP lists your realized (used) strengths, your unrealized (unused) strengths, your learned skills, and your weaknesses.

HAPPINESS HASP provides a snapshot of your current happiness and mental wellbeing.

ONLINE ASSESSMENT Order and complete the assessments online, then Skype or visit our Johannesburg office for your consultation and reports.

INFORMATION & ORDER ONLINE AT **WWW.JOYGYM.ORG**

ALSO FOR STUDENT, SCHOOLS, ADULT & BUSINESS

HASP YOUTH: for Grades 6 to 9

HASP STUDENT: for Grades 10+/college/university

HASP EDUCATION: for schools/colleges/universities

HASP SELF-DISCOVERY: for adults and seniors

HASP CORPORATE: Staff & management performance

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Happiness House, Linden, Jhb. PO Box 91096 Auckland Park 2006
Tel 010 590 7000 Fax 086 666 3242 Email happy@joygym.org