You can make others happy when you are happiness incarnate. The happiest moment can unlock your BLISS. RISE UP, START LIVING, LOVING AND LEADING LIFE. DISCOVER YOUR BLISS NOW!

The state of BLISS is derived from two simple questions:
What is your ultimate PURPOSE of life?
What is your greatest PASSION in life?

BLISS is a state of SUPREME JOY and permanent happiness. It is the true essence of every human being, which can be adopted as a life skill, meaning it can be used anytime and anywhere.

Gaining awareness, knowledge and application of BLISS2020 broadens people’s perspective in what can be done through the honing of individual strengths, positive aspirations, and discoveries through alignment of Head, Heart and Hands with the inner Self.

Everyone desires and deserves an opportunity to EXPERIENCE and EXPRESS BLISS! The BLISS2020 programme offers an excellent opportunity to get an hands-on experience in ways that can enhance your personal, professional and social lives.

A Social Initiative by 3HS India’s ACADEMY of HAPPINESS for Holistic Abundance in Life

EXPERIENCE and EXPRESS the true POTENTIAL POSSIBILITIES for the extra-ordinary life by achieving work-life balance from the very beginning of the new decade!

ARE YOU READY FOR BLISS?

#BeingBliss
**BLISS2020 Programme**

**ABUNDANCE & HAPPINESS MINDSET (#AHM) based framework of awareness sessions, workshops & retreats draws on our 18+ years of experience in this field. We also apply the insight of positive psychology, in order to SHIFT people, communities and organizations from a fear based fixed mindset to abundance and happiness based positive growth mindset.**

**Elements of BLISS2020**

- The Power of PASSION
- The Power of PURPOSE
- The Power of PLAYFULNESS
- The Power of PRACTICE
- The Power of PURITY
- The Power of POSITIVITY
- The Power of PERFECTION
- The Power of PROFESSION
- The Power of PRESENCE

We’ve chosen critical ELEMENTS as the Foundational Steps of life because they are the building blocks for 3 key domains of life i.e. HEAD, HEART and HANDS representing Personal, Social and Professional domains that reflect our essence - the ultimate ‘SELF’

- **How the BLISS2020 Programme structure?**
  There are 5 levels of the program:
  - Level 1: BEGINNER (1 – 6 Points)
  - Level 2: PRACTITIONER (7 – 13 Points)
  - Level 3: FACILITATOR (14 – 18 Points)
  - Level 4: TRAINER (18 Pts + Retreat)
  - Level 5: MASTER (BLISS2020 Project)

- **How the BLISS State of Being is achieved?**
  The BLISS2020 programme levels ownership requires demonstration of competencies in knowledge, practice, and awareness in each of the three domains of human life: Personal life, Social life, and Professional life.

The BLISS2020 programme is totally experiential and participant centered initiative. All participants are encouraged to EXPERIENCE & EXPRESS regularly and SHARE their insights for benefit of all.

**An alternative approach**

BLISS2020 is the flagship programme of Academy of Happiness (AHhaLife!), creatively and collectively designed for co-creating & celebrating the holistic life.

EXPLORE to DISCOVER Happiness@Work, Happiness@Home, Happiness@Self while unleashing your core Pure Potential Possibilities of #BeingBliss

AHhaLife’s BLISS2020 Programme framework consists of 18 modules (9 Elements for Flowering of Work & Life respectively) that help individuals to FLOURISH in life while supporting organizations THRIVE cohesively.

KNOW: LEARN: UNDERSTAND & APPLY the ABUNDANCE & HAPPINESS FRAMEWORK