

Happiness Journal

*“Do not set aside your happiness. Do not wait to be happy in the future.
The best time to be happy is always now.”*

— Roy T. Bennett

Week 2 - How to Add to your Happiness Daily - Effortlessly!

So now that you've figured out how to be Happier now, by focusing on what is working & happy in your life, you've now created a beautiful baseline that we can build on.

That's right, this week we could do the fun stuff! We get to add more happiness in our lives, daily!

But first we need to discover just what happiness is, and feel likes to you.

Everyone has their own unique sense of what happiness feels like, and believe it or not no two people have the exact same feeling of happiness.

In fact, as you come back to this exercise over and over again, you will find your sense of what happiness is changes with your life, your age, and what you are most craving in that moment.

So let's discover yours! You can choose to answer all of the questions below or simply pick the ones that speak to you!

1. What was your happiest decade or years in your life so far?

“My college years.”

“The first year I retired.”

2. Close your eyes and think back, what were you doing in those years and where were you at in your life & how would you describe that time in your life?

“It was 2 years after I divorced and my life free and calm again. I felt like I could redesign my life.”

3. Describe what you were like in those years.

“Confident. Carefree. Relaxed. Idealistic. Full of hope.”

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4. What places are you most happy? Pick your favorite one & be as specific as possible. Pick a beach you love, not just “the beach,” if possible.

“The Oregon Coast -- Manzanita.”

“The 4 seasons hotel in L.A.”

“Camping at Glacier Park.”

5. Close your eyes & check in with your body, as you imagine being there. What does it feel like in your body to be happy in that place?

“I feel fluttery and energized in my chest... Effervescent & joyful. I'm completely energized and full of fun & mischief.”

6. Pick one or two of your favorite adjectives from your happiest decade or happiest place. Pick something that's really delicious to you and resonates!

“Confident.”

“Relaxed.”

7. Brainstorm a few ways you could incorporate that word into **your style**:

“I could wear my most confident clothing.”

“I could wear the color that makes me feel most relaxed.”

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8. Brainstorm a few ways you could incorporate that word into **your decor**:

"I could put up a favorite quote about confidence in my office."

"I could clear out some of the clutter in my bedroom so it's more relaxing."

9. Brainstorm a few ways you could incorporate that word into **your digital & online entertainment & inputs**:

"I could listen to podcasts as I get ready that boost my positivity & confidence."

"I could listen to my favorite relaxing music as I make dinner."

10. Brainstorm a few ways you could incorporate that word into **your work/daily routines**:

"I could speak more confidently to that one client that always tries to talk over me."

"I could go out for lunch and not eat at my desk. Getting out of the office would be way more relaxing."

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11. Brainstorm a few ways you could incorporate that word into **your conversations** :

"I could speak more confidently about my plans to my partner."

"I could come up with topics that I find relaxing & nip complaining in the bud with friends."

12. Now pick one of your favorite actions in one of the categories & commit to taking that action daily for the week (that's just 7 days).

"I'm going to wear make up that makes me feel confident & put on some nice clothes, every day (no more yoga pants every day)."

"I'm going to listen to relaxing music every day as I get ready this week."

Morning Journal

“The most important thing is to enjoy your life — to be happy — it's all that matters.”

— Audrey Hepburn

Date:

Today I woke up feeling....

What would I prefer to feel?

What are three small ways I could feel that way today?

- _____
 - _____
 - _____
-

Happiness Action for the Day THIS IS YOUR COMMITMENT TO ADD HAPPINESS TO YOUR DAY THIS WEEK.

1. What is your happiness word? *“Adventurous”*

2. What daily action did you commit to? *“To wearing my most adventurous style daily”*

3. Did you act on your commitment (if not why not)? *“No, I forgot to pick up the dry cleaning. Doing that today”*

4. How did it feel overall (remember that if it's not bringing you joy you can pick a new one)?
“I hated not following through. I'm re-committing for Tomorrow”

Morning Journal

“If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present.”

— Roy T. Bennett

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3. Did you act on your commitment (if not why not)?

4. How did it feel overall (remember that if it's not bringing you joy you can pick a new one)?

Morning Journal

“Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings.”

— Elizabeth Gilbert

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2. *What daily action did you commit to?*

3. *Did you act on your commitment (if not why not)?*

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Morning Journal

“Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.”

— Andy Rooney

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Morning Journal

“It is not how much we have, but how much we enjoy, that makes happiness.”

— Charles Spurgeon

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Morning Journal

“Joy is what happens to us when we allow ourselves to recognize how good things really are.”

— Marianne Williamson

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Morning Journal

“Perfect happiness is a beautiful sunset, the giggle of a grandchild, the first snowfall. It's the little things that make happy moments, not the grand events. Joy comes in sips, not gulps.”

— Sharon Draper

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