

Happiness Journal

“I think and think and think, I’ve thought myself out of happiness one million times, but never once into it.”

— Jonathan Safran Foer

Week 3 - Live out your Happiest Stories!

So far we’ve learned how to focus our mind on what’s already happy & working in our life (week 1), & last week we learned how to apply that happy focus to our external world to increase that happiness.

All of which is setting us up beautifully week 3, where we now get to create happier, more fulfilling stories, because let’s be real, the quote at the top of the page is pretty on point for most of us.

We do a lot of thinking & narrating our story every day... But how often do we make sure that our story or narration & thinking of our day makes us happy?

Not as often as we could! In fact, many times we’re happiest when we’re not thinking! When we’re just doing & appreciating, as we have been for the last two weeks!

But what if we could apply our thinking and story-telling abilities to actually make us happier?

Sound good? Because that’s just what this week is all about! So let’s get started, shall we?!

1. What’s stopping you from being happier? What don’t you have in your life? Who’s in your way? What would you need in order to be happier? (You can refer back to your week 1 worksheet for this if you want).

“My husband is really unhappy & he’s making me unhappy.”

“I would need a lot more money.”

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2. **How happy are you?** On a scale from 0 to 10? 0 Being not happy at all, & 10 being very happy 99% of the time?

3. **Why do you think you've decided to only let yourself be that happy?** What's your story about being happier? Why might you have decided to only let yourself be that happy?

"If I get too happy I might not see the other shoe drop. I might miss something important and not be on guard for bad things."

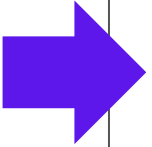
"The people in my life aren't happy. If I get happy I might be abandoning them."

4. **Pick one of the things that is stopping you from being happier in your answer to question #1.** Fill out the two sheets on the next page using this obstacle that you've picked. If you need some help filling it out, go back to the video for this week! www.desireesommer.com/july

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What are the facts about the event? Just the facts. No emotion or opinion or judgement.

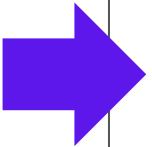


What do those facts mean? What's your story about this?

When you think about that story and the meaning you give it, how does it make you feel? Close your eyes & feel into your body.

When you believe that story and feel that emotion in your body, how does that fuel you to act? What do you do or not do in your life? Make a list:

What do you want to happen, ideally? What would fix the situation & make you happy?



When you look at your list of actions fueled by that story & that emotion, what is the net result? Do you get closer to what you want, to what would make you happy, or farther away from it?

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Transfer the exact same facts from the first chart over to here!

Imagine you've just had brain surgery & we've removed the part of your brain that held your old story. You are no longer able to even think that story or anything negative about yourself any more. What other stories might you come up with?

When you think about these new stories, how does it make you feel? Close your eyes & feel into your body.

When you believe these new stories and feel those emotions in your body, how does that fuel you to act? What do you do or not do in your life? Make a list:

Transfer over what your ideal scenario to make you happy was from your first chart:

When you look at your list of actions fueled by these new stories & emotions, what is the net result? Do you get closer to what you want, to what would make you happy, or farther away from it?

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If you are like most people you've probably just discovered something pretty powerful & amazing:

*That we tend to prove our stories and narratives true,
regardless of what those stories are!*

We tend to interpret facts based on old stories we've held for decades or more, inherited family stories, and even our own decisions about how happy we will let ourselves be in order to keep an old story going!

Yes, it's true, we often have stories about even being happy that are based less on facts and more on decision we've made about who we are in the world. (see your answers to question 1 and 2 on this worksheet)!

And that's actually great news, because if we're hardwired to prove ourselves true and make our stories become our realities, we can also change our stories. We can decide to tell new stories, even if they feel a little weird or uncomfortable to begin with.

Which is exactly what you just did in the 2nd chart on here!

We had the same exact "facts" but with a different story, one less negative to ourselves, which leads us to feeling different emotions, which then fuels an entirely new set of actions.

All of which leads us to proving our new and improved story true! We end up creating a better, happier reality for ourselves.

How do we hold onto these new stories? And actually make them our reality? We take action on them!

5. Look back to your second chart and to the list of actions you would take if you told a better story. Find one that feels most intriguing or fun, or even just the one that is the most do-able for you this week! Pick one to commit to for 7 days this week:

Morning Journal

“There’s no path to happiness. Happiness is the path.”

— Buddha

Date:

Today I woke up feeling....

What would I prefer to feel?

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

- _____
 - _____
 - _____
-

Daily Action from your Happy Story THIS IS YOUR COMMITMENT TO TAKE ACTION ON YOUR HAPPIEST!

1 What is your action from your happier story that you committed to this week?

3. What emotion fueled that action in your happier story?

3. Did you take that action today (if not why not)?

4. Did taking that action get you closer to what you want?

Morning Journal

“Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself.”

— Alice Walker

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Morning Journal

“Be happy with what you have and are, be generous with both, and you won't have to hunt for happiness.”

— William E. Gladstone

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“Let your joy be in your journey – not in some distant goal.”

— Tim Cook

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“Top 15 Things Money Can’t Buy: Time. Happiness. Inner Peace. Integrity. Love. Character. Manners. Health. Respect. Morals. Trust. Patience. Class. Common sense. Dignity.”

— Roy T. Bennett

Date:

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Morning Journal

“Now and then it's good to pause in our pursuit of happiness and just be happy.”

— Guillaume Apollinaire

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Morning Journal

“There is only one way to happiness and that is to cease worrying about things which are beyond the power or our will. ”

— Epictetus

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What would I prefer to feel?

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