

Happiness Journal

"Some people could be given an entire field of roses and only see the thorns in it. Others could be given a single weed and only see the wildflower in it."

- Amy Weatherly

Week 1 - How to be Happier, now!

1. How happy are you overall? How happy have you made up your mind to be? On a scale from 0 to 10? 0 Being not happy at all, & 10 being very happy 99% of the time?

2. Why do you think you've decided to only let yourself be that happy?

"I'm scared if I get too happy the other shoe will drop & I'll jinx it!"

"I won't get ahead in my life if I'm too happy."

3. How many people around you are chronically unhappy? (Partner, family, friends, coworkers)

4. What would you need to change or acquire to be happier? What's standing in the way of you being happy?

"I would need more money to do what I love and stress less."

"I hate my job so I'd need to get a new one."

"I would need a better husband. He's always complaining and doesn't appreciate me."

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5. What emotions are regularly stealing your joy & happiness from you?

<i>anxiety</i>	<i>grief</i>	<i>rage</i>	<i>fear</i>
<i>sadness</i>	<i>anger</i>	<i>frustration</i>	<i>panic</i>
<i>cynicism</i>	<i>pessimism</i>	<i>depression</i>	<i>worry</i>

6. Are you regularly spending time with people (online or in real life) who seem to have more than you, or are ahead of you?

More money, success, looks, talent, relationship success, etc.?

7. How many people around you are usually in a happy or good mood? (Partner, family, friends, coworkers)

8. What in your life gives you pleasure or contentment (one of the definitions of happiness)?

My garden. My home. My family. etc...

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9. What in your life are you satisfied with (another definition of happiness)?

I'm satisfied that I'm married.

I'm satisfied with how many friends I have.

10. In what way are you fortunate or lucky? What do you have that others in the world may not? (Yet another definition of happiness)?

I have running water.

Most of the world lives on \$10 / day and I make more than that.

11. What in your life gives you pleasure or contentment (one of the definitions of happiness)?

My garden. My home. My family. etc...

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12. Last question: The first set of questions was focused on lack & problems. The last questions you answered were all about what you have now & and what's working.

Which set of questions made you feel better?

If you're like most people, the first set of questions focusing on everything wrong, missing from your life & unhappy made you feel quite a bit unhappier in the moment.

And the last list, of happy things already in your life, even if small, made you feel far more relaxed, at ease, and yes, even happier.

Congrats on your first little lesson in happiness: What you focus on has a lot to do with how you feel & how happy you are in any given moment.

And yet... We tend as humans to focus on what we don't have, what isn't working, and on all the things making us unhappy. Why?

We often believe focusing on what's wrong will help us to fix it or stave off disappointment. But did the first set of questions and the unhappy emotions it brought on give you the energy to work on these problems? Or did it make you feel hopeless and anxious while tank your energy?

And what about the happy questions? Didn't that give you energy and a mood lift that made you feel more able to deal with life, fix what isn't working and feel hopeful? My guess is, it did.

And that's why this week's lesson is all about getting good at focusing on what brings us joy, satisfaction, confidence and contentment!

Because what we focus on grows, and can help find the energy to create more good things in our lives, feel happier and yes, fix what isn't working!