

Happiness Journal

“Even if you cannot change all the people around you, you can change the people you choose to be around. Life is too short to waste your time on people who don’t respect, appreciate, and value you. Spend your life with people who make you smile, laugh, and feel loved.”

— Roy T. Bennett

Week 4 - Surrounding yourself with Happy people!

Welcome to our very last week on How to be Happier!

So far we’ve:

- learned to focus our mind on what’s good in our lives **(week 1)**,
- how to create more external happiness for ourselves in our world **(week 2)**,
- and last week we learned how to change our limiting beliefs into happier stories **(week 3)**.

So, what could possibly be left? How about the network of people surrounding you?

From loved ones and family, to friends and co-workers! The research is in, and the people around you can help you to be happier! In fact, studies suggests your happiness gets a percentage bump for every happy friend you surround yourself.

And the reverse is also true. Unhappy people can make us unhappier overall, as well. Each unhappy person in your close world can decrease your happiness by a significant percentage.

And no, I’m not going to ask you to abandon dear friends, or go no contact with people in your life (unless you want to).

But I am going to suggest some strategies for how buffer yourself against getting your energy and hope drained by others.

We’re also going to learn how to seek out and surround ourselves with people who overall happier! We’re going to learn how to notice and gravitate towards the people who tend to be upbeat, positive thinkers, so we can keep our own sense of happiness at a high.

Sound good? Then let’s get started by doing a brief audit & answering some questions about who’s around you right now!

Happiness Journal

Week 4 - Surrounding yourself with Happy people!

1. Who are the happiest people in your contacts? And how can you spend more time with them in your day & life to boost your happiness?

"I love hanging out with my coworker Mary. She's hilarious but she works on the other side of the building... Maybe I could see if we could have lunch together more often. Or maybe she'd like to take walks with me on our breaks. I know she's into staying in shape and trying to lose a few pounds too."

"My hubby is my best friend, but lately we've both been so busy & serious. I wonder if I could text him during his day with silly memes or meet up with him on his lunch."

2. Do you have enough happy contacts in your life? And where or who might be a new Happy person you could befriend or get closer too? Where could you meet more happy people?

"One of the new hires at work is always smiling and seems upbeat. I wonder if she'd ever like to go grab a coffee?"

"There's a local knitting group that meets up at a coffeeshop near me, and I love to knit! I could keep my eyes peeled for someone new there!"

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3. Who might it be a good to limit my contact with because they are chronically unhappy, or make me feel unhappy? And how can I limit that contact?

"My coworker Joe is always complaining. I know he needs to vent, and he's a good guy, but I need to limit his time spent complaining to me. Maybe I can mentally give him 10 minutes to vent, & then make up an excuse to change the subject or leave."

"My neighbor Sally is always buying expensive things. I really love that she has the money for all that, but lately it's been making me feel inadequate in comparison. I'm spending a lot of time comparing myself and being unhappy. Maybe I need to stop stalking her instagram for newest splurge!"

4. Sometimes people we love dearly are going through a rough time, and we want to be there for them, without limiting our time with them. But we need places to restore our equilibrium & happiness so we can stay positive & have a full well to support them with. What are some ways I can let off some fun steam & find my happy again?

"Gardening always restores me to my happier, calmer place."

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5. Happiness is catching. How can I share my happiness with others? What activities or fun events could I share with others or invite them too, to spread the happiness?

"I love exploring new restaurants. I bet I could invite my sister and Beth Anne to try one out with me for a girls night!"

"I love museums and there's a new opening of Impressionists at the Met. I wonder if my daughter would go with me?"

"I love having people over for small dinner parties!"

6. Which of the above five categories do you think would benefit you the most?

- Spending more time with my happy contacts?
- Finding new (or more) happy people to be with?
- Limiting the time I spend with chronically unhappy people (or ones who make me unhappy)?
- Finding places and activities to restore my equilibrium (because I have temporarily unhappy people I need to support)?
- Sharing my happiness with others more often by inviting them to activities with me?

Pick one of the five categories to commit to daily this week. And make it specific. Who at work and off work are you going to spend more time with & how? Or who exactly are you limiting/avoiding & how?

Morning Journal

“Misery might love company, but so does joy. And joy throws much better parties.”

—Billy Ivey

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 for Happy Relationships! THIS IS YOUR COMMITMENT TO TAKE ACTION ON YOUR HAPPINESS!

1. What is your daily action for happier relations that you're committed to?

2. How will you accomplish that?

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

4. Did taking that action make your day happier or less unhappy?

Morning Journal

“Stop comparing yourself to other people, just choose to be happy and live your own life.”

— Roy T. Bennett

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Morning Journal

“Whoever is happy will make others happy too.”

— Anne Frank

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"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

— Marcel Proust

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“Of all the means to insure happiness throughout the whole life, by far the most important is the acquisition of friends.”

—Epicurus

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“Happiness held is the seed; happiness shared is the flower.”

— John Harrigan

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“Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”

—Buddha

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