

The Happiness Project

I am so happy to start our Happiness Project together. What you will see from this workshop is an ongoing process of adding things into our lives and taking things away that make us happy. How often do we actually put US as the focus and worry about our happiness? You bet, the answer is not enough.

On the live call, you would have learned all about the book "Happiness Project" by Gretchen Reuben and now I am breaking it down for you so we can create our own projects with our own individual goals.

Your first task is to brainstorm things you would LOVE to do, get done or accomplish that you think would make you happier? Some prompting items you could consider are:

- Possessions (what can you get rid of? Can you organize your possessions?)
- Marriage or relationship. What can you work on? What can you start doing to improve it?
- Is there something around parenthood you want to focus on? Being more patient? Spending more time with your children?
- Do you want to change your atmosphere? Do you feel inspired by your surroundings?
- Family. Do you want to improve family time. Do more family activities?
- Be a better citizen? Do random acts of kindness? Be more patient and less judgmental.
- Health. Do you want to improve your health? Your fitness? Your eating habits?

I want you to take a moment and do a brain dump. Set your timer for 5 minutes and write to your hearts desire about things that would contribute to your happiness. You can use these two prompting question to help:

"I feel most happy when...."

"I am most unhappy when"

(See next page for template.)

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How did that feel? One of two things might have happened. You may feel empowered that you now know what you need to do to get more happy in your life. OR, you might feel overwhelmed, disappointed and maybe sad about the things you love and make you happy because you aren't doing them.

Take a deep breath, we are getting you back to happy so focus on THAT. Girl, things are about to change!

Now that we know the areas, things, people, etc that make us happy, we are going to narrow it all down into 12 themes. Remember, our themes can and should vary because we are all unique in what makes us happy.

I want you to look back on your answers and what you wrote during the brain dump and begin the process of narrowing and categorizing your "happy juice" into 12 themes. Remember, this is a working document and it can and probably will change while we are getting everything set.

On the next page, I will give you a sample of what it CAN look like. Once again, feel free to change, discard and keep any of the 12 themes. Each theme is going to represent a month which is why I use the months in the example below.

EXAMPLES:

JANUARY: Vitality (boost energy)

FEBRUARY: Marriage (remember love)

MARCH: Work (aim higher)

APRIL: Parenthood (lighten up)

MAY: Leisure (be serious about play)

JUNE: Friendship (make time for friends)

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JULY: Money (buy some happiness)
AUGUST: Eternity (contemplate the heavens)
SEPTEMBER: Books (pursue a passion)
OCTOBER: Attitude (keep a contented heart)
NOVEMBER: Mindfulness (pay attention)
DECEMBER: Happiness (boot camp perfect)

Now let`s start making the magic happen and narrow down those themes.

JANUARY:
FEBRUARY:
MARCH:
APRIL:
MAY:
JUNE:
JULY:
AUGUST:
SEPTEMBER:
OCTOBER:
NOVEMBER:
DECEMBER:

I want you to ponder on your themes and the order in which you want to start them. We will be starting June 1st so keep that in mind.

Awesome work. Stay tuned for our next lesson and where to go from here!