



HAPPINESS ADVENTURE

Hi Friend

Congratulations on downloading the Happiness Booster! You are on your way to greater joy. Scientific research shows following the practices outlined here increases happiness.

We tend to think we will be happy once we achieve some goal, but research shows we are actually more likely to reach our goals when we are happier. And now is a great time to experience *Joy!*

This worksheet will help you increase your happiness as you teach your brain to scan the world for what is good! And it only takes a few minutes a day.

We hope you enjoy the journey!

WITH *Glee*, Lisa

& the Happiness Adventure Team

PS It takes at least 21 days of doing something to form a habit. Committing to the steps outlined on this worksheet for just three weeks can help you build your gratitude muscle. To help you track this commitment, you can use the tracker below.

Give yourself a checkmark ✓ gold star ★ or happy face 😊 for each day you complete.

TRACK your

HAPPINESS ADVENTURE

Happiness
Booster
ACTIVITIES

TRACK your progress ✓ ☆ ☺

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21

notes

You did it!

How do you feel?
What changes are you noticing?

Let us know!



Happiness Booster

DO THESE 5 THINGS Daily FOR 21 Days IN A ROW TO Enjoy GREATER Joy

Bonus Morning Question. (Answer this question to start your day in a positive mode.)

Why will today be a great day?

=== 1 ===

Recall 3 things you're grateful for

This helps your brain retain a pattern of scanning the world for the positive!

(You may want to do this in a fun journal. We have included some journal pages in this document in case you want to print some multiples of your favorite design(s).)

=== 2 ===

Journal 1 great experience you had in the past 24 hours to relive it

To your brain reliving a wonderful experience has exactly the same neurological effect as it happening in real life. By reliving positive experiences, you amplify your joy.

=== 3 ===

Exercise to teach your brain that your behavior matters

Let's face it – there's a lot in this world that is out of our control but there's also a lot we can influence. Seeing that our behavior creates an impact is good reinforcement. Plus, you've gotta love those exercise endorphins. For a double-boost, work out with a friend and enjoy social connection at the same time!

=== 4 ===

Meditate to allow your brain to get over cultural ADHD

You don't have to be a monk on a mountain top to meditate. Try a free meditation app (ex. Insight Timer) that helps you spend just 5-10 minutes a day quietly being aware of your breath, your thoughts, the sounds you hear or the way your body feels. If you have trouble sitting still like we do, try a walking meditation.

=== 5 ===

Perform a random act of kindness

Research shows that our happiness increases when we do kind things for other people. These can be simple things like putting a little love note in your child's lunchbox, calling someone you love and telling them something you appreciate about them, or sending a positive email to someone first thing when you open your mailbox.

Bonus Evening Question. *What went well today?*



Thoughts

JOURNAL



Inspirations