



J.O.Y. Workbook, by Suzy Berschback

Just One Year to focus on a day to nudge you toward greater health, happiness, and well-being. I am the Healthy Communities manager for our local hospital, and my job for the last 11 years has been to listen to the health needs of the community and respond. Please enjoy and share.

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to focus on a day to nudge you
toward greater health, happiness,
and well-being.

A 365-day workbook of tips
Compiled by Suzy Berschback



1. Be more active today. Take the stairs, unplug, go for a walk, clean the house to music! Anything that gets you moving.

2. Find a pedometer or a phone app to count your steps. Take no less than 5000 steps a day. A good goal is 10,000 steps a day or more. Most apps can convert other activities to steps.

3. Seek out people who make you laugh and enjoy life. Make a list of top ten movies or books that remind you to lighten up! Laughter lifts mood & busts stress.

4. Moving physically produces endorphins which lift your mood naturally. Try out a variety of what you enjoy most. Something that feels like pleasure not punishment. Such as walking, swimming, cycling, jogging, yoga, tai chi, gardening, or dancing.

5. Good mental health is built on the foundation of physical well-being; sleep, diet, exercise, and relaxation. Set a good foundation to build on. Aim for 8 hours sleep.

6. Eat colorful nutritious food. Drink more wa-

ter. Go to bed early and wake up later. Notice your mood and how you feel.

7. Guard against burnout. In our 24/7 always connected world, we need to establish boundaries. Don't ignore the signs of a life out of balance. Attend to your needs, restocking your reserves by resting, sleeping, good nutrition, physical exercise, nature or a change of scenery.

8. What you eat has an effect on what you feel. It's a familiar message for a reason: Eat a nutritious balanced diet with lots of fruits & vegetables (at least 5 servings a day) including lean proteins and complex carbohydrates.

9. Serotonin is the mood regulator. For your body to make it you will need to eat: quality poultry, red meat, fish, eggs, beans, peanuts, seeds, oats, yogurt, cottage cheese, chick peas, bananas, and 70% dark chocolate.

10. The brain is 85% water and has no way to store it. There is a risk of dehydration if you don't drink enough. Some experts believe there is a link between dehydration and depression.

11. Sleep needs depend of your age but in general, adults need seven to eight hours of sleep a night, teenagers need roughly nine, and infants sixteen per day. What is your optimum?

12. Eat brain foods. Eat a good amount of blueberries, avocados, whole grains, beans, nuts, seeds, fish, dark chocolate, and drink green tea to nourish your brain. Aim for 95% plant based foods.

13. The world's longest living people don't pump iron, run marathons, or join gyms. Instead, they live in environments that constantly nudge them into moving. They grow gardens and don't have mechanical conveniences for house and yard work. Try walking to work, to a friend's house or to church.

14. Hara Hachi bu- The Confucius Phrase that reminds us to stop eating when their stomachs

are 80% full. The 20% gap could be the difference between losing weight or gaining it. Eat the smallest meal in the late afternoon or early evening. Then be done for the day.

15. Drink your veggies. Combine a handful of spinach, one banana, a teaspoon chia seeds, a teaspoon honey, then cover the ingredients with almond milk, blend and enjoy.

16. Which ways of being active and healthy do you enjoy? Try to do one today.

17. Listening to uplifting music, meditating, walking in nature, hearty laughing, eating high quality fruits and veggies, giving help to others, singing, dancing, moving around, exercise, and love keep our energy level high.

18. Drink 8 glasses of water a day.

19. Eat an apple a day- or one more.

20. Endorphins from exercise quickly improve mood and decrease tension. Resistance training puts more strain on muscles and produces endorphins faster than cardio.

21. Studies show that even 10 minutes of cardio will help relieve stress for several hours. Moderate intensity workouts have shown to increase energy levels and improve mood. Regular aerobic exercise has been shown to decrease overall levels of tension, elevate self-esteem and mood, and improve sleep.

22. Make your biggest meal in the middle of the day. Eat real food, not too much and mostly plants.

23. Rise and shine with natural sunlight whenever possible. Block out all lights in your bedroom and make it as dark as possible for optimal sleep.

24. Don't eat 3 hours before bedtime or until fully awake after rising.

25. When shopping at the grocery store, try and shop mostly on the edges where fresh

food is located.

26. Go for a 20-minute walk every day, best after a meal. This way you also get your dose of vitamin D (sunshine).

27. Eat protein at every meal to regulate blood sugar levels and get essential nutrients, such as: eggs, meat, cheese, nuts, seeds, fish, soy, tofu, beans, lentils and quinoa.

28. Stand guard at the door to your mind. Stop negativity! Three times a day stop what you are doing and shift your focus (mind, breath, emotion) to bring compassion and love to the area around your heart. Flood yourself with positive emotions and future visions.

29. Don't forget the fat. It is important for providing energy and keeping hormones well balanced. Try to avoid artery clogging fats found in butter, red meat and baked goods. However, healthy fats found in seeds, nuts, and various oils such as olive oil are good for you and will help keep you fuller longer.

30. Avoid stimulants. Stimulants such as caffeine, alcohol, cigarettes, and sugar give your body short lived energy boosts before a prolonged slump. Eating refined foods such as white flour, bread, and pasta has the same effect. Try drinking decaffeinated beverages and eating whole grains to provide a slower release of energy.

31. The body naturally heals and repairs as we sleep. Eating foods rich in tryptophan (bananas, brown rice, nuts, eggs and cheese) helps us to sleep. Try taking a warm bath before bed.



Research tells us that one of the best ways to get rid of anger or grief is to actively contribute to the lives of those around you. Giving help to others reduces stress, improves health and well-being, renews optimism and helps connect us to family, friends, and community.

1. "Life's most persistent and urgent question is 'what are you doing for others?'" -MLK Jr Answer this question.
2. Kindness Exercise: Find one wholly unexpected kind thing to do and do it. Notice what happens to your mood. Doing good for others is the most reliable mood boost.
3. Do three acts of kindness today. Offer to help, give away your change, pay a compliment, or make someone smile. Notice how you feel?
4. Reach out to help someone who is struggling. Give them a call, send a card, spend some time. Let them know you care.
5. If it is joy you are after, give out joy to others randomly, including those you don't know. If you need love (we all do), then send out love to others you encounter. If you need help, lend a hand and offer your help and services to someone who needs it.
6. Before getting out of bed in the morning, spend five minutes visualizing yourself helping someone you know or encounter that day. If you do a little visioning, you'll be more likely to respond helpfully to the world around you.
7. Make it a practice to help one person a day- everyday possible. Pitch in to help someone, big or small and notice how this makes you feel.
8. Draw on your own talents: If you love music, art or writing, or have athletic or mechanical talent, look for someone or an organization to share your talents with.
9. Check out websites to help you find a volunteer match such as: Volunteermatch.org, meetup.com, serve.gov. Look up local schools, libraries, churches, and organizations to see if they need help.
10. Say Hello. Check out Oprah.com/health/just-say-hello-how-to-participate to combat the epidemic of loneliness many people suffer from. Remember to say hello and smile when you see someone who needs a smile, give them one of yours.
11. Be extra generous today. Find a tip jar you can leave a \$5 tip in. Remember working in high school or college- every little bit helps.
12. Scatter joy like confetti. How can you create a moment of joy for someone? Maybe buy an extra coffee for someone, help a neighbor in the garden, pay the toll for the person behind you- Pay It Forward.
13. Valentine's Day: A day to celebrate coupledom, however for singles it can bring a sigh. Send a single person a bouquet, note or give a call, have them join you for dinner if you can.
14. Give away something. Clean out the closets, the book cases, the attic, and the garage. Simplify your life and give these items to others in need. You will both feel better.
15. We don't always have to donate an item, or send our money to faraway places, sometimes the greatest gift is to give someone your time and your ear and maybe a shoulder.
16. Operation Gratitude (operationgratitude.org).

com) For just \$15 you can buy a care package for a serviceperson and ship it too. This is a great way to thank our military.

17. Donate blood. Donating is free and easy. Check out bloodcenters.org or redcross.org to find the closest location. You can help up to four people.

18. Practice contagious optimism. Spread joy with a smile, say good morning, say thank you, give a compliment, listen attentively because you can and make someone feel better.

19. If you have a driver's license choose "yes" when you are asked to be an organ donor- You may save a life!

20. Do you have a pair of old glasses in a drawer- doing no good? Give them to lenscrafters.com/onesight which provides millions of people glasses around the world.

21. Write thank you notes. Not just for special occasions but for everyday occasions too. Write to your mailman, a neighbor, a doctor, the barista who made your day.

22. Watch the movie, Pay it Forward. Check out the website payitforwardfoundation.org Think about who needs extra kindness today and give them some.

23. See an expired meter? Put a quarter in it. Someone behind you in the car exit, pay for them or leave a generous tip.

24. Commit to sharing joy and lifting all who cross our path as best you can. Once you start to recognize everyone has their struggles you can be kinder, gentler and more patient to yourself and others.

25. Compliment someone today and mean it. A genuine compliment can boost someone's confidence and make a difference in their day.

26. Sign up a group of friends for a giving back project, a community garden, stock a food

bank) Then share a celebration meal for a job well done.

27. Give someone your attention. Learn to stop interrupting. When you interrupt someone, you are telling them what you have to say is more important than what they are saying. Listening and reflecting is a skill to be practiced. It is an act of respect.

28. Rescue a wallflower. Most people know what it's like to go to a party and end up standing by yourself a while. If you see someone alone, try to be inclusive. Nine times out of ten that will be the most interesting conversation of the night.



1. The single most important factor to your well-being is your positive social connections and relationships. Take stock of those. Know who they are.

2. Identify relationships where you feel your best. Identify relationships where you feel your worst. Work to reduce exposure to difficult relationships while increasing exposure to your best relationships.

3. What character strengths can you help identify in others? How can you help celebrate those strengths in others?

4. What helps you stay close to the people who matter to you? Do more of that.

5. Can we create a more caring and connected community? What is your community in need of that you could help with? What can you do? Is there a group you could join?

6. What makes for good relationships? What are your ingredients? What can you do to reflect what you would like in a relationship?

7. Practice assertive communication: 1) Identify and work to understand the situation. 2) Describe your understanding of the situation. 3) Express our concerns. 4) Ask the other person for his/her perspective and work toward an acceptable change. 5) List the benefits that will follow when the change is implemented.

8. Five good things. Write five positive points, character traits or accomplishments about one of your loved ones. What I love about _____.

9. The next time you are on the receiving end of someone's news, notice how you react. Do you help them to savor their good news? Does their high energy find a match in yours? Do you build the positivity between you or break it?

10. Be a Radiator, not a drain. Identify who are the radiators and who are the drains in your life. Drains are people who suck the energy out of you. Radiators are people who give out warmth and whose company is energizing.

11. Cultivate love in your life and recognize it when it appears, by voicing your appreciation. Share interests and activities. Pay attention to the details of others' lives so that you can appreciate their likes and dislikes. Collaborate on a shared task. Disclose things about yourself to promote intimacy.

12. Letting go is healing. You will no longer drink from the toxic cup of emotions. Who can you forgive today for the harm they have done you. This does not mean you need to become friends or tell them, but you can secretly wish them well on their journey.

13. While virtual friends are not substitutes for face to face friendships and interactions, they can help keep you connected to friends near and far (as long as you stop yourself from comparing your lives).

14. Own or know a dog. It has physical and psychological benefits. Owning a dog can reduce stress and anxiety. Owning a dog boosts your immune systems and helps you to enjoy outdoors more. If you can't own one, be a pet sitter or develop a relationship with one.

15. Make more time for people who matter to you. Chat with a loved one or friend, call your parents, or play with the kids.

16. Make 3 connections today. Stop in to chat, connect with a neighbor, learn the names of someone new.

17. The more you give the more you receive. Volunteering is often put forward as a remedy for the blues. Your good deeds need to originate in genuine desire to help. Today perform an act of kindness spontaneous or pre-planned- notice how you feel.

18. Start a joy spreaders circle. This circle will share hopes and dreams and help each other make plans to achieve them. Everyone will have their own board of directors (advisors).

19. Give someone a genuine smile. Just a garden variety greeting smile that communicates, hello. Look the other person in the eye, and try to notice their facial expression. Repeat often.

20. You have to be a friend, to have a friend. Most people are listening and thinking what they will say next. Challenge yourself to push that thought aside and listen, repeat, ask questions to clarify. There is nothing more valued than being heard.

21. Social disconnection isn't just painful. It can have serious health consequences. 1) Do you remember a time when you were excluded- how did it make you feel? 2) Do you remember a time when you excluded someone? 3) Next time you are out- notice how often you judge people. If you are judging, you have stopped listening and learning.

22. The human brain has evolved to get a burst of dopamine when it does something life sustaining. Eating, drinking water, exercise, sex, and healthy relationships are all triggers. But the brain loves dopamine and if it can't get dopamine the healthy way, it will seek other ways- like drugs, alcohol, shopping, gambling, gaming and other addictions. Pursue healthy dopamine.

23. We're not meant to be alone. Forced alone time is toxic to the human brain and body. In prison systems, it is used as a last ditch disciplinary tool known as solitary confinement. It is considered a radical punishment, and to some a form of torture. Invest yourself in another person's growth and development and they will in turn invest in yours.

24. Joy shared is doubled, sorrow halved. 1) Make a list of your top ten happiest memories. After this is done, then note 2) Who was involved? then note 3) how much did it cost?

25. Circle of friends. Do they smoke? Do they drink more than 2 drinks per day? Do they cook at home? Do they eat junk food? Are they upbeat or complainers? Is their idea of free time- watching TV? Are they curious about the world? Do they listen as well as they talk? Do they like to try new things? Do you feel better when you are around them?

26. What interests, talents or curiosities do you have? Make a commitment to find the best club, organization, church group, volunteer corps, social organization or hobby group that excites you to be a part of.

27. Create a social cooperative, known as a Moai (Japanese). A group of about 5 people commit to being a social and emotional supporter for problem solving, planning and collaborating. They help (non-monetary) in times of crisis, by reducing stress, connecting emotionally and at times of grief- they've got your back.

28. Find or create a social circle that supports healthy behaviors, such as a book club, cook-

ing club, dinner club, or study group. Research shows that smoking, obesity, happiness and even loneliness are contagious.

29. Keep aging parents and grandparents nearby. Commit to a life partner (which can add years to your life) and invest in time with loved ones. It is more likely to keep the cycle going.

30. It might be a book club, walking, cooking, gardening, quilting or other interest groups. The point is that you have regular gatherings to enjoy yourself- over the years you share your lives in times of grief and joy. It is a good idea to live near each other and have a group of 5 to 10.

31. Have Courage. We need the courage to be vulnerable and open with people in our circle. Through vulnerability we build trust and this is the foundation for great relationships. You may have to go first.



Trying new things helps us stay curious and engaged. It gives us a sense of accomplishment and helps boost our self-confidence.

1. What have you learned or tried in the last few months?

2. Find a hobby. A hobby that enhances your life. Play chess, dance, art, music, pickle ball- so many choices.

3. Grow a garden. Gardening lowers stress hormones, provides sunshine and vitamin D, exercise, flowers, and vegetables.

4. Create a “flow” room (where your engaged in your talents and time melts away). Ideally in this room there is good lighting, a large work table, books line the walls, you could play a board game, puzzle, or play an instrument.

5. Create a meditation space (at home, work, or school). Establish a dimly lit, quiet space where you can sit comfortably (even for time out) will make daily meditation more accessible.

6. Develop awe appreciation. Take time to be in awe of beautiful things in nature or art. Develop your sense of awe.

7. Review what brings you pleasure in your daily living- are you incorporating enough of those things in your life? For instance, if you love spending time in nature, can you bring some plants into your office and home?

8. Learn to play an instrument. It can result in a lifetime appreciation of music.

9. Learn to save money. Even the smallest amount, set aside on a regular basis can fund a dream and provide hopefulness.

10. A recent study by Gallup Healthways shows that social time massively affects day-to-day happiness. For most people, spending 6-7 hours in social time a day helps to maximize their well-being. Shoot for this.

11. Do something for the first time today. Sample sushi, try a new route, stop somewhere along the way or read something different. Leave the comfort zone.

12. Learn a new skill, however small. A first aid technique or new feature for your phone. Cook a new meal or use a new word.

13. Make a top 10 list of things that bring you joy. This is a first step to adding more joy in your life.

14. Laughing is one of the best medicines around to make you feel good and increase

your energy. We all need to laugh more. Go to a comedy show, watch a funny movie, spend time with your funniest friend, tell jokes. Laughter is medicine.

15. Just before you smile, think of someone you love deeply. Since smiling reduces stress, you will feel better too. A genuine smile can bring comfort, reduce anxiety and fear. “We shall never know all the good a simple smile can do” – Mother Teresa

16. State of flow: you can increase your engagement on a project by minimizing distractions which will improve concentrations and slip into a state of flow (losing track of time).

17. Give yourself permission to be human. When we accept our emotions- such as fear, sadness, or anxiety as natural, we are more likely to overcome them. Identify, be curious, sit with it and let it go.

18. Do you view failures and mistakes as catastrophes or opportunities to learn and grow? They are a part of life. How do you approach them?

19. Learn to simplify and say no. Are we trying to do too many things and suffering the consequences? Are we after quantity when life would be better seeking quality? Think about what you can do less of.

20. Go complaint free. Try it for one day. Notice how you feel. Maybe try a week? A month? Maybe it is time to make a change?

21. Name a hobby or activity you have always wanted to do more of? Name 3 things. Brainstorm how you can work on this just a little bit each day.

22. Learn to meditate. Try the app Buddhify, or Insight Timer, or the website at UCLA Health for free audio meditations, Marc.ucla.edu.

23. Forgiveness is not accepting unkindness, forgetting that something painful happened, or excusing poor behavior. Forgiveness is the

peace you feel when you let go of your grievance story. It is for you, it is taking back your power, it is about taking responsibility for how you feel. Become a hero in your story and not a victim.

24. Do you love chess? Love to swim? Never miss an opportunity to watch a classic film? Sometimes as we get older we let go of our interests we had when we were younger. You may need to think back to an earlier time to revisit your passions and pleasures. Once you find that- join a community of like-minded individuals or take a class to further your interests.

25. Do you have a friend who posts photos of exciting adventures? Are you intrigued with local community theatre? Ask if you can come along and explore the idea. Investigate a new activity or group.

26. A great way to meet new people is to stretch yourself in new territory. You may end up discovering something about yourself. When you show courage, and grit you are even more likely to bond with the people surrounding you.

27. The web has made it easier to meet like-minded people. You can find a fan board for any special interest group- from Star Wars to dog tricks. Google the activities in your community for these special interests. Even if you never make it out your front door, you can still connect.

28. Doing a fun physical activity with others on a regular (weekly or daily) basis helps build relationships. The more you get together the greater chance you'll start to get to know each other. Connections boost your immune system, happiness, and flow to help you thrive.

29. Exercising for a minimum of 15 minutes a day will help: 1) Reduce stress, 2) improving memory 3) increase energy 4) stave off depression 5) curb cravings 6) reduce risks of cancers. If someone could put these effects in a pill they would be rich, however as long

as you are able, exercising is free for all to benefit.

30. Try one of these ideas today- something new for you: Write a blog, be a vegetarian today, take a class about something you are interested in learning about. Try a new exercise like yoga. Get a massage. Plan a one-day vacation with yourself- then take it. Give up a bad habit.



1. Learning to be mindful helps us become more fully aware of what is around us- what we can see, touch, taste, feel and hear. And becoming more aware of our thoughts and feelings. It's about learning to observe all this but not getting caught up in thinking or worrying about it. So being able to choose what we then attend to.

2. Notice the sound and relish the great music, singing, a birdsong or even the wind blowing or the rainfall on a window. What do you enjoy listening to?

3. Take time to notice the wonderful taste of your food today- slowly. What are some of your favorites? How was it made?

4. What is something that you normally rush through in your day that you could take time to savor and go very slow.

5. What are some of your happiest memories in your life? Write a top ten list. Pick one and lay down and bring it to mind, recalling as many details as you can. Bring your senses in. What did it sound like, smell like and feel like?

6. What do you notice about where you are and how you feel right now? (take 5 minutes)
7. Can we find peace of mind? What does it feel like? In times of stress can you have peace of mind? How?
8. Loving kindness meditation: Sit quietly and comfortably. Begin by directing thoughts of loving kindness to yourself, then direct thoughts of loving to: 1) someone you love dearly 2) someone you know – such as an acquaintance, and 3) someone you are currently having difficulty with. Keep your focus on positive thoughts vs. technique.
9. 1) Stand in place and notice how your weight connects with the earth (bonus points for bare feet). 2) Walk normally but slow your pace. Notice each lift and placement of your feet. 3) notice each part of your body movement and breath. 4) notice your emotions and what thoughts come up. Return your focus to your movements. 5) keep a balance between noticing your inner and outer worlds.
10. The Raisin exercise: 1) spend some time looking at the food object – noticing color, texture, smell. 2) Put it in your mouth. Notice the feel and texture on your tongue. 3) Take one bite. Notice the texture and taste. 4) Once you have noticed this, chew, and enjoy very slowly. 5) Bonus point for thinking about how the raisin came to be, and to you.
11. Body scan exercise: 1) Lay down in comfortable clothes, close your eyes and notice your breathing. 2) Start at your toes, focus on how do they feel, then relax them. 3) Isolate your body parts as you work your way up. 4) notice and relax 5) When your mind wanders gently bring it back, noticing your thought but returning your breath and scanning. 6) Don't worry about getting it right, just relax and enjoy.
12. Take one photo a day or each month to savor and reflect on. You could even share it on social media.
13. Try Dr. Andrew Weil's breathing technique: Exhale completely out of your mouth, making a whoosh sound. Close your mouth, and inhale quietly to the mental count of 4. Hold your breath until the count of 7. Exhale completely out of your mouth making a whooshing sound for 8 seconds. This is one breath. Do these 3 times.
14. Give yourself more head space at least once a day, stop and take five minutes just to breath and be in the moment. Notice your sense of touch, taste, smell, hearing, and sight, (spend about one minute on each).
15. Go outside and notice the beauty of nature, the landscape, colors, shades, textures, smells and sounds. Isolate your senses one at a time.
16. Savor (actively enjoy) time spent with a loved one as if it might be the last time. Their warmth and support. Delight in a friendship. Appreciate young children, the wisdom of elders, the skills of a colleague, and the kindness of strangers.
17. Savor a great book, a good film, a fun game, an uplifting concert, or an inspiring piece of art.
18. Savor simple pleasures. Such as a warm bath or shower, a hug, laugh, fresh bed linen, or a dessert.
19. Savor personal achievements, celebrations, special occasions, such as birthdays, graduations, weddings, and anniversaries. They are all milestones in your life.
20. Notice the smells of all the marvelous fragrances of nature as well as scented products. If you are cooking take the time to smell the ingredients.
21. Enjoy the touch of a hug, a massage, a cuddle, or the earth on your feet, or the touch of a soft sweater, or pet.

22. Notice the visuals by feasting your eyes on something beautiful, such as a piece of art, or natural wonder. What do you enjoy?

23. Close your eyes. Sit comfortably. Imagine you are breathing in only goodness and sunshine. Imagine you are exhaling all your toxins and negativity. Breathe so your belly rises and falls. Keep doing this for five minutes. Imagine the good and bad too in detail if you can.

24. Download and listen to the audios at www.happinessandsuccess.org

25. Be a mindful driver. Turn off your phone in the car, put it away. Distracted driving is dangerous, focus on the task at hand and enjoy the journey.

26. Become more aware of your mood and your energy levels and know that they might be coloring your perception. Just notice.

27. Learn to be honest with yourself about what motivates and de-motivates you at work, at home, and at play.

28. Notice the people in your life who give you energy and the people who take your energy from you. Who makes your day brighter? Make a list and maximize your time with them.

29. Listen closely to understand a point someone is making. Check back and summarize what you heard by always asking the person if you understood their idea correctly. Do not judge another person's comments.

30. Next time you go for a walk look up at the trees and notice how they are, their different shape and colors. Look at the texture of their leaves, bark and branches. Notice how they move and the sound of the leaves with the wind. Are there birds singing? Can you see sunlight through the leaves, insects, or rain? Smell the roses.

31. Learning to be more mindful and aware does wonders for our well-being. Whether it's on our way to work, the way we eat, or in our

relationships. It helps us to get in tune with our feelings and stops us from dwelling on the past, or worrying about the future; so we are able to get more out of today.



1. Learn to be comfortable with who you are. No one is perfect. But we often compare a negative view of ourselves with an unrealistic view of others. Learn to focus on our assets, be kinder to ourselves, increase our enjoyment and well-being. It also helps us accept other as they are.

2. What feeds a bad mood for you?

3. What are your greatest strengths or hidden talents?

4. Focus on what you are good at; not your shortcomings. If it brings you energy, or you lose track of time, or you think "this is the real me", this is a strength. What are some of your strengths? If you don't know ask a good friend.

5. Identify your strengths, circle those that apply. Creativity, curiosity, judgement, open-mindedness, love & learning, perspective, bravery, perseverance, honesty, zest, love, kindness, social intelligence, teamwork, fairness, leadership, modesty, humility, forgiveness, mercy, prudence, self-regulation, appreciation of beauty, gratitude, hope, humor, spirituality.

6. Take a strength test online at www.viasurvey.org. What are your top 5 strengths? Which virtues do your top 5 strengths belong to? Are you dominant in any virtue? What one thing can you do to put each of your top five strengths into actions?

7. Once you have identified your strengths, make a list of new ways you can use them. What things come easy that you enjoy? Now you can focus on your strengths more and show others how to do the same.
8. Invest in identifying and developing your strengths, rather than fixing your weaknesses. If you work to develop your strengths, you will be performing well at something that comes easy to you without limits.
9. Comparison is the thief of joy. If you must compare yourself, do it with people who are less fortunate than yourself. This can help you to appreciate what you have.
10. There are generally three forms of coping. 1) emotion-focused coping. 2) Problem focused coping. 3) Avoidant coping. Which style do you favor?
11. All life has suffering. We must first accept this. Life is full of challenges, stress, and suffering. It is an inevitable part of the human condition.
12. Write (or think about) a letter of forgiveness to someone. You do not need to deliver the letter- but bonus point for yourself if you do.
13. At the dinner table, play thorns and roses. A thorn is something unpleasant about your day. A rose is something you loved about your day.
14. What is an issue that you have been struggling with for a long time? How long have you been struggling? What emotions occur when you are struggling?
15. Be as kind to yourself today as you are to others. Notice the things you do well, however small.
16. What feeds a good mood for you?
17. SWOT Analysis. What are your: Strengths, weaknesses, opportunities, threats. Focus on your strengths and opportunities.
18. Seek first to understand... then to be understood. This is very valuable when trying to persuade someone and when you are trying to determine how to respond to someone's actions. If you can look through their lenses first, you'll be better off.
19. Remind yourself not to take consistently negative or difficult people's actions personally. Remember it is usually their issues that drives negativity – not yours. Create a shield to their negativity to add value to the situation.
20. Happiness is an inside job. Struggle is part of life. How we deal with the struggle is what we have control of. We have the capability to learn coping skills to make our lives better.
21. Knowing your strengths. Google 340 ways to use VIA character strengths by Rased & Anjum. This list will help you develop and use your character strengths.
22. Review your strengths. Pick one. How do I use this already? In what other areas of my life could I use this strength? Try to use the strength more for one week, then pick four more to do the same.
23. Write or sketch how you think others think of you? Then write or draw how you see yourself. Add what they don't know about you... Is there a connection between what others see and what you focus on? What can you focus on so that others get to know this about you?
24. Observe your thoughts, feelings and actions today. Did a thought initiate a feeling today or did your feelings influence your actions? If you had a chance to do a do-over from today, what would that look like?
25. What thoughts are you feeding your "monkey mind"? What have you noticed about the tape playing in your mind? Do you tend to catastrophize blame or personalize the events in your life? Are these thoughts empowering or defeating? What about what thoughts are you putting in your mind with your music,

books, movies, and social media choices.

26. Hit the pause button. When emotions are on the rise pause for five seconds. Take five deep breaths or think of five things you love to do. This allows you to be in charge of your emotions, instead of them being in charge of you.

27. Find a place to sit, feel your feet on the ground, your back against the floor or chair. Notice the air coming in through your nose and mouth and filling your lungs. As you inhale, think of the word "let" and as you exhale imagine the word "go". Try to get in a rhythm and keep it going.

28. Once you've released the distressing stuff, fill yourself up with the good stuff. Imaging a golden sun at the top of your head. Fill it with all the things that feel great (courage, strength, love, kindness, hope). Then follow the sun down through your heart and torso, feeling it warm up every part of your body. Relax and feel the warmth.

29. What inspired me today? What challenged me today? What surprised me today? What touched my heart and made me feel grateful today?

30. If your emotions are your inner GPS, what thoughts or emotions help you flow downstream with the natural current? What strengths or emotions make you feel you are paddling upstream frantically against the current?



Everyone has stress, loss, failure, and trauma in our lives. We often cannot choose what happens to us, but we can always choose how we react to what happens. In practice, it's not always easy, but one of the most exciting findings from research is that resilience can be learned.

1. What has helped you to bounce back from a difficult time before?
2. Who are your resilient heroes? 1) What challenges did they face? What strengths did they show to get through? What strategies did they use? What can you learn from them? Chilean miners? Nelson Mandela? Anne Frank? Or someone close to you?
3. Even in the worst of life events, a hint of something positive can emerge. Enlightenment and growth can exist with trauma and despair. The positive can exist alongside the negative. For example; the greater appreciation for the preciousness of life.
4. Resilience first aid: Deep breathing/belly rises, any physical activity. For example, walking, jogging, dancing, swimming, meditation, yoga, or martial arts.
5. Find a peaceful place to write for about 20-30 minutes. Think about how you would like your life to work out for the best at a point in the future (one, five and ten years away). Imagine yourself after everything has gone as well as it possibly could or that you have worked hard and succeeded at accomplishing all your life goals. Think of this as your own "best potentials".

6. Ask for help today. Confide something in a friend, neighbor, or colleague that they can help or offer advice.

7. Stress can lead to chronic inflammation associated with many diseases. The world's longest living people have routines that help them manage stress: taking time each day to give thanks, remembering their ancestors, praying, taking a nap, or visiting a friend.

8. When something is troubling, you think of something you enjoy doing and do it. Shift your mood and put a new perspective on the problem.

9. Adversity Journaling- write in free form without stopping or editing for 15 minutes. Write about your very deepest thoughts and feelings about one or the most traumatic experiences in your life.

10. Move away from Debbie Downers. If someone brings you down, makes you feel bad, notice this and be resistant with all your might. Minimize your exposure.

11. Get rid of unhelpful beliefs. First, identify three unhelpful beliefs you are holding onto. Do this by reviewing the areas in your life you are looking to improve. What is holding you back?

12. Be the hero of your own story. We are the stories we tell ourselves we are. Re-write yours if you need to. The broken road has led you to who you are now.

13. A laugh a day keeps the doctor away. It can increase happiness and intimacy between friends, acquaintances, and loved ones. Laughter triggers happiness and can strengthen the immune system, boost energy, relieve emotional and physical pains, and combat stress.

14. As Shakespeare famously said: "There is nothing either good or bad, but thinking makes it so". That is, our well-being is how we choose to react to our daily lives. It is our in-

ner narrative. The stories we tell ourselves and how we tell it.

15. Which inner voice do you most often use? Personal (internal vs external) whether you internalize events or not, such as: "I'm terrible at pickleball" vs "pickleball is a tough game". Permanent (stable vs unstable) whether you see causes as permanent or temporary; such as, "work is always so stressful" vs "work is very stressful right now". Persuasive (global vs local) to what degree you see an event affecting the rest of your life, such as; "I am a complete failure at life" vs "I am having a hard time".

16. What are you doing to strengthen your relationships? Are you devoting enough time to relationships in your life? What could you do to try to strengthen your relationships?

17. Reframe an unpleasant experience to a learning experience. For every negative emotion, find three bright spots. You will dramatically improve your health and your ability to tackle any problem you are facing.

18. If you are having a problem, ask yourself, What is the worst thing that could happen? How likely is this? What is the best that could happen? How likely is this to happen? What is honestly the most likely thing that will happen? What can I do to address it?

19. What evidence do you have that our thoughts are true? Are there other possible explanations? How helpful are these thoughts to me?

20. Become more in tune with our patterns of thinking to have a big impact on our happiness, behavior, and relationships with others. It is not what happens to us, but it is about how we choose to react and respond. As we become skilled at recognizing our thoughts and the space between acting on them, we get better at choosing our reactions.

21. Remember there are two kinds of pain in life: pain that hurts and pain that changes you. When you roll with life instead of resist-

ing it, both kinds can help you grow. When times are tough, remind yourself that no pain comes without purpose. Move on from what hurt you, but never forget what It taught you.

22. Everything in life is temporary. Every time it rains, it stops raining. After darkness, there is always light. Every moment gives you a new beginning and a new ending. You get a second chance, every second. You just must choose to make the best of it. Read or Youtube, The Last Lecture.

23. If you believe in something, keep trying. Spending today complaining about yesterday won't make tomorrow any brighter. Act instead. The happiness begins to arrive only when you stop complaining about your problems and start being grateful for all the problems you don't have.

24. Your scars are a symbol of your strengths. A scar means the hurt is over and the wound is closed. It means you conquered the pain, learned a lesson, grew stronger, and moved forward. You can't make the scars in your life disappear, but you can change the way you see them.

25. Other people's negativity is not your problem. Be positive when negativity surrounds you. When other people treat you poorly, keep being you. Don't ever let someone's bitterness change the person you are. Rarely do people do things because of you- they do things because of them. If you believe in something, do it. Great things come from overcoming what others think impossible.

26. True strength comes when you have so much to cry about, but you prefer to smile and appreciate your life instead. There are blessings hidden in every struggle you face, but you must be willing to open your heart and mind to see them. Every day, every moment there is a choice to make.

27. Don't let a hard lesson harden your heart. Life's best lessons are often learned at the worst times and from the worst mistakes.

Sometimes you must go through the worst, to arrive at your best. RX: DAILY: Think positively, eat healthy, exercise, worry less, work hard, laugh often, sleep well. Repeat.

28. Grow a garden. Several studies show that gardening lowers stress hormones. Hoeing, planting, weeding, fertilizing, tending and harvesting all include regular, low intensity range of motion exercise.

29. Finish the statements:

- 1) I have a persistent problem with .
- 2) My favorite-funny moment in life is .
- 3) My problem is like my favorite funny moment because .
- 4) If I could step into my favorite funny moment, I would make things better by .
- 5) If you address your persistent problem using roughly the same approach you used to improve your favorite funny situation what would that looklike?

30. What is your greatest regret in life so far? Is there anything you want to do to make amends, atone or now that you know better, do better?

31. How were you brave today? Your courage muscle is developed by using it overtime with many small acts of bravery. Look adversity in the eye and maintain physical and mental strength to soldier on despite your feelings. Recognize your valor and build your muscle.



1. When you suffer, care for yourself as you would care for someone you truly love. "Self-compassion includes self-kindness, as sense of common humanity and mindfulness", Kristen Neff. Actively soothe and comfort oneself. Seeing your experience as part of a larger human experience, not isolating or abnormal. Allow yourself to "be" with painful feeling as they are.

2. It is not so much what happens to you that counts. It is how you explain it yourself. Tune into your internal dialogue. Do you choose me/not me, always/not always, or everywhere/not everywhere, always/not always?

3. Learned optimism; defeat pessimistic thinking through the ABCDE model. A) Adversity- what are the facts of the issue? B) Belief- what is your interpretation? C) Consequences- how you felt and what you did? D) Disputing- is there an alternate explanation? E) Energy- renewed energy when a pessimistic belief is defeated.

4. Re-framing: it involves finding a positive in a negative situation. See if you can find a positive for these negative situations: You have a bad dose of the flu and are stuck at home. You fail your driving test and you can't retake it for another month. You're the only one among your friends who is not in a relationship.

5. Managing your fears. Write down a list of your fears- what are you worried about? Putting them on paper can take the heat out of them in your mind. Take one small step a day towards solving a problem. Before you know it things will have moved forward.

6. The aim is to stop kill-joy interruptions to your day and save them instead for a specific time. Set aside 15 minutes in your day as worry time. Remind yourself to revisit worries at this time as thoughts come up.

7. Be nice to yourself. It is hard to be happy when you are mean to yourself all the time. Monitor your inner dialogue.

8. Let go of your past regrets. There is nothing you can do to change what was done. However, now that you know better, you can do better.

9. Catch your negative voice. Whenever you catch yourself speaking badly inside your mind, just know that you can change the tone, content, and intention of the soundtrack being played and switch to a friendlier, kinder sound. Remember to do it and make a point of doing it.

10. What does the voice inside your head sound like? Sit quietly and listen. Is it encouraging, kind and forgiving? Or is it critical, abrasive and unpleasant? Would you choose to be friends with this voice? Going forward, how would you like to work on this voice to sound?

11. Steer clear, avoid negativity in your environment, such as toxic people, gossip, conversations, negative news and clutter.

12. How should you treat others? Can you learn to be more compassionate?

13. Make appointments with yourself. Block time in your schedule to do work or have fun or socialize. Make time for it. When you say, you don't have time, it is because you did not make time?

14. Cultivating relationships at work can be a great way to release stress, maintain perspective, and improve teamwork. Data shows that good work relationships can increase happiness on the job and boost productivity. Sometimes a quick laugh with a co-worker can break a negative thought pattern and

melt stress for both of you.

15. Circle the practices that you feel do or could nourish your mind, heart, or body: martial arts, sports, nature walks/hikes, cultural dance, art, music, journal writing, knitting, designing, time alone, meditation, walking my dog, yoga, singing, storytelling, active listening, meeting with friends, volunteering, positive peers, positive messages.

16. Zone of peace. Where do you feel peace? In a room by yourself? A meditation room? A place of worship? In nature? Reading? Exercising? At the beach? Imagine what it might look like, feel like, and try to create this for yourself.

17. We can start by filling up our own cup first by recognizing our own needs (empathy) and then showing ourselves kindness, acceptance, and forgiveness (compassion). Once our own cup is full, the laws of gravity take over and our cup of water naturally overflows into other cups. It's not until our own cup of water is full (when we accept ourselves just the way we are with warmth and understanding), that we can extend the same compassion to others.

18. In times of stress or tension how do you care for yourself physically? Do you exercise? Take a warm bath? Get a massage? Have a cup of tea? Can you think of new ways to release tension and stress that builds up in your body?

19. How do you care for your mind? Especially when you are under stress (meditation, watch a funny movie, read an inspiring book)? Is there a new strategy you'd like to try to let your thoughts come and go more easily?

20. In times of stress how do you care for yourself emotionally (journal, cook, pet the dog)? Is there something new you would like to try?

21. It is how you relate to others that brings you genuine happiness. Do you meet with friends, send a card, play a game? Is there any way you would like to enrich these connections?

22. What do you do to care for yourself spiritually (pray, walk in the woods, help others)? If you have been neglecting your spiritual side, is there anything you'd like to remember to do?

23. Don't skip vacations. A Danish study shows that we get the most satisfaction from an average of six-weeks of vacation per year. The average American worker takes between 8-16 days.

24. Avoid long commutes. People who commute an hour to work each day would need a 40% increase in wages to be as satisfied as people who walk to work.

25. Move to a quiet neighborhood, get noise cancelling head phones, create a quiet room or spend time in nature. Humans don't adapt to noise; it erodes our happiness overtime. We need quiet time to refresh.

26. Optimize your bedroom for sleep. Free it from TVs, computers and brightly glowing clocks. Keep it cool. You'll feel best if you let your body wake up naturally if possible.

27. Live in a place that values your values. More than income, education, or religion, the place where you live determine your level of happiness. The top factors promoting happiness are: economic freedom, low unemployment rate, tolerance and quality of government.

28. A sense of safety is critical for well-being. Research shows the biggest deterrent to physical activity is perceived danger. You want the outside environment to draw you out, not nudge you in.

29. Every day do one small thing that makes your heart sing. List five small things you can do and pick one. For example: coffee with real cream, walk the dog, sing in the shower or car, savor some chocolate, share a smile.

30. Develop your people skills. Learning people skills such as how to build consensus, how

to listen constructively, and how to feel compassion for others sets you up with tools to build and maintain social circles.

31. It is best to find or create a job that challenges you to optimal levels. One that's neither so hard that you give up, nor so easy that you get bored. Find something that engages your natural talents and interests and gives you feedback to grow.



1. Positive emotions like joy, gratitude, contentment and pride don't just feel good when we experience them. They also help us perform better, broaden our perception, increase our resilience, and improve our physical health.

2. How to build a good habit: Hang out with people who are doing the habit you want to do. Join a support group for the habit online, then join in person. Read blogs and books about the habit you like. Create a public challenge for yourself to create accountability.

3. What makes your heart sing? What activities put a spring in your step? Try to do more of this.

4. In 100 words or less, for one week, write up a positive childhood memory every day.

5. Write a one-page positive introduction of yourself showing you in your best light and illustrating your character strengths.

6. Take the online test "approaches to happiness" at www.authentic happiness.org

7. Write a one-page summary of ways in which your character strengths have helped you in your life.

8. What good things have happened to you recently?

9. What makes you happy? Or who?

10. You have the power within you to figure out what inspires you, what makes you laugh, or what gives you hope. Cultivate those emotions. This can help you optimize your life by setting up genuine positivity for yourself. Do not underestimate the benefits of doing this.

11. Listen carefully each time someone you care about tells you about something that happened to them. Ask the person to relive the event with you. Spend lots of time responding. Hunt for the good and note it.

12. Is it possible? Ask yourself in a bad situation- is it possible this could turn out ok? Then list how looking at the possible outcomes helps to see the possibilities.

13. Do something that you know will make you feel good. Listen to music, watch something funny, make something, call an old friend.

14. Try to smile and say something positive every time you walk into a room today. Notice the reaction you get.

15. What do you have coming up to look forward to? A trip? A restaurant? An event? If you can't think of something- start making plans! What is good about this? Why am I looking forward to it?

16. Focus less on bad news, the miserable and the negative. To attract happier lives, we need to concentrate on all the good things, figuring out what we already have and focusing on what we would like more of in our lives.

17. Life is good because...list as least 3 things or more.

18. Build the habit of always looking for the root cause. Remember that empathy is your most powerful tool when dealing with people. Give the benefit of the doubt (or some grace).

19. What drew you to your partner or friend when you first met? What things have you really enjoyed doing together during your relationship? What do you appreciate about them right now?

20. When you are with your partner or friend, review all that you appreciate about them and let them know. I really enjoy when you.... You are so good at.... We have shared so many happy times like...

21. Find the right partner. For most of us choosing the right partner is one of the biggest reasons for our happiness. Look more than skin deep. Find someone with similar values. Have real expectations. Accentuate the positive and always turn toward each other. Share your life.

22. Look for a vibrant place to live with parks, city centers, outdoor restaurants, public gardening, and pedestrian friendly to make it easier for citizens to socialize.

23. Go to the website: www.walkscore.com type in your address and see how walkable your neighborhood is in terms of the distance to churches, parks, grocery stores, museums and town gathering places. If it's easy to access intrinsic goods you will enjoy more of them.

24. Look for the silver lining. How did you fail today? If we are failing; we are trying. It will help us to find solutions in the future or at least acceptance.

25. How were you kind today? It isn't enough to be human, we must also be humane. Kindness is leading with understanding and becoming stronger for others. That might mean speaking up for someone when everyone else is quiet.

26. "Whether you think you can or can't, you're right", Henry Ford said. Develop a mantra, a go-to phrase that will motivate you in a positive way. Something that keeps you focused and encouraged. Such as: "action conquers fear." –Zarlenga.

27. The world is full of dark spots. Focus your attention on the bright spots. Where our attention goes, we go. For example: a situation or a person bothering you- what can you do to find a positive attribute to focus on? When you are driving a car you don't look at all the distractions, you stay focused on where you need to go.

28. In life, we can focus on the things that go wrong and try to fix them, or focus on the things that are going right and put our energy there.

29. Who in your life is thriving like how you want your life to look? What is this person doing that you think is working well for them? Is it something you can do more of? What are they doing differently from the norm?

30. Crowd out negativity. Spend more time giving, pleasing, laughing, and dreaming. What you do want more of in your life? Talk about things in relation to how you want them to be. Keep an eye out for things that correspond to your goals and be focused on taking the first steps to achieving them.



Finding a greater sense of meaning and purpose not only allows you to experience and enjoy life more fully, it helps you to live longer.

1. Finding your purpose gives you a sense of knowing what you are about, and the work you were born to do. It will provide a sense of direction, inspiration, and motivation for your energy and goals (can be fluid). 1) Write down 3 of the peak experiences in your life. 2) For each experience write why this was important. 3) Underline key words. Circle the top 3 most important words. 4) With top 3 words, write a purpose statement.

2. Which aspects of your life give you real sense of purpose?

3. Can we be happier at work? If you were happier at work, would you be a more effective worker? What do you need to become happier at work? What can you do about it?
4. Write a two-paragraph story about a time in your life when you were of value to others. What did you feel like?

5. Feel a part of something bigger than yourself. Spend time with children, visit an inspiring location, join a group or organization, gaze at the clouds or stars.

6. Be more charitable. Give others your time, offer to help your neighbors or friends, consider giving blood or volunteering.

7. Why do you wake up? What excites you about a new day? Research has shown that knowing your sense of purpose is worth 7 years of extra life expectancy.

8. What makes you happy? Write a list of exactly what makes you happy? How can you have it if you haven't named it? It might be having dinner with friends, walking the dog, or going for a swim. Then ask yourself how often do you do these? Can you do them more often? Do as many as you can this month.

9. We all want to be useful, to help, to matter, to work towards a common goal, to make a difference. Ask yourself often- what is your true purpose? What are you called to do? Let the answer speak through service to others.

10. What do you think is the most important ingredient to make your home, work, community, or world a better place to live? How can you help?

11. Start a purpose group. The goal of this small group is to help each other define and refine their sense of purpose in life. Where do find your own unique meaning? Gather to discuss (over lunch, coffee, dinner, cards) how to help each other strengthen your sense of purpose and how to put it into action for greater happiness and fulfillment.

12. "Happiness lies at the intersection between pleasure and meaning". – Tal Ben-Shahar

13. What angers you most about the way our society operates? Is there anything that makes your blood boil? The crucial thing about anger is that it has energy. Energy for change. What do you have energy to change in your society?

14. What do you love to experience, that you would miss if you were not able to? Reflect on that today.

15. What are you talented at? Modesty is completely banned as you would be dishonest with yourself. What things come easy to you? (Clue: something your friends may ask for help with).

16. Anger + passion + talent = purpose. Ensure that your 'anger' is expressed in a positive

way. For example, it is not about ending bad education but spreading good education. My life's purpose is to use my (talent) and my (passion) to (suitable verb) (anger/refer back to the 13th of the month).

17. What are your gifts? Circle those that apply: appreciation of beauty and excellence, kindness, justice, love of learning, honesty, leadership, spirituality, teamwork, critical thinking, wisdom, social intelligence, enthusiasm, courage, capacity to love and be loved, creativity, self-disciplined, perseverance, caution, forgiveness, humor, hope.

18. Look back on the last year of your life. Where were you the happiest? What were you doing? Who were you with? Block out all the other voices giving you advice. What does your gut tell you? That is your inner GPS.

19. Now look back over the highs and lows in your life. Where and when were you in a state of "flow"? (losing track of time because you were so engaged in what you were doing)? How can you incorporate more of that in your life?

20. You may not be able to make a living out of what gives your life meaning, but that should not stop you from trying to add more of it in your life and your work. Ask yourself these questions: What do I love? What am I good at? What does the world need?

21. Passion + daily action = purpose. Let go of the idea that there is only one purpose for you. Cultivate passion in your life for exploring. Consider that the real purpose of anyone's life is to be fully involved in living.

22. What can you do with your time that is important? What struggle or sacrifice are you willing to tolerate (because at some point everything has a rough patch)? How had do you want it?

23. We are taught as we grow older that the only reason to do something is because we will be rewarded for it. However, sometimes

merely doing something is its own reward. What do you enjoy doing for its own reward?

24. If one of your reasons for not doing what your heart desires is because you are worried about what other people think, then as Alexander Hamilton would say "you are throwing away your shot". Feeling foolish is part of the path to achieving something important.

25. The science says we must hold onto values that are greater than our own pleasure to lead a happy and healthy life. Find one. Select one of the many problems we have in the world and begin to make a difference in helping to solve it.

26. If someone forced you out of your house every day for 12 hours and you had to spend it productively, what would you be working on? If you only had one productive option? Brainstorm several options (then go do it).

27. What if you learned you had a year left to live in good health? What would you do with it? Write a list and then prioritize it. To do this exercise, you must know what your own values are or you risk living someone else's life.

28. If you won the lottery and never needed to work again, how would you spend your time? What would a perfect day look like?

29. If you had to teach something what would you teach? (What do people come and ask you for with help)?

30. What would you regret not fully doing, being, or having in your life?

31. Imagine you are now 90 years old and sitting on your porch, enjoying a warm gentle breeze and reflecting on your life's joys and blessings. Look back on all your life has achieved and all the relationships you've developed and list out what matters most.



1. Offer deep appreciation for what you already have in your life. It will rebalance things for you and bring in some positive frames over negative ones, to get you noticing what is going well. Bring in daily appreciation for all aspects of life.
2. Who are the key people in your life? How do they support you?
3. What do you think are some of your key strengths? What are your talents that help you move forward toward your goals?
4. What are some of the things you have already achieved in your life?
5. The purpose of awe. What do you see as some of the natural wonders of the world? Such as a miracle of nature, like how a mighty oak can grow from a small acorn.
6. Sometimes loss can give us a more profound appreciation. What have some of your life losses taught you to appreciate more?
7. What part did I play today in making a good thing happen or having a positive impact?
8. Call to mind a person who has changed your life for the better. Write a thank you note to this person and deliver it to the person. How did their actions affect your life and what you are doing now? If you cannot do it in person, try calling them or at least mail it.
9. Write or think about what things in your life have gone wrong to help you lead you to what has gone right?
10. Create a bedtime or daily ritual of reviewing three good things in your life. Such as: health, home, neighborhood, family friends, pets, people who support you, organizations that have helped you, work, nature, environment.
11. Comparison is the thief of joy. What do you compare yourself with others about? Notice this and try to stop yourself.
12. Create gratitude chains. For instance; when being grateful for baked beans- someone will have grown the beans, harvested & packed them, shipped, stocked, and sold them. As you enjoy them you can think about the chain.
13. Mark Twain once said, "I can live two months on a good compliment". While the person who receives the praise enjoys feeling noticed and valued (and it motivates them to do more of the same), the giver can also bask in the connection. With every compliment given, a bond is strengthened, trust is built, and conversation encouraged.
14. Gratitude is a great way to connect with others. Start a habit of writing thank you notes often as you can. It does not need to be only for a gift, but for kindness or an appreciation. Deliver in person if possible.
15. What went well? Every day for one month write down, or discuss at dinner, what went well today and why it went well.
16. What is good in my life? List as many things or relationships that you can.
17. Let someone know today how truly appreciative you are for them in your life. Let them know how they have helped you in your life.
18. If the only prayer you ever say is: Thank you, it is enough.
19. Think about an important relationship in your life. Think about how you met. Think about what your life would be like now, had you never met. Think about some of the joys

this relationship has brought you. Allow yourself to feel grateful that things happened as they did.

20. This idea is good for Thanksgiving, or to have up year around. Create a gratitude tree. What are you grateful for at this moment, today, this year, or in your life. Create a simple or creative tree to add leaves to. The leaves can be stapled, hung or painted.

21. Joy shared is doubled. Share your joy with someone. Tell them why you are particularly appreciating a moment in your life. Whether it is a laugh with friends or a scene in nature. People who savor together, stay together.

22. Pause for a moment and be consciously aware of things you want to remember later, such as the sound of a loved one's chuckle, or touching moment. You could even take a walk and look for good things to savor.

23. Don't hesitate to pat yourself on the back for a job well done. Take credit for your hard work. People who revel in their successes are more likely to enjoy the outcome.

24. With all the distractions we face today, it is particularly difficult to focus your senses on just one thing at a time. So, take time to shut out your other senses and hone in on one. For example, take the time to touch, smell, or taste some food.

25. Boost positive feelings by reminding yourself of how bad things could be. For instance: if you are late to work- remind yourself that there are many people without a job who would like one. Comparing good experiences with unpleasant ones gives us references to help make our current situation better.

26. Focus on intentions. When you receive a gift or when something good happens in general, consider how someone tried on purpose to bring goodness into your life even at a cost to themselves.

27. Create a grateful reminder that you see every day. For instance: a framed family photo that has a write on mat board & pen. You can add your blessings to the mat board as you think of them. Post in an area you are sure to see daily as a reminder.

28. Be grateful for your current state. Reflect on some hard times that you have experienced. When you remember how difficult life used to be and how far you have come, you set up an explicit contract in your mind fertile for gratefulness.

29. Gratitude is the heart's memory. Think about all those who have helped you in the crossroads of your life. Who were they? What did they do? Do they know?

30. Start a gratitude journal. A goal would be to write three things a day. However, just starting one and writing in it when you think of it is good too. Keep thank you notes you get and things you are proud of in a gratitude file.



1. Accomplishments can come from devoting time and energy to what has meaning to us or from celebrating each small step in learning. How are you recognizing and celebrating your accomplishments and incremental steps?

2. Rate (current level) on a scale of 1-10. Spirituality, finances, health, personal development, resilience, career, family/friends, fun/leisure. What needs attention? What small steps can you do to improve?

3. Make a life plan. Get three large blank pieces of paper. On one you draw your life now with all that it looks like (just for you to see). On the 3rd sheet of paper draw the life you want with all the big things and important people around you. On the second page- tape all three pages together. Now draw out what you will need to do from your current page one life to your future page 3 life.

4. What is your most important goal over the next 6 months?

5. What matters in life to you? Lots of things are important in life, but what is essential to you for a good quality life?

6. Name at least 10 goals you have for your life right now? They are fluid and can change. Be creative and list as many as you want.

7. Get specific about your goals. Visualize them if you can. What is it you want? When? Who else is involved? Where? How?

8. Take the first step. Think of a goal you're aiming for and do one thing to get started. Make a call, fill in that form, tell others.

9. What resources would help you achieve your goals? What people, organizations, books websites ect...

10. What will it be like when you achieve your goals? What evidence will you see? What might you hear? What will you feel? Use your senses to imagine as much detail as possible- sights, sounds & feelings.

11. Share your dreams. Tell 3 people about as aspiration that is important to you this year and listen to theirs too.

12. What must happen for you to achieve your goals? Name specific steps to be taken. What is stopping you now from reaching your goals?

13. Fail to plan and plan to fail. Review your goals and for each one clarify the following:

what steps do you need to take to get closer to your goals in the next- week, month, 6 months, year, 5 years, ten years and beyond.

14. In the book- Switch, Chip & Dan Heath suggest we are so busy doing, we have little time to reflect on the direction of our life. It is difficult to do something if we are fuzzy about what needs to be done. Take the time to get crystal clear about directing your attention and energy. Make a concrete list of steps.

15. Create a vision board. Gather about 10 of your favorite life styles magazines. Cut out pictures of things you want in your life. You may be looking for relationships, a career, improved health, a new home. Put your vision board somewhere you see it daily to keep them at the top of your mind.

16. Create a budget. In general, split up your earnings. 55% expenses, 10% to savings, 10% to invest, 10% to play, 5% to give away. There are great apps to help with this. One is Mint.

17. What are your goals for the different areas of your life? Love, wealth, well-being, fun/leisure, career, personal fulfillment/education, adventure?

18. What makes you want to celebrate life? Cooking, music, singing, dancing, walking your dog, loving your partner, taking a bath, watching a sunset, having a massage, looking at nature? Make plans to weave more of these into your life.

19. Live every day like it may be your last. How would you want to spend your last day on earth? What would it look like? Who are you with? What are you doing? Would you appreciate everything more? Try to live everyday with this idea in mind.

20. Author and leadership consultant Greg McKeown observes, "If you don't prioritize your life, someone else will". Name five of your highest life priorities, such as family, health, spirituality, friends, career- then rank them. Knowing your priorities makes decisions easier.

21. Begin with the end in mind. At the end of your long life- what would you like your life legacy to be? How would you like to be remembered by those closest to you? Don't be too modest, think big. Write a couple of paragraphs about your positive legacy. Review and tweak it periodically. What steps am I taking to accomplish them?

22. When you prioritize your day- recognize you may just get 1,2, or 3 things done today. But start with the most important. You will feel more accomplished.

23. If you made more money would you be happier? How much money would you realistically have to make? What is your tipping point? Is this true? Does happiness come partly from attitude? How else can you learn to be happier?

24. Lift someone's spirit today. For many people, holidays are a time of sorrow. They don't have the extra money to buy presents for their children, family, and friends. Many are saddened when they think of their loved ones who will not be able to come home for various reasons.

25. Listen, spend time, give experiences. The anticipation leading up to a trip, event, or experience even has the potential to provide happiness itself, making it the gift that truly keeps on giving! Happiness in the anticipation, happiness during the experience and happiness in the memories. "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
– Maya Angelou

26. Set smart goals: specific, measurable, attainable, realistic, timely. Share your goals with a small close circle of supporters that will check your progress and cheer you on. If you don't think you have that, try to create one around the same interests. Look on www.meetup.com

27. In life, patience is not about waiting; it's about the ability to keep a good attitude while working on your dreams, knowing that the wait is worth it. If you want it, you'll do it, despite failure and rejection and the odds. You will realize that the struggle is not found on the path, it is the path.

28. Plan a trip. Where have you always wanted to go? Plan it in every detail, but the catch is- you don't have to take it. You can, but you don't need to go to reap the pleasure of planning it. You can have it on your long-term goal list as something to aspire and look forward to.

29. Imagine you are headed off to your dream school where you can design the curriculum. Taking into consideration- what matters to you? Make a list of what you want to study. Once you have done that, read the next question. Write a list of how you do spend your time. How well do they line up?

30. If you could become extraordinarily good at one thing vs. being good at many things, which approach would you choose? What would the one thing or many things be?

31. "One does not discover new lands without consenting to lose sight of the shore for a very long time". – Andre Gide. This is about your faith being greater than your fear. "If you want to live a life you've never lived, you have to do things you have never done". -Jen Sincero
Resources:

- Goals.com
- Authentic happiness.org
- Wired to connect by Amy Bans, MD
- The Blue Zones Solution by Dan Buettner
- Flourish by Martin Seligman
- Project Happiness Handbook by Taran & Lin-egar
- Instructions for Happiness and Success by Susie Pearl
- Finding Joy by Charlotte Davis
- Live Happy by Deborah Heisz