



# happiness

BOOKLET



# CONTEMPLATE

List the experiences and things in your life that you are most grateful for:

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**ACTION** Thinking about the goodness in your life acknowledges things outside of yourself like people, nature, experiences, and focusing on what you have instead of what you lack. This week, make it a habit to share with a loved one, thoughts about the gifts you've received each day and why you're grateful.

Use these lists to reflect on areas of your life that can help you pursue and find happiness daily. Every week complete a list and challenge yourself to follow through on the action item associated with that list. Building a sense of mindfulness and positivity to your daily thoughts and actions will help you understand yourself better and what truly matters in life.

List your fears and regrets that are weighing on you:

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**ACTION** Getting negative thoughts out on paper can help you process and will often times make your concerns feel much less overwhelming. Next to each problem, write down one small thing that you will do this week to deal with it. This will give your brain a rest from the negative thoughts and get started with practical baby steps.



# DEVOTE

List ways that you have been shown love or loyalty in your life:

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**ACTION** We all feel and show love and acceptance differently. Devotion could be someone caring for you, putting your needs first, or spending quality time with you. Create an opportunity this week to show devotion to a close friend by investing time and energy towards them.

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List ways you serve and are kind to others:

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**ACTION** Caring for others not only helps the person you are serving but will encourage your own heart and bring you happiness. Find a practical way to meet someone else’s need this week. It could be an encouraging note, running an errand for someone, making a meal for a family, or being a listening ear and being present.



# LIVE AUTHENTICALLY

List how you are really doing – current joys, struggles, delights, challenges:

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**ACTION** Being completely honest and fully known by someone close to you, allows for them to fully love, encourage, care for, and support you. Take the time to connect with that person closest to you and share how you are really doing knowing you don't have to have it all together.

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List ways you have broken trust or someone has broken trust with you in the past:

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**ACTION** It can feel scary to show a side of you that is not perfect or where mistakes have severed relationships. Trust takes time to rebuild after it's been broken. Reconnect with someone where trust had been broken and take steps towards honesty and responding in love towards the other person. You will find overtime it becomes easier and more natural to be authentic and transparent with others.



# PURSUE RELATIONALLY

List the people in your life that mean the most to you:

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**ACTION** Building purposeful relationships is important but often times we put those we love the most second to the busyness of life. But we are meant to share life together and that's where we find happiness! Reach out to one of these people and plan some quality time to spend together this week.



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List what your family and/or close friends like to do for fun:

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**ACTION** Life with the ones you love should include fun. Be intentional and get creative. Plan a fun activity or getaway that you can do with your family or friends that shows they are important to you and build some sweet memories.



# REJUVENATE

List the healthy habits that are part of your lifestyle:

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**ACTION** : You have probably noticed that many of the habits of happy people are one in the same with those that lead a healthy lifestyle. Once you begin to embrace a healthy lifestyle, your mood, energy, physical and emotional wellness, and frame of mind all improve. Circle the habits you want to continue this year ahead! Pick 1 of the more challenging items off your list and schedule it on your calendar for the week and see how you can turn it into a daily practice to refresh yourself.

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List your current goals that you want to accomplish:

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**ACTION** : Following your passions and goals requires discipline and time. Often times we put our own goals on the back burner to take care of our families or reach others’ goals they have for us. But where you will find the most happiness and rejuvenation is by pursuing what’s important to you and goals you set for yourself. Take one step this week to move towards one of your future goals.

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STEPS FOR A COOPERIZED LIFE